

**Sue**  
**SEMRAU**

Head Coach • Seventh Year • California-San Diego '85



**F**lorida State head coach Sue Semrau has tried to pattern her coaching philosophies after coaches that she admires and respects. One of those coaches is Florida State's very own Bobby Bowden. Sure,

who wouldn't want to imitate the actions of a coaching legend? But what people may not realize is that when Coach Bowden arrived in Tallahassee in 1976, he was facing a situation that was very similar to what Semrau faced when she came to FSU in 1997. The Seminole football team had won just four games combined in the two years before Bowden arrived. The Seminole women's basketball team had won just five games and had gone 0-16 in the ACC the season prior to Semrau's arrival. Both had huge challenges ahead of them and both committed themselves to revitalizing their respective programs. Bowden's success speaks for itself. He took a football program that FSU was considering discontinuing and turned it into a national power. In just six seasons, Semrau has taken a program from the cellar of the Atlantic Coast Conference and turned it into a program that is respected not only in the state of Florida and in the ACC, but in the nation as well.

Semrau has definitely put Florida State women's basketball back on the map. She and her staff have pounded the pavement in the recruiting department and have secured three recruiting classes ranked in the top 10 nationally, including this year's group that was pegged the country's No. 3 ranked class. The respect for the program became even more apparent when Florida State was selected as a site for the first and second rounds of the 2004 NCAA Tournament.

The daunting task that faced Semrau when she was named Florida State's third head coach in as many years certainly would have persuaded others to run the other way, but not Semrau. She had a passion and a desire to build and she wasn't going to let anything get in her way.

"I've always said you have to see the invisible, to do the impossible," she said upon her hiring in July of 1997.

Now, Florida State is reaping the benefits of Semrau's determination. The Seminoles have made two post season appearances in the past three years, have been nationally-ranked and have twice finished in the top four in the ever-challenging ACC. The program's progress has been commendable and Semrau was recognized this summer for her efforts when Florida State Director of Athletics Dave Hart Jr., awarded her a contract extension through the 2005-06 season.

"Sue has worked very long and hard



*Bobby Bowden and Sue Semrau*

to build a solid foundation for our women's basketball program and she has accomplished that task," Hart said. "I believe we are now poised to demonstrate consistent competitive success and progress within our league, and beyond, with a solid base of talent and new facilities which speaks volumes about our commitment to basketball at Florida State."

Last year, Semrau coached the Seminoles to a 17-13 record, a fourth-place regular-season finish in the ACC and to the second round of the Women's NIT where FSU fell on the road to eventual champion Auburn. The Tribe added another first to their accomplishments, defeating Clemson on its home court. In fact, FSU had beaten Clemson just once in 24 tries prior to last season and not since 1992 and the Seminoles swept the Tigers in 2002-03.

Florida State had a breakout season in 2000-01 as Semrau guided the Seminoles to a No. 25 final ranking with a 19-12 record, a third-place finish in the ACC and its first NCAA Tournament since 1990-91. It was Florida State's first winning sea-

son since 1991-92 as well as the school's best league finish since joining the ACC in 1991. The Seminoles were the only team in the nation to defeat Duke on its home court in 2000-01 and earned their highest-ever seed in the ACC Tourney at No. 4 and advanced to the tournament's semifinals for the first time. Other firsts included defeating Virginia for the first time and FSU took two of three from the Cavaliers, including a win in the ACC Tournament. The Seminoles' win over Tulane in the NCAA Tournament marked the first time that FSU has recorded a postseason victory away from Tallahassee.

Semrau was named the Atlantic Coast Conference Coach of the Year by the Atlantic Coast Sports Writers Association in 2001 after Florida State's vast improvement.

