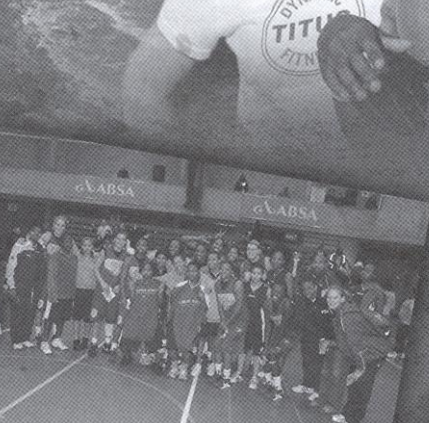
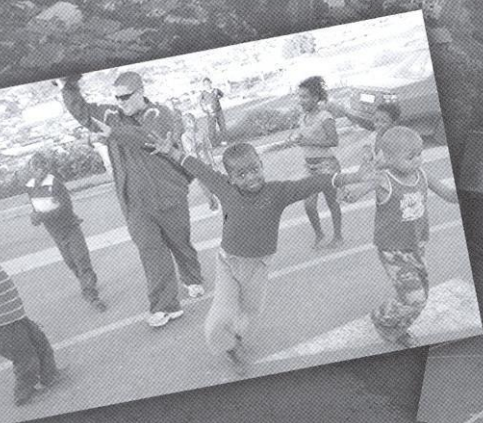
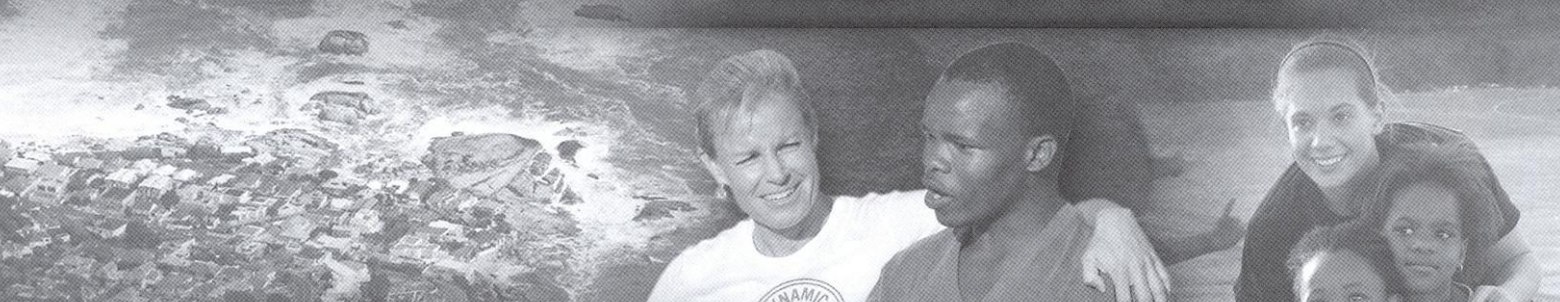




# SOUTH AFRICA

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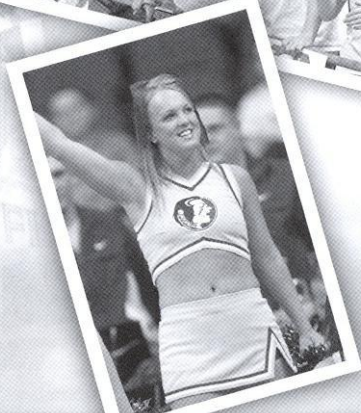
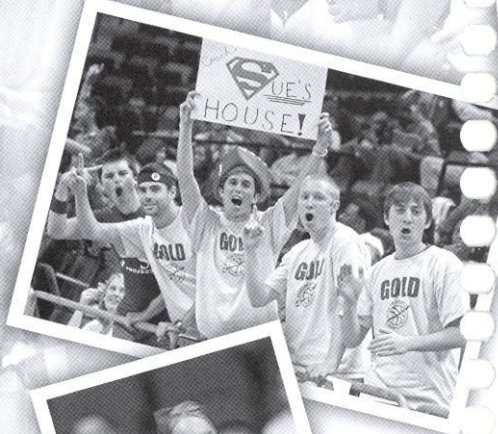
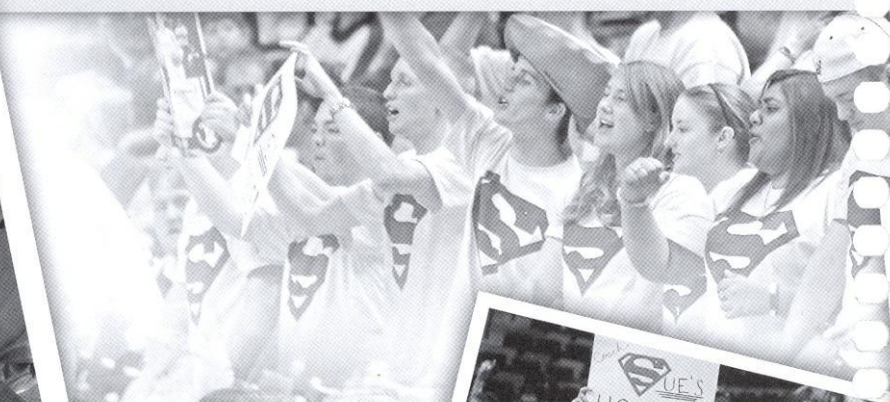


# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## THIS IS FSU BASKETBALL

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OUTLOOK  
PLAYERS  
08-09 REVIEW  
RECORDS  
OPONENTS/  
MEDIA



### GOOD TIME TO BE A SEMINOLE

-  2008-09: Highest Ranking in School history (#12)
-  Seven Straight Postseason Appearances
-  Three-time ACC Coach of the Year Sue Semrau
-  3 WNBA Draft Picks in 2009
-  Over 40,000 fans saw the Seminoles play at home in 2009

