



CHARLIE MELTON

Strength and Conditioning Coach

Charlie Melton will work with the track and field program for the third season as strength and conditioning coach. Melton joined the strength and conditioning staff full time at Florida State in July 2001 after serving as a graduate assistant coach for the FSU football team.

Melton develops the strength and power of the track and field squad through power development and Olympic-style weightlifting which helped to lead the men's program to four consecutive Atlantic Coast Conference Championship titles. In addition to his sport specific duties, he is the director of education within the strength and conditioning office – handling interns, volunteers, writing curriculums and instructing classes. Melton is also the strength and conditioning coach for soccer and volleyball and assists the football team year round specifically with summer workouts.

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 rise of injury. Our strength and conditioning staff is continuously researching and following the most scientifically sound and up-to-date principles of strength training to safely maximize the athletic potential of our players.

This is an exciting time for the strength and conditioning program, the goal is to provide the best athletes in the nation with the best resources and tools in the nation. The athletic department is committed to excellence in every area, this includes providing our athletes with the most state of the art facility and equipment.

Melton is a graduate of the University of Memphis where he received a master of Science degree in Exercise and Sports Science. At Memphis, Melton worked as Graduate Assistant Strength and Conditioning Coach as well as a research assistant for two years. His primary responsibility with the Tigers was football.

Melton competed successfully at the Collegiate National level in Olympic-style weightlifting for three years and is a current competitor in the Scottish Highland Games. HE married his wife Crystal in 2001 and the couple have a daughter named Norah born October 19, 2003.



EUNICE HERNANDEZ

Athletic Trainer

Eunice Hernandez enters her second season with the Florida State Track and Field program. Hernandez assisted the men's and women's squads during the 2003-04 season that saw the men repeat as conference champions and the women produce multiple All-American honors. She is currently working on a master's degree in

education with an emphasis on sports medicine from the University of Miami. She received her bachelors in athletic training from Barry University in Miami Shores, Fla., in 1999.



As a graduate assistant at the University of Miami, Hernandez worked with the men's and women's swimming and diving teams. The Miami, Fla., native assisted with the Hurricanes football program during their 2001 BCS National Championship Rose Bowl title season and spent time working as an assistant athletic trainer with the semi-professional Miami Tropics football team.



STUART PEARCE

Assistant Director of Event Management

Stuart Pearce is entering his third year with the Facilities Operations/Event Management Department working with the Mike Long Track Complex, and the Basketball Training Center. Pearce coordinates home events for cross country and men's and women's basketball while supervising the maintenance and upkeep of the track and basketball facilities on a daily basis.

The Tallahassee, Fla., native started his tenure at Florida State as an undergraduate seeking a bachelor's degree in Sport management. Pearce went on to earn his masters in Sport Administration from Florida State while working with the event management department as well as facilities. Upon graduation, Pearce spent a year working part time before being hired as the assistant director of event management.

Pearce has been married to his wife Kerri for three years and they are proud parents of a newborn daughter Elizabeth Leigh.

academic staff

SUPPORT PROGRAM ATHLETIC ACADEMIC SUPPORT 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.

AN OVERVIEW OF AN AWARD-WINNING ACADEMIC SUPPORT PROGRAM

Academic, personal and professional support is essential to college success. At The Florida State University, an outstanding support program has been developed that enables student-athletes to reach their full potential. Florida State Athletic Academic Support Program Director, Mark Meloney states, "Our philosophy is to offer an academic support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement or graduate school."

FSU's program operates on a "proactive" rather than "reactive" approach. The academic staff does not wait for crises to occur. They gather important background information on each entering student-athlete, build an academic profile, and develop individualized support programs which are tailored to the unique needs of each student-athlete. They also stay informed on the daily progress of the student-athletes through consistent communication with the Florida State faculty.

Over the past several years, the academic support unit had been housed in the \$126 million dollar, state-of-the-art University Center Complex which included private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. Over the summer, however, academic support, along with several other departments, moved into their new home, the newly constructed Moore Athletic Center. The multi-million dollar structure, which is located in the north end zone of Doak Campbell Stadium, is the new home of Florida State athletics. Some of features of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms and a five-station "Learning Center" for student-athletes with learning deficiencies and/or disabilities. The compliance, student services, business, sports information and athletics marketing offices are also housed in the facility, providing a more efficient and functional department, thus allowing student-athletes an opportunity for balance and improved time-management. The academic support staff is comprised of a director, an administrative assistant, six academic counselors, several graduate assistants, individualized learning specialists and a cadre of approximately 50 tutors and mentors.

Meloney was named the program's Director in 1997 and brings 19 years of advising experience to the position. Over the past nine years, Meloney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won the "Program of Excellence" award from Athletic Management Magazine.



HILLARD GOLDSMITH, III

Academic Advisor

Hillard Goldsmith enters his first season as an academic advisor for the Florida State University women's track and field and cross-country programs and men's basketball. He returns to the Seminoles after spending the past four years with the Florida Department of Corrections. Goldsmith, a four-year letterman at FSU, was a sprinter on the Seminoles' track and field squad that won 15 Metro Conference Championships. In 1990, Goldsmith, a team captain during his senior season, was the conference runner-up in the 400m dash.