"You would have to understand the magnitude of the task that she undertook four years ago in order to fully appreciate just how deserving this honor is for Sue Semrau," Hart said. "In a conference full of outstanding coaches, Sue very much earned this recognition. I'm

**SEMRAU FILE**

**FSU/CAREER RECORD:** 77-95 (6 years)

**COACHING STOPS:**

Occidental College (Los Angeles, CA) — Head Coach/Assistant Athletic Director (1987-90)

Northern Illinois University (DeKalb, IL) — Assistant Coach/Recruiting Coordinator (1990-93)

University of Wisconsin (Madison, WI) — Assistant Coach/Recruiting Coordinator (1994-97)

Florida State University — Head Coach (1997-present)

**2001 ACC COACH OF THE YEAR**





at the Ronald McDonald House, done lawn work and helped plant a garden at a local women's shelter, gone Christmas caroling at a retirement home and visited children in the Pediatrics Ward. Over the past three seasons, the Seminoles have taken their commitment to community service up a notch and beyond the comforts of the city of Tallahassee. While continuing to serve the Tallahassee community, the Seminoles also extended a helping hand to the communities in which they traveled to for competition. FSU has made visits to the Boys and Girls Club at the Coalition for the Homeless in Orlando and elementary schools in Harlem, West Chester and Wadsworth, Ohio and Martinsville, Indiana.

"Anytime we can do something to help people when we're on the road, it sinks in a little deeper than even when we are in our own community," Semrau said. "It's not only important when we are in Tallahassee, but anywhere we go, there's a need. What I see, as a result, is a bunch of players who are very excited about giving back. I think it's a culture that not only women's basketball, but Florida State athletics has started and one that's meeting a need for people. It's very rewarding."

From day one of her reign, Semrau emphasized a need to build consistency in every facet of the women's basketball program. With Semrau's arrival to Florida State in the summer of 1997, the Seminole women's basketball program had had

very happy for her."

In 1997, when Hart went searching for a women's basketball coach, he found in Semrau just what he was looking for.

"Sue's integral role in the building process at two different programs, along with her tremendous energy and reputation as a recruiter, were the most important profile characteristics in her selection as our women's basketball coach at Florida State University," Hart said.

From the moment she stepped onto the Florida State campus, Semrau brought hope and excitement back to the Florida State women's basketball program. With solid coaching experience at two Division I schools, Semrau brought a great deal of wisdom and vision to a program starving for such nourishment.

Semrau's philosophy in rebuilding the Florida State program has been a simple one. Semrau runs her program in such a way where players are treated as people first, students second and athletes third. She is a relational coach who believes in initiating relationships rather than waiting for others to do so.

Semrau's style has been embraced by all who have come in contact with her. She has won the hearts of the Florida State media, fans and most importantly, the student-athletes, which has become very evident in her recruiting success. Semrau and her staff have brought in five of the nation's top recruiting classes since their arrival. The current FSU roster is highlighted by two Parade All-Americans, the Arizona, Georgia and Florida Gatorade Players of the Year, several USA Today honorable mention All-Americans and 1999's Miss Alabama and 2002's Miss Florida Basketball recipients. Three players have also been drafted to the WNBA since Semrau's arrival. Brooke Wyckoff, FSU's highest draft pick (2nd round), started for the Connecticut Sun in 2003 and helped the team advance to the playoffs of the WNBA Championship.

Semrau's friendliness and ease with the media have made her a favorite to interview and the "Lunch with Sue" booster-

sponsored luncheons, continue to grow in popularity and attendance.

Her commitment to community service has also been a priority for the program and it all starts on the court. Following every Seminole home game, fans are invited to circle the court to meet the players and coaches. But that's just the beginning. The Seminoles have performed a variety of services, including the Walker Ford Tutorial Program, in which the players donate two hours of their time on Saturday mornings to tutor elementary-aged children. They have helped package and deliver meals with Elder Care Services for the "Meals on Wheels" program, cleaned and cooked



2003-2004 FLORIDA STATE UNIVERSITY WOMEN'S BASKETBALL



the Seattle Storm soccer team in the previous year.

A native of Seattle, Wash., Semrau is a graduate of Shorecrest High School where she earned all-conference honors in her senior year. She went on to attend the University of Puget Sound for two years. Semrau transferred to the University of California-San Diego in 1984 where she finished her career ranking 13th in all-time scoring and fourth in all-time assists. She graduated in 1985 with a bachelor's degree in communications and received her master's degree in athletic administration from the University of Southern California in 1988.

An accomplished speaker, Semrau is a very popular guest speaker in the community as well as with alumni groups around the state. She is also active as a volunteer with the Fellowship of Christian Athletes.

three different head coaches in three years. Semrau's commitment to building a respectable program at FSU has provided stability to the program.