# SEMINOLES



# FLORIDA STATE

## 2009-10 WOMEN'S BASKETBALL



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COACHES

PLAYERS

REVIEW

HONORS

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OPPONENTS/  
MEDIA



# SEMINOLES





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



# BASKETBALL TRAINING CENTER

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COACHES



08-09

HONORS

RECORDS

OPPONENTS/  
MEDIA



# FLORIDA STATE SEMINOLES



# FLORIDA STATE

## 2009-10 WOMEN'S BASKETBALL



### STATE-OF-THE-ART FACILITIES

- The third level entrance, located on the north side of the complex, connects to a walkway leading directly to the Tucker Civic Center.
- Two regulation-sized basketball courts are located on the second floor of the facility. The cushioning for the courts is composed of ground up Nike shoes.
- The team meeting room, strength and conditioning room and athletic training room are located on the second floor, just across the hall from the practice courts.
  - The coaches office suite is on the third floor, which has a balcony overlooking the practice courts.
  - The locker room, located on the first floor, consists of four rooms: the player lounge, the study room, the dressing and locker room and the restroom and shower area.



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OPPONENTS/  
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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## DONALD L. TUCKER CIVIC CENTER



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Florida State basketball games at the Donald L. Tucker Center are as exciting as it gets! FSU fans are spoiled by more than just a great basketball team playing in the nation's finest conference, they also get to watch the game in surroundings that are as modern as any in the country.

The Tucker Center is the home for Seminole basketball, and the multi-purpose facility comes alive on game day. So impressive is the atmosphere, the Tucker Center and Florida State University have served as hosts for NCAA Basketball first and second rounds — back in 1995 on the men's side and in 2004 for the women's tournament. The Tucker Center will once again host NCAA action next season when FSU hosts the first and second rounds of the 2010 NCAA Tournament.

Numerous improvements have been made to the already-outstanding structure. Prior to the 2002-03 season, the Tucker Center, in conjunction with the FSU athletics department, undertook a project to give the basketball arena more of a home-court atmosphere. The makeover includes an array of Seminole tradition throughout the facility, including picture collages, garnet and gold decor and Seminole logos.

In 2000, the Tucker Center completed an expansion project which began in October of 1998 in which 34 luxury suites and 468 club seats at mid-level in the arena were added. In addition, the upper level seating

was configured to offer better viewing and additional concession stands and restrooms were added. 12,100 seats are available for FSU basketball fans, who are treated to one of the most spectacular shows in college hoops. An impressive four-sided, center hung Megavision video display, a state-of-the-art sound system and four scoreboards in the upper corners of the arena were also added. When there is a break in action, the video display comes alive with highlight tapes, animated games and other crowd-pleasing bits.

Adding even more appeal to the facility is the Center's restaurant, the Spotlight Grill. This 450-seat arena-view restaurant includes an outdoor patio and ledge seating for viewing arena events.

The multi-purpose facility, which opened its doors in 1981, covers over 22 acres in the heart of Tallahassee's thriving downtown district. The Tucker Center is only two blocks from the Capitol building and is just across the street from FSU's nationally-acclaimed Law School.

The complex covers over 18,000 square feet with 119-foot ceilings in the main arena. The Tucker Center is actually three different areas combined under one roof. The main arena, where FSU hosts its home games, is also the center for some of the nation's top musical concerts and Broadway plays

and even a circus. The Exhibition Hall, which joins the main arena via a spatial hallway, can seat 5,000 for an event or serve as an indoor display area. The complex also features a terrace, which is popular for outdoor hosting.

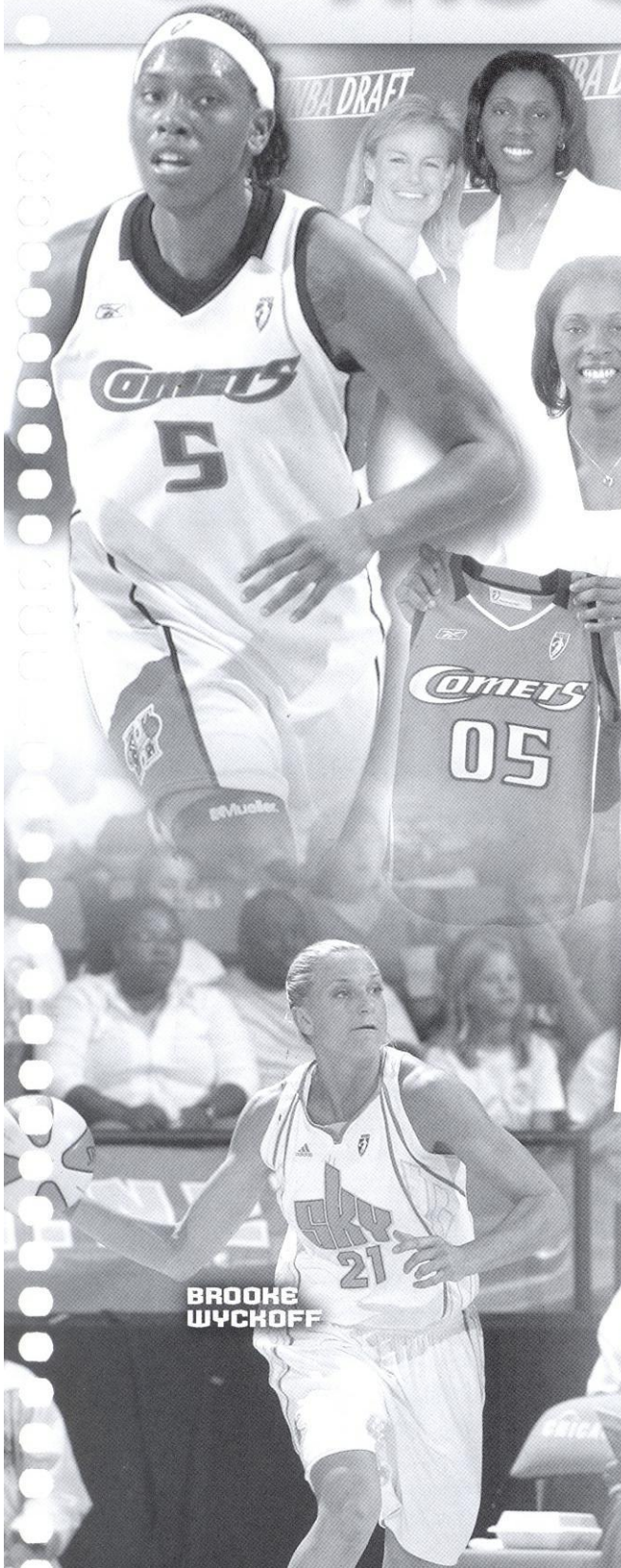
As one of Florida's busiest venues, the Tucker Center recently completed a \$1.2 million renovation to its six meeting rooms, covering some 16,000 square feet. Because of its versatility and accessibility, the Tucker Center continues to be a popular location for trade shows and conventions.

