

THIS IS THE ACC

THE TRADITION

Consistency. It is the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Now, in its 57th year of competition, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture, the numbers support it.

Since the league's inception in 1953, ACC schools have captured 113 national championships, including 60 in women's competition and 53 in men's. In addition, NCAA individual titles have gone to ACC student-athletes 209 times.

Men's swimming and diving has been a league-sponsored sport since the ACC's berth in 1953, while women's swimming and diving saw its first season in 1979, but both programs continue to bring new heights of success to the ACC each year. The 2008-09 season marked a campaign that saw the league's swimmers and divers help distinguish ACC swimming and diving on a national level both academically and athletically.

In 2008-09, Duke's Chip Peterson and North Carolina's Katura Harvey exemplified the ACC's reputation as an outstanding academic conference as both were third-team College Sports Information Directors of America/ESPN The Magazine Academic All-America selections, bringing the league's total to 28.

Additionally, at the conclusion of the season, a total of 21 new men's records, including 18 ACC Championship meet records, had been set, and 18 new women's marks, including 20 ACC Championship meet times, had been rewritten into the ACC's record book.

A combined 14 teams – six men and eight women – saw action at the NCAA Championship meet last season, with the men placing five ACC teams among the top-25 team finishes nationally and the women placing seven. The 2008-09 season marked the fifth consecutive season that men's programs have had five or more teams compete at the national meet, while the women's eight teams tied a league-high for the second straight season.

As has been the case for the past several seasons, the ACC again made its presence known on a national level with eight men and nine women winning All-America honors. Reuben Ross was a three-time All-America in 2008-09 with a third-place showing in platform diving and seventh-place finishes in the one- and three-meter diving events for 18th-place finishing Miami. Men's ACC Champion Virginia posted a league-best ninth-place finish – regardless of gender – at the national meet, and had Matt McLean (third in the 500-meter freestyle, fifth in the 800-meter freestyle relay) and Scott Robison (fifth in the 200-meter freestyle, fifth in the 800-meter freestyle relay) earn multiple All-America honors, while Georgia Tech, which came in at 19th at the national meet, had Gal Nevo (fourth in the 200-meter individual medley, second

in the 400-meter individual medley) take two All-Americans.

Also on the national level for the women, the ACC was represented by NC State's Kristen Davies, who helped the Wolfpack to a 29th place finish with a platform diving championship, the league's second such title in as many years (Miami's Brittany Viola captured the league's first ever platform title in 2008). Additionally, two of nine women All-American swimmers garnered multiple All-Americans, with women's ACC Champion Virginia's (12th place) Mei Christensen (sixth in the 400-meter freestyle relay, fifth in the 100-meter backstroke, sixth in the 200-meter backstroke) taking three and North Carolina's (20th place) Whitney Sprague (seventh in the 500-meter freestyle, second in the 1,650-meter freestyle) taking two.

Overall, the men's programs have seen 236 participants honored as All-Americans, 16 national individual champions, and one national championship relay team in its 57 years. In 30 years of existence, women's programs have had 264 All-Americans and seven individual champions.

Beyond the collegiate level are numerous former ACC swimmers and divers who have made an impact on the international stage. North Carolina alum Thompson Mann was the first male to compete at the Olympics when he won gold at the 1964 Olympic Games in Tokyo, Japan, and Sue Walsh, also a former Tar Heel, became the first female from an ACC institution to compete at the Olympics as a member of the 1980 U.S. Olympic Team. Mann also set a world record in Tokyo by becoming the first person to break one minute in the 100-meter backstroke with a 59.80 showing.

Duke alum Nancy Hogshead became the first female from an ACC institution to win an Olympic medal with first-place finishes at the 1984 Olympics in Los Angeles, California in the 100-meter freestyle and 400-meter freestyle and relay teams, and a silver-medal performance in the 200-meter individual medley.

2008-09 IN REVIEW

The 2008-09 academic year saw league teams capture five national team titles and 16 individual NCAA crowns. In all, the ACC has won 48 national team titles over the last 13 years and has won two or more NCAA titles in 27 of the past 29 years.

A total of 130 ACC teams placed in NCAA postseason competition in 2008-09. League teams compiled a 139-84-1 (.637) mark in NCAA championship competition. In addition, the ACC had 198 student-athletes earn first team All-America honors this past year. Overall, the league had 266 first-, second-, or third-team All-Americans and the ACC produced nine national Players of the Year and five national Coach of the Year honorees. A total of 88 teams finished their respective seasons ranked in the Top 25 poll, including 33 teams ranked in the Top 10 and six teams that held the nation's top spot.



2008-09 NATIONAL CHAMPIONSHIPS

Field Hockey	Maryland
Women's Soccer	North Carolina
Men's Soccer	Maryland
Men's Basketball	North Carolina
Women's Tennis	Duke

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2009-10 academic year - 12 for men and 13 for women. The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing with volleyball deciding its champion by regular season play.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members - Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest - drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation. The ACC operated with seven members until April 3, 1978, when

the Georgia Institute of Technology was admitted. The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.

The conference expanded to 11 members on July 1, 2004, with the addition of the University of Miami and Virginia Polytechnic Institute and State University. On October 17, 2003, Boston College accepted an invitation to become the league's 12th member starting July 1, 2005.