In addition to his academic advising responsibilities, Goldsmith works with all prospective student-athletes during the pre-enrollment and admissions process. He works with coaches, prospective student-athletes and the university from the initial on-campus visit through the first day of orientation at the university.

Goldsmith received his bachelor's degree from Florida State in criminology in 1992 and earned a master's degree in criminology in 1995. Goldsmith is currently working on a master's degree in accounting.



AARON VAUSE

Aaron Vause, entering his fifth year in the academic advising department, handles the academic counseling for the men's track and field and cross country, and women's basketball program. He began working as a graduate assistant in the FSU Athletic Academic Support Office in 2000 where he served as an assistant to the football advisor for a year and a half.

In addition to his advising responsibilities, Vause works with all prospective student-athletes during the pre-enrollment process. He works with the coaches, prospective student-athletes and the university from their first on-campus visit, where admission requirements are discussed, until the first day of orientation at FSU. Additionally, Vause stepped into the role of liaison between the university and the NCAA Clearinghouse for Florida State Athletics in January. Over his tenure with the department, Vause has worked with many of the Seminole athletic teams including swimming and diving.

Vause earned his bachelor's degree in physical education from Florida State in 2000 and went on to receive a master's degree in physical education and sports administration in 2002. Vause also coached football at Godby High School in 1999.

ncaa compliance

The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

WHO IS PERMITTED TO RECRUIT FOR FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests 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.

KEY TERMS YOU SHOULD KNOW

You become a prospective student-athlete if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.

A contact is any face-to-face encounter between a prospect or the prospect's legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting. NOTE: At the Division I level, athletic representatives (boosters) may not contact you for the purpose of recruiting. A college coach may contact you in person off the college campus beginning July 1 after completion of your junior year in high school.

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.

During your senior year, you can have one expense-paid official visit to a particular campus. You may receive no more than five visits. During your official visit, which may not exceed 48 hours, you may receive round-trip transportation between your home and the campus, and you (and your parents) may receive meals, lodging and complimentary admission to campus athletics events.

PHONE CALLS AND LETTERS

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

- 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 initial National Letter of Intent signing date in your sport through the two days after signing date

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service post cards and institutional note cards
- Game programs, which may not include posters and one Student Athlete Handbook, can be provided only during official or unofficial visits to the university's campus

- NCAA educational information
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires that may be provided prior to your junior year
- Summer camp brochures, which may be provided prior to your junior year.



BOB MINNIX
Associate AD for Compliance



BRIAN BATTLE
Director of Compliance Services



HEATHER MCATEE
Compliance Coordinator

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 that 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 athletics programs to an athletics department staff member/coach.

You may view a prospect's contact 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 athletics' Compliance Office.

student services & personal development

THE N.O.L.E.S. PROGRAM: NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION & SERVICE



JOHN LATA
Director of Student Services

LIFE SKILLS

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative

commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.

PERSONAL DEVELOPMENT

Fostering the development of personal growth is a fundamental component of the NOLES program. These support programs ensure that the student-athlete will be provided opportunities to focus on personal growth issues such as values clarification, goal setting, fiscal planning, decision-making and personal responsibility. Programming focuses on helping student-athletes develop a healthy lifestyle while they are at Florida State and habits that will benefit them for life.

CAREER DEVELOPMENT

Preparing for life after college sports is a major focus of the NOLES Career Development program. The program is designed to work cooperatively with the University's Career Services to acquaint students with the job search process, provide networking opportunities and ultimately assist with job placement. This program places a priority on the development of the total person, with the goal of developing individuals who will have rewarding careers and productive lifestyles after they leave Florida State.

COMMUNITY SERVICE

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes

are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. One of the foundations of building leaders is the Athletic Ambassadors program. The Athletic Ambassadors have the opportunity to attend seminars and listen to and learn from outstanding guest speakers. They learn skills that will benefit them not only as students, and as athletes, but as they pursue their goals after leaving Florida State. They learn how to build communication skills, and they have many opportunities to interact with groups in the community. These Ambassadors have an opportunity to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration. The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends programming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes.

THE STUDENT ATHLETE ADVISORY COUNCIL

Shawn Allen, Track

Mike Averett, Swimming
Jeff Baggett, Athletic Trainer
Carly Brieske, Softball
Aaron Cheesman, Baseball
Roxanne Clark, Tennis

Anne Clinton, Cross Country

James Coleman, Football
Pete Crane, Swimming
Lindsay Deason, Tennis
Todd Galloway, Basketball
Tatiana George, Softball
Amy Harris, Golf
Renee Hill, Volleyball
Lisa How, Swimming

Natalie Hughes, Cross Country

Garrett Johnson, Track

LaToya LeGree, Track

Linnea Liljestrand, Basketball
Brandon Manasa, Baseball
LaKendra McColum, Track
Cassie McLaughlin, Volleyball
Alina Mihalescu, Tennis

Ali Mims, Soccer

LaQuinta Neely, Basketball
Tracy Ramos, Athletic Trainer

Jez Ratliff, Soccer

Katie Ronan, Swimming

Lorne Sam, Football

Mark Sestillo, Golf

Jessica Skower, Volleyball

Michelle Steakin, Golf

Jonathan Sucupira, Tennis

Amber Tantee, Tennis

Adam Wallace, Golf

Mike Walsh, Cross Country

Chip Webb, Tennis