In the late 1970's, the facility was named by the Legislature for Tallahassee native Donald L. Tucker who was elected to the Florida Legislature in 1967 and served for 12 years. During his legislative career he was Chairman of the Claims Committee, Chairman of the Committee on Manpower and Development, Chairman of the Commerce Committee and he was elected Speaker of the House of Representatives in 1974. He was re-elected speaker in 1976. The last Speaker to preside in the current Statehouse, Tucker was Vice Chairman of the Southern Legislative conference in 1976-1977 and was Chairman of that organization in 1977-1978. During his time in the legislature he received numerous honors and awards. In addition to the naming of the civic center, he was honored as "Most Effective Member of The Legislature."

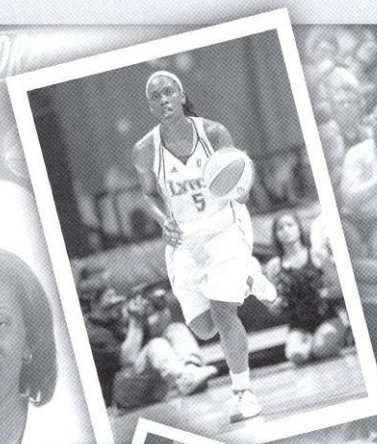




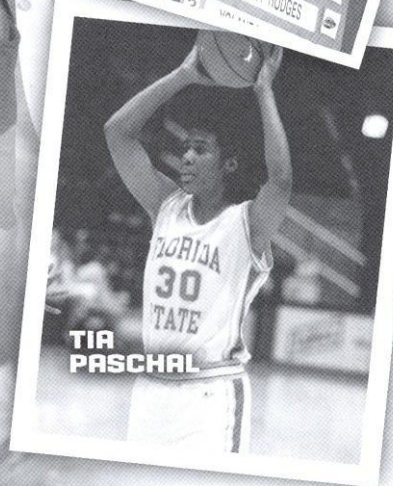
# SEMINOLES & THE WNBA



WNBA DRAFT

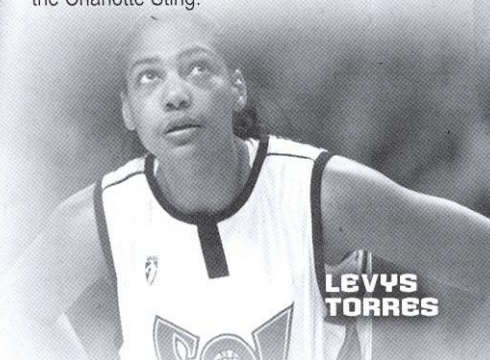


**RONEEKA HODGES**



**TIA PASCHAL**

The Florida State women's basketball program provides its student-athletes with a solid education and the opportunity to play Division I basketball in one of the nation's strongest conferences. It also prepares its player for the opportunity to play at the next level. FSU has had seven players drafted to the WNBA and former Seminole great Tia Paschal (1990-93) played one season with the Charlotte Sting.



**LEVYS TORRES**

**BROOKE WYCKOFF**

### FSU'S WNBA DRAFT PICKS

2000	Latavia Coleman	3rd Round (48th pick)	Houston Comets (traded to) Indiana Fever
2001	Levys Torres	3rd Round (37th pick)	Miami Sol
	Brooke Wyckoff	2nd Round (26th pick)	Orlando Miracle (01-02) Connecticut Sun (03-05) Chicago Sky (06-present)
2005	Roneeka Hodges	2nd Round (15th pick)	Houston Comets (2005-09) Minnesota Lynx (2009-present)
2009	Brittney Miller	2nd round (18th pick)	Detroit Shock (2009)
	Tanae Davis-Cain	3rd round (37th pick)	Detroit Shock (2009)
	Mara Freshour	3rd round (38th pick)	Seattle Storm (2009)





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## ACADEMIC SUCCESS

### ACADEMIC HONORS & AWARDS

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$450,000 in Post-graduate Scholarship monies has been granted to FSU student-athletes over the past 15 years, as well as numerous other academic honors and awards.