SCHOOL AFFILIATIONS

BOSTON COLLEGE -- Charter member of the Big East Conference in 1979; joined the ACC in July, 2005.

CLEMSON -- Charter member of the Southern Intercollegiate Athletic Association in 1894; a charter member of the Southern Conference in 1921; a charter member of the Atlantic Coast Conference (ACC) in 1953.

DUKE -- Joined the Southern Conference in December, 1928; charter member of the ACC in 1953.

FLORIDA STATE -- Charter member of the Dixie Conference in 1948; joined the Metro Conference in July, 1976; joined the ACC July, 1991.

GEORGIA TECH -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of Southern Conference in 1921; charter member of the SEC in 1932; joined the ACC in April, 1978.

MARYLAND -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

MIAMI -- Charter member of the Big East Football Conference in 1991; joined the ACC in July, 2004.

NORTH CAROLINA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

NC STATE -- Charter member of the Southern Conference in 1921; charter member of the ACC in 1953.

VIRGINIA -- Charter member of the Southern Intercollegiate Athletic Association in 1894; charter member of the Southern Conference in 1921; resigned from Southern Conference in December 1936; joined the ACC in December, 1953.

VIRGINIA TECH -- Charter member of the Southern Conference in 1921; withdrew from the Southern Conference in June, 1965; became a charter member of the Big East Football Conference in Feb. 5, 1991; joined the ACC in July, 2004.

WAKE FOREST -- Joined the Southern Conference in February, 1936; charter member of the ACC in 1953.



ACC ACADEMIC HONOR ROLL

1993 (18)

Dorotea Bralic
Robert Caicedo
Kristen Campbell
Anne Castello
Nadezda Cenanovic
Brian Davey
Ann Evins
John Haynes
Meghan Henning
Brad Hoffman
Helen Jepson
Ronda King
Ruth Kominski
Valerie Moore
Jason Porter
Christine Steinberg
John Tyler
Claudia Wilson

1994 (22)

Shauan Albernathie
Dorotea Bralic
Kristen Campbell
Anne Castello
Eduardo Coelho
Brian Davey
Elizabeth Engel
Ann Evins
Margaet Fox
Maider Gaztanaga
Jose Gutierrez
John Haynes
Brad Hoffman
Helen Jepson
Ruth Kominski
Shannon McHugh
Jlieanne Peluso
Mathew Schmauch
John Tyler
Georgé Willard
Claudia Wilson
Jennifer Withrow

1995 (26)

Shaun Abernathie
Thomas Bendixen
Dorotea Bralic
Meghan Brennan
Kristen Campbell
Colleen Carpenter
Eduardo Coelho
Cara Duncan
Mathew Dunn
Elizabeth Engel
Maider Gaztanaga
Ryan Gratzick
Caroline Hamilton
John Haynes
Julia Henderson
Sarah Henderson
Andrew Hjortaaas
Brad Hoffman
Helen Jepson
Ruth Kominski
Pamela Kuznia
Shannon McHugh
Jose Merino
Julianne Peluso
Claudia Wilson
Jennifer Withrow

1996 (27)

Amy Armond
Thomas Bendixen
Meghan Brennan
Kristen Campbell
Neikuan Chia

Eduardo Coelho
Brendon Dedekind
Kerwin Deese
Mathew Dunn
Nathan Eley
Jennifer Engelbrecht
Maider Gaztanaga
Corey Geraghty
Ryan Gratzick
Caroline Hamilton
John Haynes
Julia Henderson
Carlos Henley
Helen Jepson
Shannon McHugh
Stephen Parry
Tenelle Ramer
Mathew Schmauch
David Semesco
Timothy Welsh
Claudia Wilson
Katherine Wright

1997 (27)

Rachel Amman
Amy Armond
Brent Burkman
Neikuan Chia
Danny Chocron
Eduardo Coelho
Brendon Dedekind
Kerwin Deese
Jennifer Engelbrecht
Kevin Flanagan
Maider Gaztanaga
Corey Geraghty
Ryan Gratzick
Caroline Hamilton
Sarah Henderson
Helen Jepson
Pamela Kuznia
Cindy Marion
Shannon McHugh
Ben Nuttal
Stephen Parry
Marya Sabesky
Karin Schmedeman
Danielle Stafford
Maria Toole
Claudia Wilson
Kile Zellar

1998 (22)

Kristen Adams
Rachel Amman
Brent Burkman
Katie Decker
Kerwin Deese
Jenny Engelbrecht
Kevin Flanagan
Sherri Fowler
Polly Jaskowski
Cindy Marion
Kristie McRoberts
Matt McVittie
Stephen Parry
Brett Petersen
Tenelle Ramer
Kevin Rowley
Marya Sabesky
Sarah Scobey
Danielle Stafford
Mara Toole
Tim Welsh
Katie Wright

1999 (25)

Kristen Adams

Danny Chocron
Brendon Dedekind
Liska Dedekind
Kerwin Deese
Jenny Engelbrecht
Kevin Flanagan
Jonathan Fry
Amber Goodwin
Tanya Gurr
James Henley
Karen Hirai
Jonathan Kaplan
Amber McLain
Matt McVittie
Ben Nuttall
Chad Onken
Ann Parker
Stephen Parry
Marya Sabesky
Micha
el Singleton
Mara Toole
Summer Washburn
Samantha White
Katie Wright