Prior to coming to FSU, Semrau served three years as an assistant coach and recruiting coordinator at the University of Wisconsin under Jane Albright. Semrau joined Albright at Northern Illinois in 1991 where she assisted in leading NIU to three consecutive NCAA tournament appearances.

In her three seasons at Wisconsin, Semrau contributed to the Badgers' three straight winning seasons and two NCAA tournament appearances, including the program's first ever back-to-back 20-win seasons. Wisconsin also posted its best record in program history, a 21-8 mark in 1995-96, during Semrau's tenure.

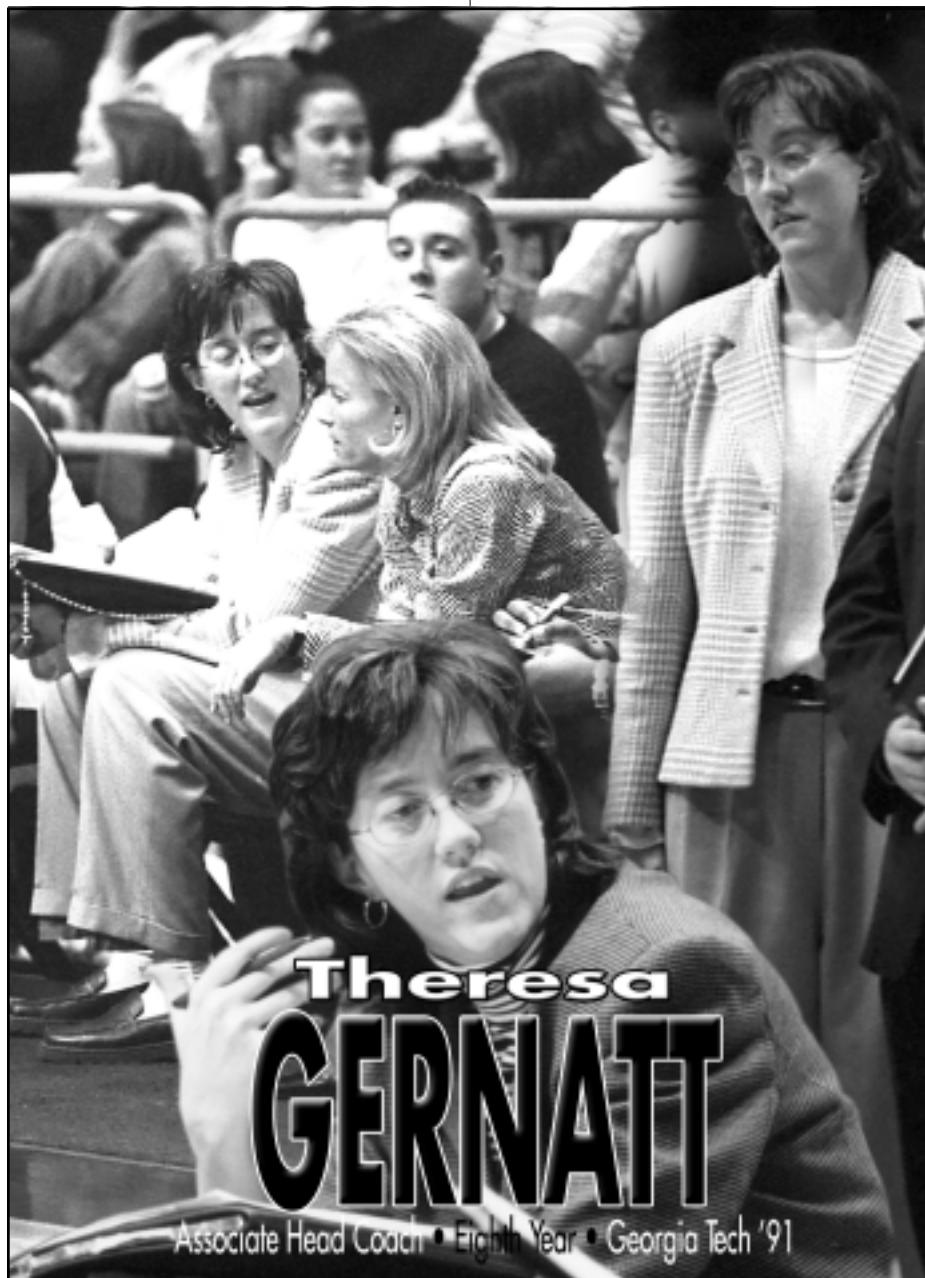
Semrau was also noted for her recruiting efforts at Wisconsin with a 1995 recruiting class that ranked eighth in the country by Blue Star Index. The Badgers' 1997 class featured the program's first WBCA Prep All-American and the first multiple *Parade Magazine* honoree. In the summer of 1996, Semrau was the head coach of a team of college alumni that competed in the Athletes in Action Spring Australian Tour.