During the 2008-09 academic year, five Seminole student-athletes earned CoSIDA Academic All-American honors, 15 Seminoles were named District Academic All-Americans and Florida State University named 175 student-athletes to the 2009 Atlantic Coast Conference Academic Honor Roll. At the conclusion of the 2008-09 school year, 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 minimum 3.0 semester GPA and 10 athletic teams had a 3.0 or better GPA and the average team semester GPA was a 2.8. In addition, 10 student-athletes were named to the President's List with a 4.0 GPA while 62 student-athletes earned Dean's List honors for having a 3.5 GPA or higher.

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.

The Academic Support Program is committed to recognizing the academic success of all student-athletes. The athletics department, in conjunction with Seminole Boosters, Inc., puts on the annual "Golden Torch Gala," academic awards banquet, each fall. 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 at this event.

### DEDICATION TO ACADEMIC SUCCESS

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.

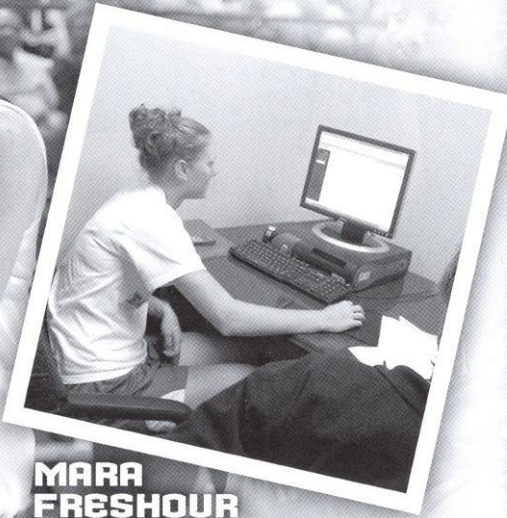


### ALL-TIME ACC ACADEMIC WOMEN'S BASKETBALL TEAM SELECTIONS

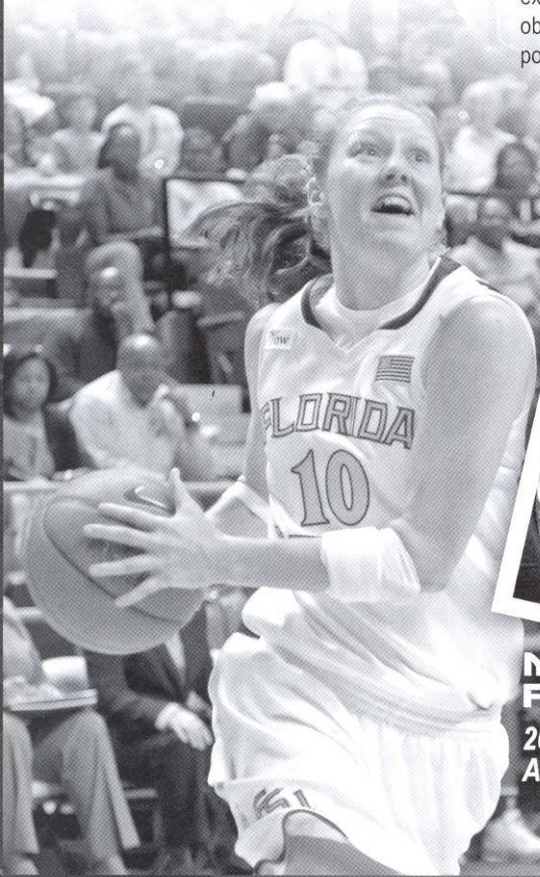
Florida State.....	25
Duke.....	19
Maryland.....	13
Wake Forest.....	13
Virginia Tech.....	11
Clemson.....	10
North Carolina.....	9
Virginia.....	9
NC State.....	8
Georgia Tech.....	7
Boston College.....	6
Miami.....	4

### SINCE 2004-05

Florida State.....	11
Virginia Tech.....	11
Duke.....	8
Maryland.....	7
Boston College.....	6



**MARA FRESHOUR**  
2007-08, 2008-09  
ACC All-Academic Team Selection



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# FLORIDA STATE

## 2009-10 WOMEN'S BASKETBALL



### ATHLETIC ACADEMIC SUPPORT MISSION STATEMENT

The primary mission of the Athletic Academic Support program 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.

### WOMEN'S BASKETBALL ACADEMIC SUCCESS

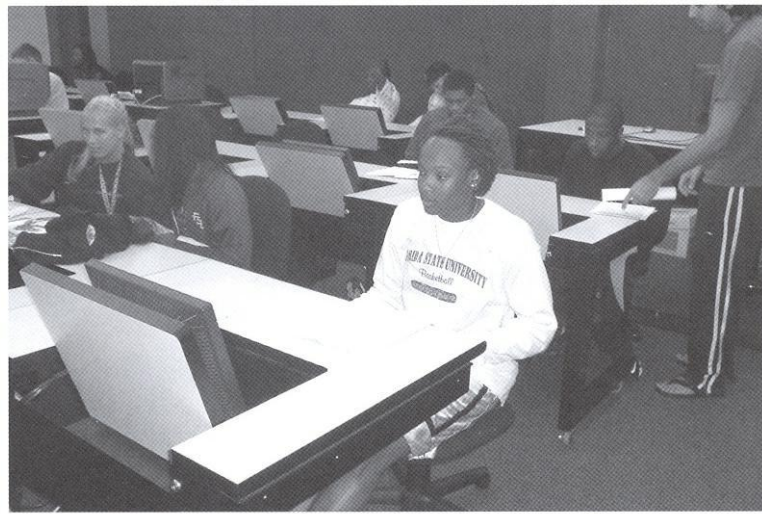
Not only has Sue Semrau changed the face of Florida State women's basketball on the court, but she has also turned the program around in the classroom. While schools like Duke, Wake Forest and Virginia may get more academic notoriety, Florida State has been the top school in the conference in terms of academic honors.