2000 (27)

Kristen Adams
Summer Bell
Brent Burkmen
Christy Cech
Danny Chocron
Devin Crock
Liska Dedekind
Jill Deviese
Kevin Flanagan
Steven Forson
Shannon Goff
Amber Goodwin
Tanya Gurr
Caren Hirai
Karin Holmsted
Jonathan Kaplan
Kristan Keelan
Keryn Krynauw
Karen Lawsky
Megan Lock
Amber McLain
Nelson Mora
Elizabeth Nagy
Marya Sabesky
William Schultz
Seth Swisher
Christine Williams

2001 (22)

Kristen Adams
Summer Bell
Christine Cech
Margaret Colley
Alison Cucchi
Joshua Edelman
Steven Forson
Michael Franks
Caren Hirai
Jonathan Kaplan
Kristan Keelan
Lisa Kirsch
James Korton
Amy Lo
Elizabeth Nagy
Candice Nethercott
Michael Paulus
Tonya Rasor
Marya Sabesky
Seth Swisher
Lauren Walker
Matt Wheeler

2002 (32)

Emily Armond
Michael Averett
Justin Betts
Megan Boyle
Emily Breen
Christine Cech
Michael Clarke
Margaret Colley
Devin Crock
Alison Cucchi
Jennifer Henshaw
Caren Hirai
Lisa How
Jonathan Kaplan
Kristan Keelan
Laura Kenney
Lisa Kirsch
Keryn Krynauw
Angie Leach
Amy Lo
Jennie Lyes
Elizabeth Nagy
Wickus Nienaber
Liz Parkinson
Michael Paulus
Christina Pesce
Tonya Rasor
Merèdith Roberts
Jennifer Smith
Jessica Walker
Matt Wheeler
Kayce Zemina

2003 (20)

Jason Beinlich
Emily Breen
Katie Byrnes
Margaret Colley
Devin Crock
Rachel Dong
Emma Dutton
Louis Gagnet
Samuel Hood
Laura Kenney
Angela Leach
Andree-Anne Leroy
Amy Lo
Elizabeth Nagy
Elizabeth Parkinson
Michael Paulus
Tonya Rasor
Joel Roycik
Jennifer Smith
Matthew Wheeler

2004 (23)

Michael Averett
Justin Betts
Emily Breen
Katie Byrnes
Andrew Castro
Rachel Dong
Emma Dutton
Paul Erben
Loren Hansen
Alex Kennon
Angela Leach
Andree-Anne Leroy
Amy Lo
Elizabeth Parkinson
Michael Paulus
Tonya Rasor
Katie Ronan
Steve Roof
Curtis chroeger
Jennifer Smith
Tal Stricker

Matthew Wheeler
Kayce Zemina

2005 (22)

Camille Akridge
Michael Averett
Emily Breen
Brendan Burke
Peter Crane
Ed Denton
Paul Erben
Elise Hatfi eld
Courtney Hudak
Alex Kennon
Abbie King
Angela Leach
Courtney McClow
Stacy Rademacher
Katie Ronan
Steve Roof
Curtis chroeger
Kate Skaggs
Brittany Stevens
Alex Tilbrook
Kyle Young
Kayce Zemina

2006 (25)

Romy Altmann
Brendan Burke
Stephan Connor
Peter Crane
Scott Derner
Paul Erben
Matthew Hammond
Carissa Hanna
Elise Hatfi eld
Kylene Huntwork
Derek Jones
Alex Kennon
Abbie King
Megan Matherly
Kathryn Metka
Janine Pariente
Stacy Rademacher
Michael Rice
Caroline Robertson
Katie Ronan
Steve Roof
Joel Roycik
Cameron Russell
Kathryn Skaggs
Kyle Young

2007 (40)

Romy Altmann
Lauren Brick
Brendan Burke
Jessica Carr
Ann Cipoletti
Ed Denton
Scott Derner
Paul Erben
Shawn Erickson
Dan Frebel
Lindsay Guers
Jen Guylar
Matthew Hammond
Elise Hatfield
Kristina Helmers
Georgia Holderness
James Holway
Terry Horner
Kylene Huntwork
Alex Kennon
Abbie King
Leigh Ann King
Ashley Lawler

Merideth Martelle
Megan Matherly
Aleia Monden
Mark Nicholls
Lloyd Owens
Stacy Rademacher
Michael Rice
Caroline Robertson
Katherine Ronan
Steve Roof
Katie Sirounis
Kate Skaggs
Lauren Sparg
Teresa Tessier
Alex Tilbrook
David Toffaletti
Kyle Young

2008 (28)

Katherine Adham
Brendan Burke
Melanie Cabassol
Jessica Carr
Kelly Dean
Edward Denton
Scott Derner
Jennifer Guylar
Matthew Hammond
Robert Hayes
Kristina Helmers
Georgia Holderness
Robert Holderness
James Holway
Kylene Huntwork
Abbie King
Caitlyn Lambert
Merèdith Martelle
Holly Mills
Aleia Monden
Lloyd Owens
Stacy Rademacher
Michael Rice
Katie Sirounis
Kate Skaggs
Stevi Steinhauer
David Toffaletti
Lowri Tynan

2009 (27)