Prior to her hiring at Northern Illinois, Semrau served as head women's basketball coach and assistant athletic director at Occidental College in Los Angeles for four years where she compiled a 51-47 overall record. She also coached soccer for two seasons and was responsible for the administrative duties of fundraising and promotions at the Division III institution. At Occidental, Semrau was a member of the NCAA regional selection committee and chaired the Southern California Intercollegiate Athletic Conference for women's basketball.

Semrau also worked as the public relations and promotions director for the L.A. Heat professional soccer team from 1986-87, and the public relations director for







**T**heresa A. Gernatt begins her seventh season as the top assistant coach for the Florida State women's basketball program. Aside from the obvi-

ous success on the recruiting trail, what Gernatt has brought to the FSU women's basketball program goes well beyond class rankings and records. A former student-athlete in the ACC herself, "Coach TAG" as she prefers to be called, makes it her business to identify with the student-athletes she recruits. She tells them like it is and she tells them like it will be. She's a "get down in the trenches" type of coach who while compassionate off of the court,

instills fierceness in her players on the court. Gernatt came to FSU as an assistant coach in 1996 and retained her position upon Sue Semrau's arrival in 1997. Her familiarity with the FSU athletics program was a great advantage to Semrau as was her familiarity with the coaching staff that Semrau assembled. Gernatt worked with Semrau and Angie Johnson back in 1994-95 when she served one year as an administrative assistant for the Wisconsin women's basketball program.

As Semrau's top assistant, Gernatt has been instrumental in Florida State's recruiting process, serving as the program's recruiting coordinator. Her efforts have rewarded time and time again with five of the nation's top recruiting classes over the past six years, including ASGR's No. 3-ranked class. With Gernatt's help, two Parade All-Americans, the Arizona, Georgia and Florida Gatorade Players of the Year, several USA Today honorable mention All-Americans and 1999's Miss Alabama and 2002's Miss Florida Basketball recipients highlight the current Seminole roster. Three players have also been drafted to the WNBA over the past five years. Brooke Wyckoff, FSU's highest draft pick (2nd round), started for the Connecticut Sun in 2003 and helped the team advance to the playoffs of the WNBA Championship.

Gernatt came to FSU in 1996 after serving one year as an assistant coach at Mississippi State. At MSU, Gernatt monitored the academic progress of the student-athletes, managed the program's tape-exchange and assisted with on-court responsibilities.

A native of Marietta, Ga., Gernatt has several ties to the Atlantic Coast Conference. She was a four-year letter winner at Georgia Tech, where she earned a degree in management in 1991, and then served as an assistant coach at the University of Maryland the following season during which time the Terrapins reached a No. 1 national ranking. Gernatt returned to her alma mater for the next two years and worked as an assistant to the athletic director while pursuing her master's degree.



### GERNATT FILE

#### COACHING STOPS:

- University of Maryland (College Park, MD) — Assistant Coach (1991-92)
- University of Wisconsin (Madison, WI) — Administrative Assistant (1994-95)
- Mississippi State University (Mississippi State, MS) — Assistant Coach (1995-96)
- Florida State University — Assistant Coach/Recruiting Coordinator (1996-2001); Associate Head Coach (2001-present)