Twelve years ago the Academic All-ACC Women's Basketball Team was established. In those 12 years, Florida State has either had the highest number of recipients or tied for the conference lead in 10 of those years. During the 2005-06 academic year, the Seminoles set a record with four members of the all-academic team.

The Seminoles also led all conference schools with three players on the 2007 All-ACC Academic Women's Basketball Team, but leading the way academically has been nothing new for FSU. Since its inception in 1998, Florida State has had 25 student-athletes named to the All-ACC Academic Team, which is six more than the next closest league school. Since league expansion in 2004-05, the Seminoles' 11 selections is tied for the most.

In addition, since Semrau took over the program in 1997, FSU has had 67 ACC Academic Honor Roll selections, which is tops in the league. Prior to her arrival, the most student-athletes women's basketball had put on the honor roll was five. Under Semrau's direction, FSU has averaged nearly six recipients per year, including a program-best eight in 2005-06.

Recognition for women's basketball academic achievements are no longer limited to just the conference. In 2006, Nikki Anthony and Alicia Gladden were named to the ESPN The Magazine Academic All-District Third Team, while Mara Freshour was a second team selection the last two seasons. Ganiyat Adeduntan was the first player under Semrau to bring home that honor in 2005. In addition, Brook Wyckhoff picked up the program's second ACC Postgraduate Scholarship in 2001.



### ACC ACADEMIC HONOR ROLL SELECTIONS

1991-92	Robin Corn, Christy Derlak, Danielle Ryan
1992-93	Christy Derlak, Danielle Ryan, Allison Peercy
1993-94	Christy Derlak, Allison Peercy, Liberty Taylor, Angela Atkinson, Michelle Frank
1994-95	Allison Peercy, Liberty Taylor, Katina Cobbins, Wendy Hampton, Anja Pedersen
1995-96	Wendy Hampton, Kristen Parker, Leslie Waugh, Carla Williams
1996-97	Arleshia Davidson, Wendy Hampton, Kristen Parker, Leslie Waugh
1997-98	Arleshia Davidson, Vanessa Fuchs, Wendy Hampton, Latrice McLin
1998-99	Jen Robinson, Leslie Waugh, Brooke Wyckoff, Arleshia Davidson, Vanessa Fuchs, Val Linley, Jen Robinson, Lakesha Springle, Angela Sutton, Brooke Wyckoff
1999-00	Latavia Coleman, Molly Beal, Brooke Wyckoff, Vanessa Fuchs, Lauren Bradley, Levys Torres, Katelyn Vujas
2000-01	Molly Beal, Lauren Bradley, Vanessa Fuchs, Petra Hofmann, Lakesha Springle, Brooke Wyckoff
2001-02	Lauren Bradley, Genesis Choice, Linnea Liljestrand, Kim Small
2002-03	Ganiyat Adeduntan, Lauren Bradley, Holly Johnson, Linnea Liljestrand, Tashaika Allen
2003-04	Ganiyat Adeduntan, Nikki Anthony, Lauren Bradley, Alicia Gladden, Holly Johnson, Linnea Liljestrand, LaQuinta Neely
2004-05	Ganiyat Adeduntan, Nikki Anthony, Alicia Gladden, Christie Lautsch, Linnea Liljestrand, Hannah Linquist
2005-06	Ganiyat Adeduntan, Nikki Anthony, Tiffany Buckelew, Mara Freshour, Alicia Gladden, Holly Johnson, LaQuinta Neely, Dranadia Roc Nicky Anthony, Tiffany Buckelew, Mara Freshour, Alicia Gladden, Christie Lautsch
2006-07	Mara Freshour, Christian Hunnicutt
2007-08	Mara Freshour, Kayli Keough
2008-09	

### ACADEMIC ALL-ACC

1998	Arleshia Davidson, Wendy Hampton, Brooke Wyckoff
1999	Jen Robinson, Brooke Wyckoff
2000	Molly Beal, Brooke Wyckoff
2001	Molly Beal, Vanessa Fuchs, Brooke Wyckoff
2002	Linnea Liljestrand
2003	Holly Johnson
2004	Ganiyat Adeduntan, Lauren Bradley
2005	Ganiyat Adeduntan, Linnea Liljestrand
2006	Ganiyat Adeduntan, Alicia Gladden, Holly Johnson, LaQuinta Neely
2007	Nicky Anthony, Alicia Gladden, Mara Freshour
2008	Mara Freshour
2009	Mara Freshour

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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## COMMUNITY SERVICE

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That's not all the Seminoles did to help the victims of Katrina. Feeling fortunate to be safe and helpless in terms of how to help, the Florida State women's basketball team donated apparel to the displaced University of New Orleans women's basketball program. At the time, the Privateers were being housed at the University of Texas at Tyler.

"I know there is quite a need from the Hurricane Katrina outfall and if I were in Amy Champion's shoes, the head coach of the women's basketball team at New Orleans, I would hope that someone would step up and do whatever they could," FSU head coach Sue Semrau said. "Especially with our connection with New Orleans and (former Seminole) Roneeka Hodges and her family feeling the hit themselves, this is the least we can do to ship whatever we can to that basketball team." For the Florida State players, it was even more personal.