Katherine Adham
Melanie Cabassol
Jessica Carr
Carlyn Cavaliere
Kelly Dean
Edward Denton
Scott Derner
Tiffany Elias
Shawn Erickson
Dan Frebel
Nicholas Graves
Jennifer Guylar
Georgia Holderness
Robert Holderness
Kaylen Huntwork
Glenn Kalata
Merèdith Martelle
Holly Mills
Aleia Monden
Elyse Rowland
Jessica Sabotin
Stephanie Sarandos
Matthew Shead
Katie Sirounis
Stevi Steinhauer
James Taddeo
David Toffaletti

ACADEMIC SERVICES

MISSION STATEMENT

The primary mission of Florida State University's Athletic Academic Support Services is to provide an environment that facilitates the academic success of each student-athlete. The focus is to provide a comprehensive support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school.



BILL SHULTS
Director

ACADEMIC ADVISING

The advisors in Athletic Academic Support Services 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.



KIMBERLY AMOS-TATE
Academic Coordinator

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

advisor, typically, most freshmen, first year transfers, and upperclassmen who have not yet achieved a satisfactory cumulative grade point average are requested 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, 100 tutors are hired each year, from a variety of academic departments. Every 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 who excel in a specific area of study. All mentors are graduate 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 advisor as they keep the academic performance of their student-athletes under close observation and report to the academic advisors each week.

COMPUTER LAB

The Athletic Academic Support Services computer labs are located in the Moore Athletics Center and in the new Learning Center located on the 9th floor of the University Center. FSU has 47 PC compatible computers and several laser printers available for use by the student-athletes. A computer lab is available 24/7 to student-athletes with a current FSU ID card. The entire Athletic Academic Support Services wing is also equipped with wireless internet.

SUMMER BRIDGE PROGRAM

Athletic Academic Support Services, 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 and highlights many different topics that are important for student-athlete success. The program is a week-long intensive orientation that incorporates the University orientation with the athletics department orientation and continues throughout the six-week summer session. Seminars, designed to acclimate the students to the University community, are conducted weekly. Seminar topics include media training, health promotions, academic mapping requirements, the Academic Honor Policy and Student Code of Conduct as well as faculty communications and expectations.

ACADEMIC HONORS AND AWARDS PROGRAM

Athletic Academic Support Services is committed to recognizing the academic success of all student-athletes. The annual "Golden Torch Gala," is an academic awards banquet that occurs each fall and is the highlight of the year. 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 and 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.

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence and that was no different in 2008-09. In November, football's Myron Rolle became the second Seminole student-athlete in the past four years to earn the Rhodes Scholarship - one of the oldest and most prestigious awards for international study. It was the first time in nearly 25 years they awarded the scholarship to a prominent college football player. Rolle is the fourth Florida State student ever to be named a Rhodes Scholar. He follows in the footsteps of former Student Body President Joe O'Shea (2008), student-athlete (track and field) Garrett Johnson (2006) and Caroline Alexander (1976). The scholarships provide all expenses for up to two or three years of study at the University of Oxford in England.

Over the past 15 years, more than \$450,000 in Postgraduate Scholarship monies has been granted to FSU student-athletes, as well as numerous other academic honors and awards.

During the 2008-09 academic year, five Seminoles earned CoSIDA Academic All-American honors including track's Javier Garcia-Tunon (first team), Susan Kuijken (first team) and Gonzalo Barriolhet (second team), Rolle (second team) and softball's Carly Wynn (third team). Fifteen Seminole student-athletes were named District Academic All-Americans, including Myron Rolle (Football), Becky Edwards, Marissa Kazbour, Katrin Schmidt, Lauren Switzer, Sanna Talonen (Soccer), Michelle Snyder, Carly Wynn (Softball), Brianna Barry and Taylor Wilson (Volleyball), Mara Freshour (Women's Basketball) and Gonzalo Barriolhet, Javier Garcia-Tunon, Susan Kuijken and Lydia Willems (Track & Cross Country).

At the conclusion of the 2008-09 school year, 175 Seminole student-athletes were named to the ACC Academic Honor Roll while seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2009 semester, 202 Seminoles achieved a 3.0 GPA or better, 10 athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8. Ten student-athletes made the spring 2009 President's List with a perfect 4.0 GPA while 62 student-athletes earned Dean's List status with a GPA of 3.5 or better.

Track and field's Keyla Smith and Matt Wernke and Ania Rynarzewska of the women's tennis team were among 42 Atlantic Coast Conference scholar-athletes named 2009 ACC Weaver-James-Corrigan Postgraduate Scholarship Award recipients. Rynarzewska was also the female recipient of the first ever Jim McKay Scholarship, which will be presented annually to one male and one female student-athlete who have excelled academically and plan to pursue postgraduate studies in the communications industry.

NCAA COMPLIANCE



BRIAN BATTLE
Associate
Athletics Director for
Compliance

FLORIDA STATE UNIVERSITY COMPLIANCE OFFICE

The following information is provided by the Florida State University Compliance Office for prospective student-athletes, alumni and boosters. It is intended as a guideline to introduce you to some of the rules governing NCAA athletics.