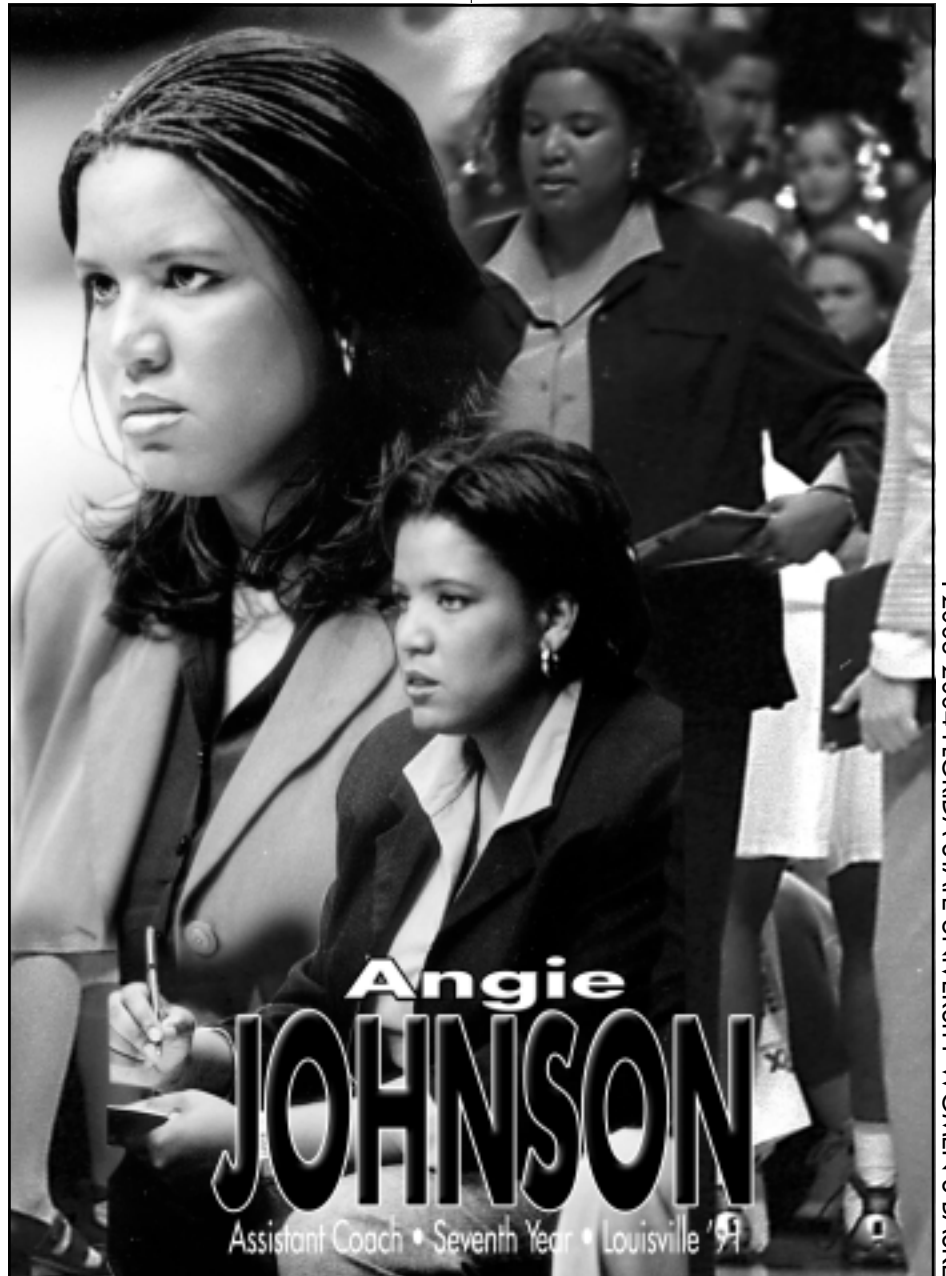


**A**ngie Johnson, who is in her seventh season as an assistant coach at Florida State, is a "get it done" type of person. Perhaps it was this trait, among others, that prompted Sue

Semrau to bring Johnson with her to Florida State in 1997. Johnson has seen her role with Seminole women's basketball expand with each season. She is literally in the mix in every aspect of the program and it's her attention to detail and creativity that have made her a perfect candidate for these responsibilities.