Even at one their most challenging time of the season, the Seminoles took time to serve. While in Denver, Colo., for the 2006 NCAA Tournament, sounds of laughter, cheers and bowling balls tumbling down the lane overshadowed the fact that the Florida State women's basketball team was in town for business. For just a couple of hours on the Sunday between the first and second rounds, the Seminoles took time away from their schedules to give back to the children of the greater Denver community by participating in a philanthropic bowling event.

The mantra of the Florida State women's basketball program is people first, students second and athletes third. Part of fulfilling the goals of being a better person is to give back to the community, that's why head coach Sue Semrau has made giving back to the community one of the top priorities of her program.

"To whom much has been given, much is required," — words that Semrau and her players choose to live by. With the assistance of Florida State Athletics Student Services Office, the women's basketball program continues to practice a program devised upon Semrau's arrival at FSU in which each women's basketball player performs at least three hours of community service per month while in season and six hours of service per month when not in season.

Last year the women's basketball team partnered with Leon County Public Schools, grades K-8, to introduce the Annual Seminole Book Challenge. The purpose of the effort is to encourage the importance of reading by offering a reward to students that read at least five books from the required reading list over a five month period (Sept 1-Feb. 1). Students' progress will be tracked by their teacher via a tracking poster provided and hung in each classroom.

On November 24th, Florida State hosted its annual "Toys for Tots" Toy Drive at the home game versus the Florida Gators. Last season, over 200 toys were donated to the U.S. Marines Toys for Tots program which helps brighten the lives of many families throughout the nation and right here in Tallahassee.

From face-painting at the Downtown Getdown to the team's Seminole Book Challenge, Florida State women's basketball gets involved in serving the community but there were two individuals that really answered the call last season when it came to Community Service. At the 2008-09 team banquet, junior Christian Hunnicutt was honored with the Community Service Award.

"I think it's really important to have a well-rounded resume' so I like to give my time to other organizations and to community service because I feel like it will make me a better person for the future and if it makes me a better person, maybe I can make somebody else a better person," Hunnicutt said.

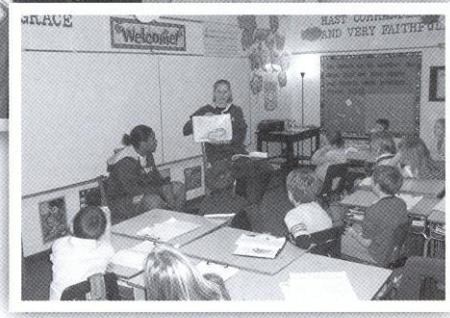
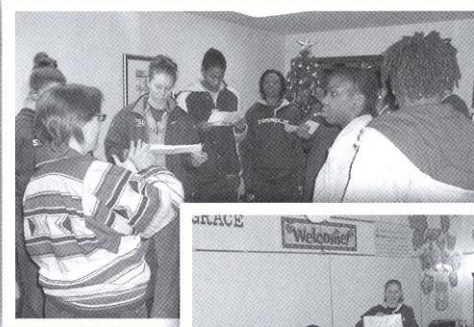
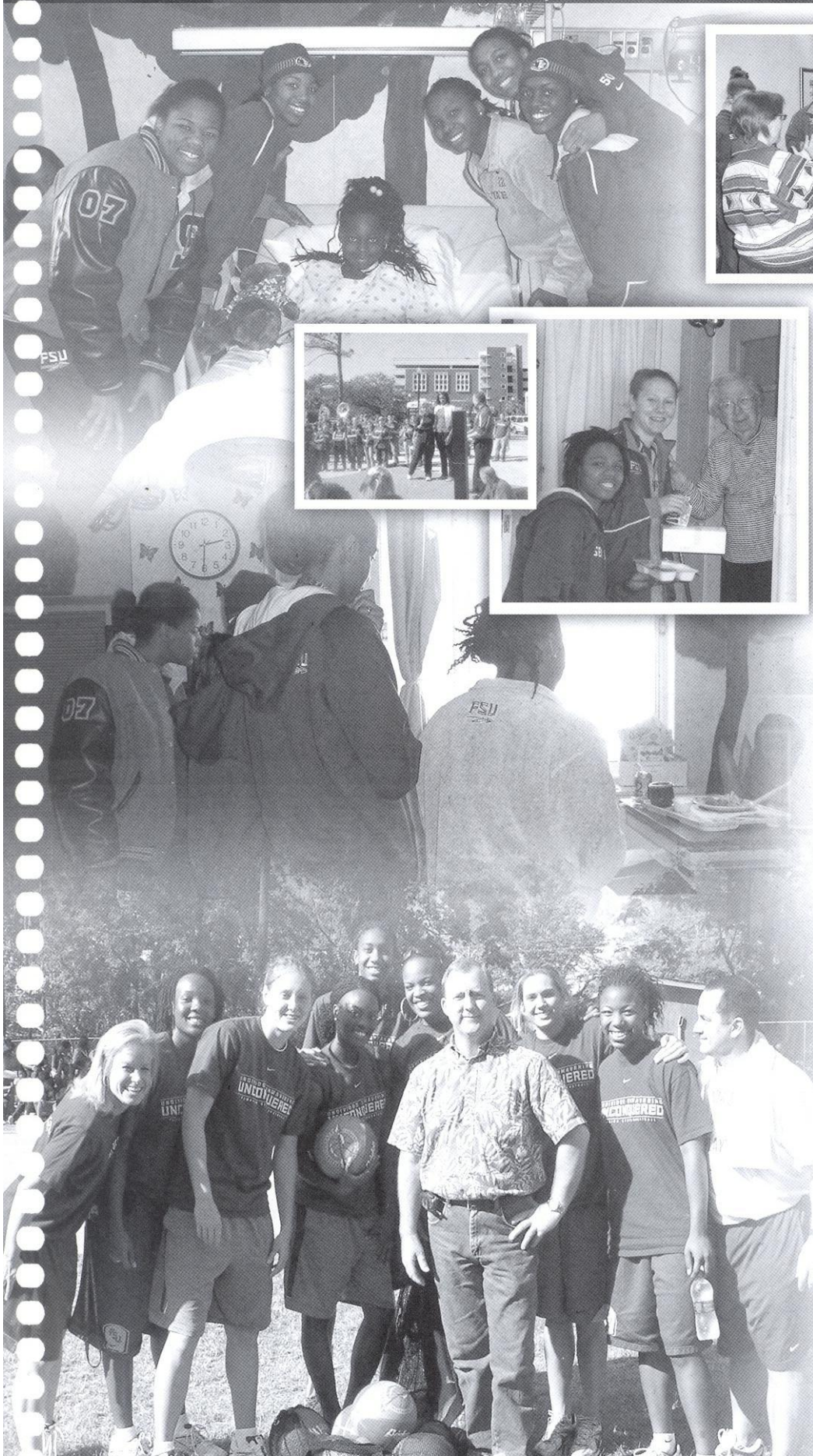
One example of Anthony's dedication to the community came in the aftermath of one of the nation's worst natural disasters. In the wake of Hurricane Katrina, in conjunction with the FSU Athletics Student Services Office, the women's basketball team held a Blood Drive in the Donald L. Tucker Center. It was Anthony who first came up with the idea.