KEY DEFINITIONS THAT YOU SHOULD KNOW

Representatives of Athletics Interests representative of athletics interests, commonly called a booster, is any individual who is known (or should have been known) by a member of the institution's athletic department that has ever:

- Contributed financially 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 "prospect" 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 or officially withdrawn from a four-year institution 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 or admissions 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 occurs 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 the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before the prospect's 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 an official visit to the university;
- * On the day of a coach's off-campus contact with a prospect; or
- * During the time beginning with the National Letter of Intent signing date through the two days after the signing date and the day 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
- * Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)

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

- * Written correspondence, including letters and e-mails
- * Business Cards
- * Media Guide
- * Game programs (only on an official or unofficial visit)
- * Pre-enrollment information after prospect signs National Letter of Intent or has been admitted
- * Any other information may be provided via the institution's web site

WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE?

Only Florida State 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 prospects 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 prospect 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 University Compliance Office at (850) 644-4272.

STUDENT SERVICES



BRANDI STUART
Assistant Athletic
Director for 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.



JOHN LATA
Director of Student
Services

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.



YASHIVA EDWARDS
Assistant Director of
Student Services

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 over 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 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.

STUDENT-ATHLETE ADVISORY COUNCIL

Lacey Agnew.....	Golf
Bryan Howard.....	Track & Field
Robin Ahrberg.....	Softball
Andrew Jacobs.....	Track & Field
Brianna Barry.....	Volleyball
Marissa Kazbour.....	Soccer
Dan Bradford.....	Swimming & Diving
Cameron Knight.....	Golf
Kendall Brown.....	Golden Girls
Jamie Kuhn.....	Golf
Melanie Cabassol (Pres.) ...	Swimming & Diving
Luke Loucks.....	Basketball
Lauren Macfarlane.....	Tennis
Jessie Carr (Sec.).....	Swimming & Diving
Stephanie Neville.....	Volleyball
Caila Coleman (V.P.).....	Track & Field
Michael O'Shea.....	Tennis
Everette Dawkins.....	Football
Amanda Quick.....	Cross Country
Stephanie Dick.....	Golden Girls
James Ramsey.....	Baseball
Deividas Dulkys.....	Basketball
Chelsey Severance.....	Cheer
Becky Edwards.....	Soccer
Amanda Skillen.....	Cross Country
Shawn Erickson.....	Swimming & Diving
Heather Smith.....	Cross Country
Mike Fout.....	Cross Country
Ashley Stager.....	Softball
Maurice Harris.....	Football
Stevi Steinhauer.....	Swimming & Diving



MEDICAL CARE & TREATMENT



One of the most important aspects of a top athletic program is the quality and experience of its athletic training staff. FSU's sports medicine staff is one of the best in all of college athletics.

The athletic training staff includes 10 full-time and six graduate assistants that are Nationally Certified Athletic Trainers.

FSU oversees an Undergraduate Athletic Training Education Program which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program includes 50 graduate and undergraduate students in the Athletic Training program.

FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.

Prior to competition, all FSU student-athletes undergo screening in order to detect potential injuries. If problems are detected, the athlete will be placed on a prevention care system including a variety of treatment ranging from icing to exercising followed by rehabilitation.

Nutrition counseling and drug testing are also responsibilities assumed by the athletic training staff at FSU in providing the best care possible for all student-athletes.

DON FAULS ATHLETIC TRAINING ROOM

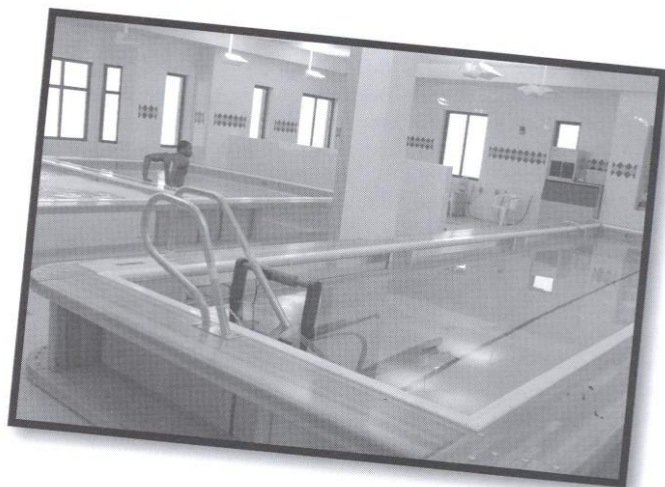
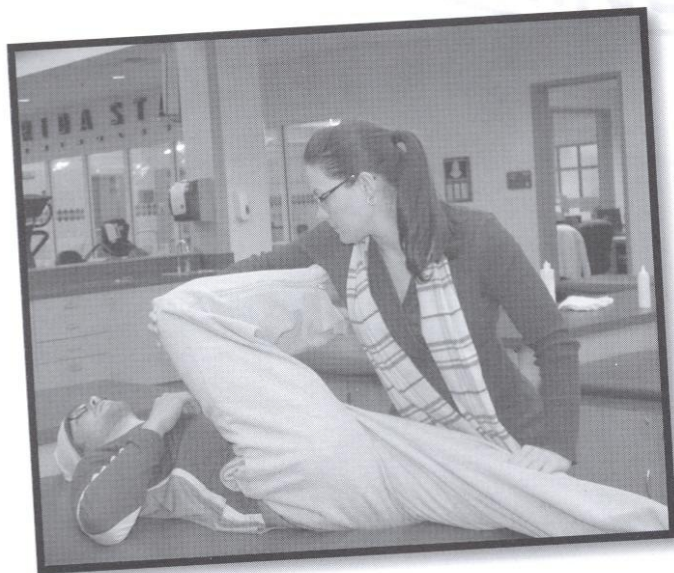
- The state-of-the-art Don Fauls Athletic Training Room was completed in 2004. The 15,000 square foot athletic training room is housed off Doak Campbell Stadium and is used by all 19 Seminole varsity teams.