Aside from her on-the-court coaching and recruiting duties, Johnson has made the overall development of the women's basketball players her priority and this starts with their success in the classroom. She works closely with Florida State's athletic academic support staff in monitoring the academic progress of the Seminoles. Over the past several seasons, FSU women's basketball has carved its place on the ACC Academic Honor Roll, ranking among the top women's basketball teams in the league for number of members. With Johnson's oversight, FSU has had 23 players named to the ACC Academic Honor Roll since 1997-98.

Johnson also works closely with the women's basketball support club, the Hoop Troop, and is very instrumental in the planning of such events as the annual Hoop Troop Golf Outing, the Alumni Game and the "Lunch with Sue," booster luncheons.



She also oversees the team managers and assists with equipment.

Johnson, like Semrau, came to Florida State in 1997 from the University of Wisconsin, where she served as the Badgers' third assistant for three years. Some of her responsibilities at UW included opponent scouting, coordinating video exchange and arranging student-athletes community service. In her final season at UW, she also served as the team's academic liaison. Johnson was also active with the BadgerBall Booster Club, the Jane's Gem kids club and was co-director of the

BadgerBall Girls Hoops Camp for two summers.

Prior to joining the Badger staff, Johnson was the assistant basketball coach at Paul G. Blazer High School in her hometown of Ashland, Kent. She was a four-year letterwinner at the University of Louisville from 1987-91. A 6-0 center, she ranked among the top 10 in career rebounds (621) and games played (120). Johnson, who earned her degree in biology, was the recipient of the Ed Kallay Senior Award in 1991 and was a Woodford R. Porter Scholar.

### JOHNSON FILE

#### COACHING STOPS:

Paul G. Blazer High School (Ashland, KY) — Assistant Coach (1991-94)  
 University of Wisconsin (Madison, WI) — Assistant Coach (1994-97)  
 Florida State University — Assistant Coach (1997-present)





bringing on board one of the rising stars of our profession."

An energetic coach, White had a wide variety of duties while at Texas Tech. Some of White's responsibilities included instructing pre- and postseason individual workouts, preparing scouting reports, perimeter and post player development and all aspects of recruiting, including mail correspondence and recruiting visits. Throughout the school year, White also served as the academic liaison for the women's basketball team, directing study hall and monitoring academic progress while also handling player relations.

White enjoyed great success during his time at Texas Tech. Over the past seven years, Texas Tech has won three Big XII championships and advanced to seven straight NCAA Tournaments, including five Sweet Sixteen and two Elite Eight appearances. He was a student assistant on Tech's 1993 National Championship team and a graduate assistant coach for two seasons before being elevated to a full-time coach.

During the summer months, White was active in the organization and execution of the summer basketball camps. He also coached the AAU Lubbock Lady Bulls who advanced to the National Tournament in Ogden, Utah in 1994 and in 1996, was again an AAU coach for the Lady Cardinal team.

White was the co-director of the annual Wyatt/White Basketball Camp in Spur in 1995-96. He oversaw a varsity camp, a day camp and a mini camp designed especially for kindergarten through third graders.

A 1996 graduate of Texas Tech, White earned his bachelor's degree in exercise and sports science. He went on to receive a master's degree in sports administration in August of 1998. He attended Lubbock Christian University for three semesters before transferring to Tech in January of 1993. As a high school athlete in Spur, he was a three-time All-District selection, twice All-Region, and twice third team all-state choice in basketball. His high school basketball and football teams advanced to the regional round both his junior and senior years. As a basketball player, he was listed in the Spalding Top 100 basketball players in 1991.

White is an NCAA certified recruiter and member of the Women's Basketball Coaches Association. He is married to the former Melanie Smith, who is teaching at Tallahassee Community College.



**T**here are those times when you just know it's right. Florida State head coach Sue Semrau experienced one of those times when she hired Lance White. White

joined the Seminole family in June and is in his first season as an assistant coach

for the Florida State women's basketball team. White came to Florida State from Texas Tech where he spent the past 10 seasons, including seven years as an assistant, with the Lady Raiders' top 10 program. He replaced Scott Stoehr who left FSU to become the recruiting coordinator at North Texas.