"I just brainstormed and thought of a few things that we could do to help the victims of the hurricane in New Orleans," Anthony said. "As a college student, I don't have a lot of money to give, but I knew I wanted to give in some way so I thought giving blood would be a really good idea and so did other people and it just escalated from there."





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



"It is so important for our program to develop awareness that there is life outside of basketball," Semrau said. "We want to continue to connect with young people and others in need."

After breakfast the day after FSU's big win over Louisiana Tech, the Seminoles loaded the bus and traveled to a local bowling alley to interact with a couple dozen children representing Mount Saint Vincent, a program for children with a wide range of emotional and behavioral problems that are preventing them from functioning to their full potential at home, in the community or in school. Each player and coach paired up with a child to bowl, eat pizza and fellowship for an afternoon when laughter was the main ingredient.

While most of the Seminoles admitted bowling wasn't their best sport, Florida State's Christie Lautsch agreed she could help her particular child in a couple of ways. "I just told her to go out there and have fun," Lautsch said, with a huge grin on her face. "That's what I try to do when I play basketball and that's what I encouraged her to do. I'm not the best bowler but I'm a good supporter so I think my child enjoyed her day."

Over the years, 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 at the Ronald McDonald House, done lawn work and helped plant a garden at a local women's shelter, landscaped at the area Boys and Girls Club, gone Christmas caroling at a retirement home, visited children in the Pediatrics Ward and even helped build a home for Habitat for Humanity.

Several years ago, the Seminoles implemented a Spring League, in which the Seminoles donate their time for a weekly clinic designed to help area youngsters learn the game of basketball. The FSU players serve as coaches of the teams and get a chance to be on the "other" side of the ball for a change.

For Semrau, the community service facet of her program has been a priority from day one and it is an area that has had much success. Each spring, at Florida State's annual Golden Nole Awards Banquet, the Athletics Director's Cup for Service is presented to the team that performs the most hours of community service throughout the year. Semrau's Seminoles have twice earned the distinction. The competition between the teams has really heated up in recent years, thus showing that the community is the real winner!

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**'Noles To Lend A Hand**  
The Florida State women's basketball team will continue its community service work on Saturday, October 17 when they head to the Railroad Square Art Park in Tallahassee for the Paws in Prison Dog Walk.

**MORE BASKETBALL NEWS**

- Coach Sue Attends Ground Breaking
- Three TV Games Added
- 2009-10 Schedule Released
- Monroe Named To Wooden Watch List
- South Africa Diary #7 - Kayli Keough
- Final Diaries From South Africa
- Seminole Close Out Trip With...
- Diary #5 - Courtney Ward

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- Women's Basketball - Community Outreach
- Women's Basketball - 2009 Fall Preview
- Women's Basketball - 2008-2009 Season Highlights

**MEDIA GUIDE**

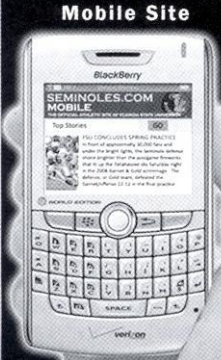
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OPPONENTS/ MEDIA