- 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.

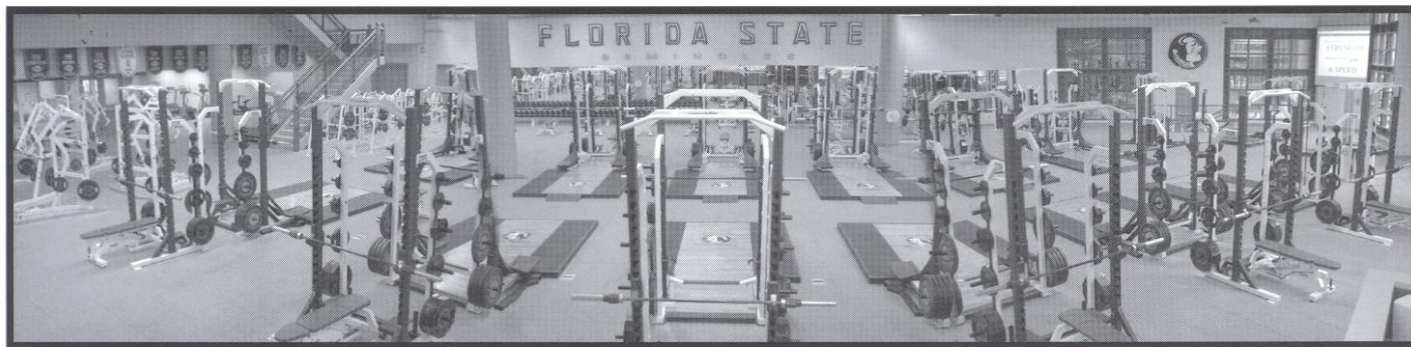
- There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine.

- 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 old whirlpool, a 9' x 16' in-ground warm whirlpool and nine extremity whirlpools.



STRENGTH & CONDITIONING



TOTAL ATHLETIC DEVELOPMENT

The Florida State University Strength & Conditioning Program is dedicated to pursuing excellence. The staff is committed to developing the finest strength and conditioning program in the nation. This includes developing the best professional staff, facilities, and administering the most comprehensive, efficient and effective collegiate program.

Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.

The goal is to maximize the athletic potential of each student-athlete by:

- Providing an expert staff educated in and determined to render the most up-to-date and effective strength and conditioning procedures to FSU athletes.
- Developing individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.
- Administering comprehensive programs which address: strength, power, acceleration, speed, agility, core development, flexibility, conditioning, nutrition and are designed to develop the total athlete.
- Monitoring team and individual progress on a daily basis.
- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.

NUTRITION

Laurel Wentz, RD and FSU Sports Dietitian, provides each student-athlete with a plan that specifically outlines their needs of calories, protein, vitamins and minerals.

ROGER HOLLER CHAMPIONS TRAINING COMPLEX

- Lifting area of 14,000 square feet
- More than 20,000 pounds of free weights
- 20,000 square feet of functional training space
- Custom-built FSU equipment, platforms and weights
- 24 self-contained powerlift work stations each containing 500 pounds of free weights



DIGITAL MEDIA

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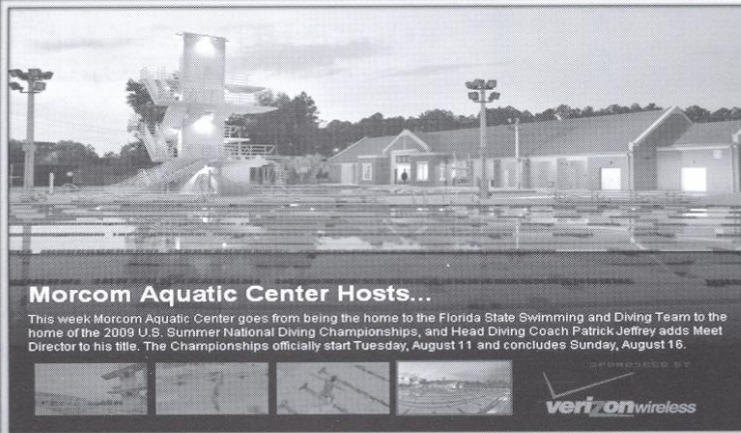
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OFFICIAL ATHLETIC SITE OF FLORIDA STATE UNIVERSITY
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SWIMMING & DIVING

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Morcom Aquatic Center Hosts...

This week Morcom Aquatic Center goes from being the home to the Florida State Swimming and Diving Team to the home of the 2009 U.S. Summer National Diving Championships, and Head Diving Coach Patrick Jeffrey adds Meet Director to his title. The Championships officially start Tuesday, August 11 and concludes Sunday, August 16.