"I am thrilled with the addition of Lance White to our women's basketball staff," Semrau said. "He brings years of collegiate experience from one of the top programs in the country. With his enthusiasm and expertise, I believe we are

**WHITE FILE**

**COACHING STOPS:**

Texas Tech University (Lubbock, TX) — Graduate Assistant (1996-98); Assistant Coach (1998-03)  
 Florida State University — Assistant Coach (2003-present)



# DIRECTOR OF BASKETBALL OPERATIONS NADIA FLAIM

FIRST YEAR • UNIVERSITY OF WINDSOR '98



**A**lthough in her first season as Florida State's Director of Basketball Operations, Nadia Flaim is no stranger to Florida State women's basketball having served as the Program Assistant since January of 2002. Flaim, who received a master's degree with honors in sports administration from FSU in 2000, also spent some time as an assistant in the sports information and women's basketball offices while earning her degree.

As the Director of Basketball Operations, Flaim has a wide range of responsibilities in all facets of the program. She coordinates team travel as well as facility usage and game management of all

practices and games. She assists head coach Sue Semrau with scheduling and serves as the program's liaison with the athletics department's administration. Flaim is also the director of FSU's annual Seminole Classic, oversees the graduate assistants and helps with on-campus recruiting and summer camps as well as numerous other duties.

As the Program Assistant, Flaim administered the Hoop Troop Booster Club, Courtside Kids Club and Community Service Programs, and developed marketing materials including "Courtside Kids Corner," the team's monthly newsletter. Furthermore, Flaim was in charge of planning and organizing annual team events including the Kick-Off Golf Tournament, Alumni Weekend and Youth Basketball Clinics. She also worked feverishly to increase the program's community awareness, setting up a variety of public appearances and community services projects. Flaim continues to oversee these areas in her new position.

Prior to returning to Florida State in 2002, Flaim worked as the Director of Communication, Community and Team Affairs for the Tallahassee Tiger Sharks, an East Coast Hockey League franchise. As part of the Tiger Sharks organization, she produced all written materials for the team, managed the website and acted as the team's media liaison while also overseeing game day operations. Before being promoted to that position, Flaim gained the title of Public Relations Coordinator for the Tiger Sharks in August of 1999 where she was able to cultivate working relationships with the media and local community groups.

A 1998 graduate of the University of Windsor in Ontario, Canada, Flaim acted as the Home Game Manager for football and basketball. Flaim, who is fluent in a number of languages including French and Italian, earned her bachelor's degree with honors in communication studies.



## GRADUATE ASSISTANTS



**MATT WIGGINS**  
Trinity University '98



**SHUN HUNTER**  
University of Alabama '03

2003-2004 FLORIDA STATE UNIVERSITY WOMEN'S BASKETBALL



# BASKETBALL STAFF SUPPORT

2003-2004 FLORIDA STATE UNIVERSITY WOMEN'S BASKETBALL



**Patrece Albertie**  
*Team Manager*



**Kylie Amato**  
*Academic Support  
Graduate Assistant*



**Jason Byrne**  
*Athletics Marketing*



**Shaun Downey**  
*Equipment Manager*



**Stephanie Gainey**  
*Head Manager*



**Lesroy Louard**  
*Video Assistant,  
Seminole  
Productions*



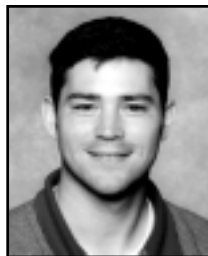
**Chuck Morris**  
*Director of Event  
Management*



**Tiffany Moulterie**  
*Team Manager*



**Dr. Bob Orsillo**  
*Team Optometrist*



**Stuart Pearce**  
*Game Operations*



**Lexie Roegiers-Jensen**  
*Team Manager*



**Michelle Smith**  
*Graduate Assistant  
Equipment Manager*



**Dr. Kris Stowers**  
*Team Physician*



**Laurie Swiger**  
*Game Operations*



**Jose Tapia**  
*Team Manager*



**Dr. William Thompson**  
*Team Physician*



**Martin Unger**  
*Video Coordinator,  
Coaches Video*



**Dr. John Van Tassel**  
*Team Chiropractor*



**Dr. Andrew Wong**  
*Team Physician*



**Ben Zierden**  
*Ticket Office*