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MORE SWIMMING & DIVING NEWS

- Rowe Takes Bronze in Final Day of U...
- Shead and Thacker Reach Consolation...
- Seminole Continue to Improve at U...
- Hayes and Sarandos Reach Bonus...
- Florida State Swimmer Rowe Takes...
- Seminole Look to Make a Splash at ...
- Georgia Holderness To Race At The...
- Georgia Holderness Named To Great...

OFFICIAL STORE



ALL ACCESS

LAUNCH VIDEO PLAYER

- Swimming & Diving - Terry Horner Earns Second-Place at US Diving Championships
- Swimming & Diving - Morcom Aquatics Center to Host USA Diving National Championships
- Swimming & Diving - Morcom Aquatics
- Swimming & Diving - FSU Wins NCAA Championship

MEDIA GUIDE

- BLOGS
- FACEBOOK / TWITTER
- RECRUITS

Seminole student-athletes have the premier opportunity to be... help the ACC championships, and numerous players of the year awards

FLORIDA STATE SEMINOLES OFFICIAL ONLINE AUCTIONS



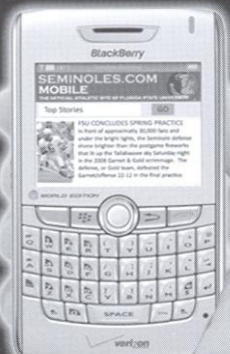
DEION SANDERS AND WARRICK DUNN SIGNED GAME HELMET

The Official Athletics Website of Florida State University

SEMINOLES.COM

At Seminoles.com you can be the first to get breaking news & updates... order tickets...check the rosters & scoreboard...listen to sporting events with live audio streaming...download free desktop wallpapers...see what the Seminoles are doing in the classroom and in the community...access a stadium seating diagram to see where your tickets are located...take a 360 degree virtual tour of Coach Bowden's office...purchase high quality Florida State pictures...and much MORE!

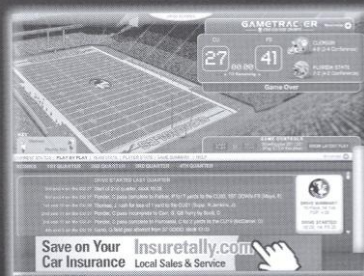
Mobile Site



Podcasts



Gametracker



Merchandise



Tickets



MEDIA INFORMATION

A NOTE TO THE MEDIA, FANS AND OPPONENTS

Graduate Assistant Britney Wright of the Florida State Sports Information Office is ready to assist you with any questions or request you may have regarding the 2009-2019 swimming and diving program, media guide, coaches and student-athletes. Please do not hesitate to phone – (850) 644-3920, email –blw06g@fsu.edu or write a letter to the sports information office at PO Drawer 2195, Tallahassee, FL 32316. All package shipments should be sent to Florida State Sports Information, 525 Stadium Drive West, Tallahassee, Fla., 32306.

PLAYERS AND COACHES INTERVIEWS

All player and coach interviews must be arranged through the Florida State Sports Information Office by contacting Britney Wright at (850) 644-3920. Player's home phone numbers and cell phone numbers will not be given to members of the media. Players and coaches should not be called directly under any circumstances.

HOW TO COVER THE SEMINOLES

Members of the media will be provided with media guides and weekly release including current individual bests, as well as conference and national rankings. If you would like to be included on an email or fax release list, please contact Britney Wright. Media do not need to request credentials for regular season home meets.

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SUN SPORTS

SEMINOLE PRODUCTIONS

SPORTS INFORMATION DIRECTORY



BRITNEY WRIGHT
*Graduate Assistant
Swimming & Diving*



TINA DECHAUSAY
Sports Information Director



CHUCK WALSH
Associate SID



BOB THOMAS
Associate SID



JASON LETURMY
Assistant SID



BRANDON MELLOR
Assistant SID



DAVE SCHMIDT
Assistant SID



TANIA FERNANDEZ
Graduate Assistant



MARYJANE GARDNER
Program Associate

CONTACT US AT:
850-644-1403; FAX 850-644-3820

ADDRESS INQUIRIES TO:
Florida State Sports Information,
P.O. Box 2195
Tallahassee, Fla. 32316

SHIP OVERNIGHT PACKAGES TO:
FSU Sports Information
403 Stadium Dr.
Tallahassee, FL 32306

DIGITAL MEDIA DIRECTORY



RYAN PENSY
Director of Digital Media



SCOTT KOTICK
Assistant Director



LAYNE HERDT
Video Producer

IN THEIR OWN WORDS...

"I'm proud to be a Seminole and I love this team." - Brittany Selts

"It means a lot to be a Seminole. It is an honor to wear Garnet and Gold." - Caroline Smith

"Being a Seminole means being part of something amazing with amazing people, on a mission to do something great together." - Casey Sandlin

"I love the team- they are my friends and roommates. The coaches are the best and I feel like I can talk to Katy about anything. I hope I am remembered on this team!" - Holly Mills

"Seminole swimmers and divers are the most fun group of athletes I've known. It is a great feeling to know I am part of a team who is passionate about what they do." - Jamie Barrett

"Being a Nole is all about family. We care about each other and want to see everyone succeed. The coaches put everything into seeing us do well because they truly care about us as people. Being here is still like a dream to me and I hope I never wake up!" - Jenna Jacoby

"I love the coaches. They are encouraging and just what I need." - Jessica Sabotin

"This is overall the best year at FSU (coaches, team, academics, performance). I am proud to lead this team and am blessed for having this four-year experience." - Tiffany Elias

"To be proud without boasting. To be confident with out arrogance. To compete not only for yourself and your team but for the one who blessed you with a great talent. To be UNCONQUERED." - C.J. Hendry

"I love our coaches and team! Our coaches are so supportive of us and we are so close as a team. Go Noles!" - Kat Adham

"I keep hearing the upperclassmen say this is the closest the girls have been to each other and I am so happy to be a part of such a supportive team, I can't wait to see how well we do this season!" - Marissa Harrington

"I have pride being a Seminole and I love my Seminole family!" - Corey Allison

"I love being a Seminole!" - Kristine Polley

"Seminole-pride, tradition, glory, unique, one of a kind and we have the best mascot ever!" - Shanda Casella

"Great! Very privileged to be part of it. Fortunate to be here living so far away." - Aleia Monden

"The team and coaches are the greatest part about being a Seminole. Everybody as a whole team have the same goal and that is to win. I feel very honored to be apart of this team." - Stevi Steinhauer

"I am really happy and feel very privileged to be part of such an amazing tight team. The coaching staff is awesome and I feel like I am bettering my

relationships everyday. I am very lucky to have been given the opportunity to be part of such an amazing and special team." - Charlotte Broadbent

"Part of a life long family. Pride in what I do. It means the world to be a Seminole." - Klysie Grimes

"Wouldn't trade the experience for anything in the world!" - Stephanie Sarandos

"The team this year is really close. We're all supportive of each other and we all want to be the best." - Lisi Rowland

"It means tradition and pride. I feel we are a close, well-known team. We are a family and we represent ourselves and each member of our family." - Jocelyn Phillips

"I love being a Seminole! I am so grateful for this opportunity because I never thought it would happen. It really shows that hard work pays off. Thank you coaches for everything." - Carly Cavalieri

"I love the family atmosphere of the team. I am proud to be a Seminole and I appreciate all of the support from my team and coaches." - Emily Harris

"I love the team -- especially the girls and I love being able to be a Florida State Seminole!" - Jessie Carr

"I love being a Seminole and part of a big Seminole family." - Jen Guyler

"It is an honor to be a Seminole this year. Our team is awesome so is everyone on it especially the coaches." - Landon Marzullo

"Seminole swim team is my family away from home. I'd do anything for anyone on the team." - Corey Swanson

"Whenever I see our school symbol I feel a lot of pride. Also, being an athlete I'm prideful to know I'm doing something most people will never experience." - Lloyd Owens

"This team is family, we support each other, push each other and look out for one another. The coaches are the best." - Mark Cox

"Proud to be a Seminole, and the team is awesome to be a part of." - Ian Powell

"I'm very proud and honored to be a Seminole and I feel it's my job and the team's job to put the time and effort in the pool that the coaches put in for us. I'm very loyal to my team members." - Matt Shead

"It's a bunch of different people with a common goal working together to achieve that goal. I'm just glad to be a part of a great team and contribute in any way I can." - Jordan Horsley

"Being a Seminole means taking pride in excellence" - David Toffaletti

"For me, being a Seminole athlete is a privilege

earned by few. The coaching staff and team here at Florida State are some of the most supportive and helpful people in helping me achieve my goals." - Al Augustine

"Best year of my life was last year. I have FSU on my skin. I am a Seminole." - Andy Hodgson

"There is nothing better than being a Seminole, FSU Forever!" - Taylor Harris

"When I first came to FSU, team meant a group of friends you swim beside. Now, it means family. A group of people who would do anything for me at anytime and who I'd do the same for. One team, one family, one goal. Go Noles." - Alex Fernandez

"It means a lot to me. I really appreciate the great coaching, being around such great athletes and the support that everyone gives each other." - Marcelo Garcia

"There is nothing better than being a Seminole!" - Nick Klein

"I love being a Seminole, I would ask for nothing different. Everything is going great." - Brad Morrison

"To be a Seminole is to be part of a group of select individuals who are here for the same reasons and join together to become the FSU swim team." - Tanner Lowman

"Being an FSU Seminole is one of the biggest honors, I've ever held. Representing such a prestigious school and contributing to its athletic success makes all the hard work pay off." - Tyler Reed

"It means everything to me to be a Seminole. I love this team and I like the coaches here too." - Daniel Nguyen

"This team is my family and being a part of it is one of my greatest accomplishments." - James Taddeo

"I think our team is really close and we have some great swimmers. I think we are going to have a really successful year." - Mark Weber

"Being a Seminole is all about swimming for the guy in the next lane." - Logan Mosley

"I have grown up in Tallahassee and truly do have a strong bond with this town and university. To be a part of this team means a whole lot and I will always support my university and athletic teams." - Shawn Erickson

"This is a family, a brotherhood. I have pride in who I represent. I love my team and I have huge respect for my coaches." - Michael Aitken

"Being a Seminole means everything to me and I'm glad I was given this opportunity. I love my team and coaches as well, I don't know what I would do without them!" - Tyler Ball

"It's an honor to be part of such an elite and special group of people. Go Noles!" - Hibai Iriondo