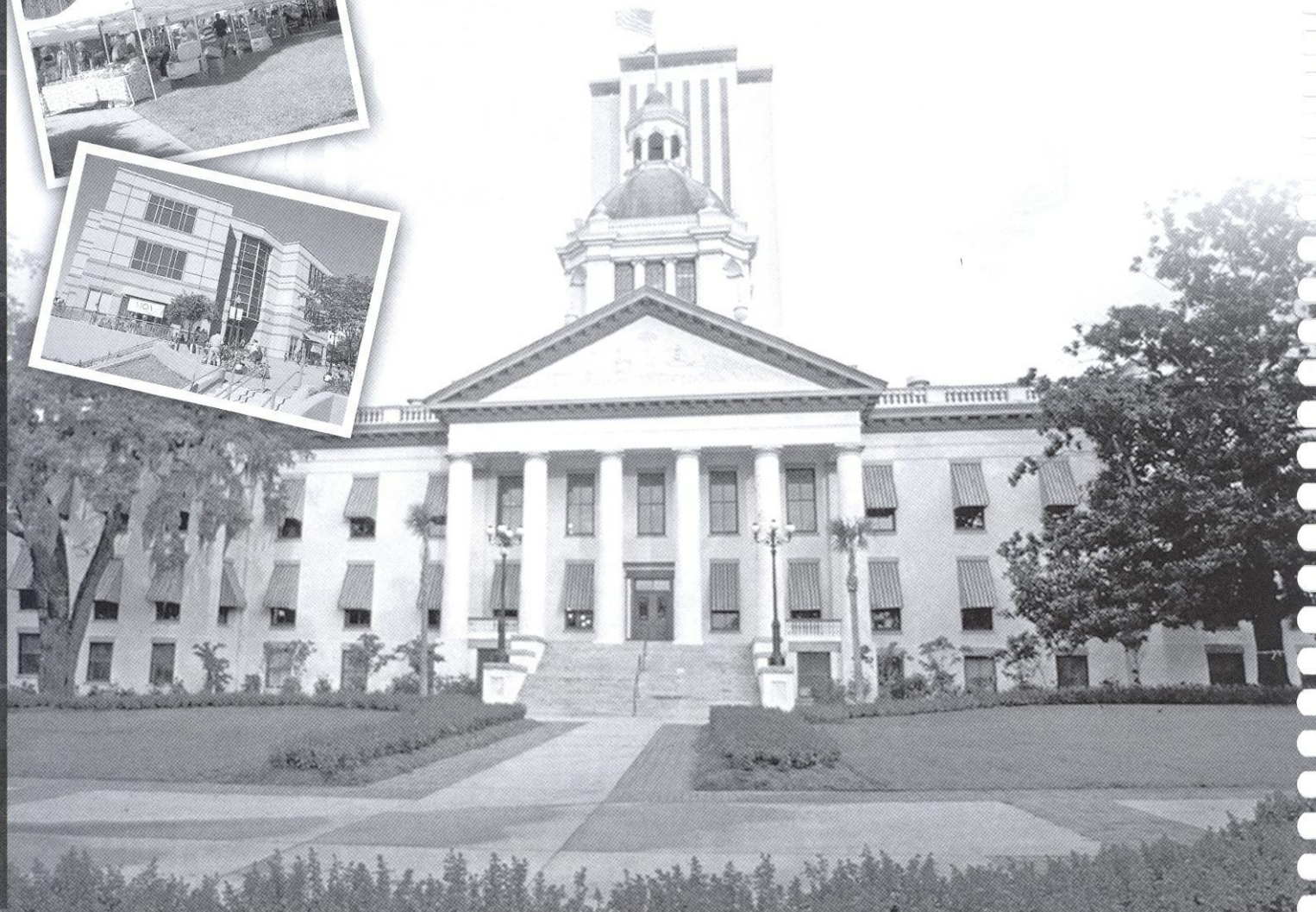


# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## THIS IS TALLAHASSEE

- Nearer to Atlanta than Miami, Tallahassee is "The Other Florida" in attitude, topography, climate and lifestyle.
- Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as the "The Big Bend."
- The capitol of the State of Florida has been located in Tallahassee since 1823.
- With over 5,900 rooms in more than 58 hotels and motels, Tallahassee offers a blend of Southern-style inns, rustic campsites, family-owned economy lodges and impressive corporate hotels. There are also 13 bed & breakfasts and 13 inns in the Tallahassee area.
- Tallahassee lists 122 properties on the National Register of Historic Places. From fast food to five-star, Tallahassee serves up an excellent selection of tantalizing restaurants. Tickling the taste buds are specialties ranging from homemade country sausage and melt-in-your-mouth steaks to wild game and succulent seafood fresh from the Gulf.
- The first Christmas celebrated in the United States was in Tallahassee at the encampment of Spanish Explorer Hernando de Soto in 1539.
- Nearly 60 percent of Tallahassee's population is between the ages of 18-44.
- Average Low - High Temperatures in Tallahassee are 40 to 63 degrees in January and 72 to 91 degrees in July.
- There are over 150,000 people living in Tallahassee and over 300,000 in the metropolitan area.
- Lights, Camera, Action ... Early "Tarzan" movies featuring Johnny Weissmuller and Maureen O'Sullivan were filmed at nearby Wakulla Springs. Also filmed, were "Creature from the Black Lagoon" and "Airport 77."
- George Washington's great grandniece, Catharine Daingerfield-Willis-Gray and Napoleon Bonaparte's nephew, Prince Achille Murat, provided the social event of the season when they were married in Tallahassee in 1826. The plantation home of widowed Princess Murat is on exhibit at the Tallahassee Museum.
- Tallahassee offers more than 28 museums, galleries, public art sculptures, monuments and historic sites, while providing 306.5 miles of hiking/biking & walking trails in and around the area.



# SEMINOLES

THIS IS FSU

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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## DONALD L. TUCKER CENTER

The Donald L. Tucker Center is a multi-purpose convention and entertainment facility featuring a 12,100 seat arena, Luxury Suites and Club Seats and over 52,000 sq. ft. of meeting and exhibition space plus an arena view restaurant, Spotlight Grille. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice shows and sporting events including FSU basketball.

It is easy to understand why over one million people a year flock to the Donald L. Tucker Center, what with the varied array of attractions it offers. Some people go to the Tucker Center to enjoy the sounds of rock, country, pop and urban concerts. Some go for the thrills of basketball, rodeos and three-ring spectacles. While others come for conventions, banquets, expositions, or consumer and trade shows.

Located downtown on Pensacola Street, the Tucker Center is only two blocks from the Capitol building.



- There are eight public pools and 63 recreational parks in Tallahassee/Leon County -- incredible weather, lush gardens, lakes and more.

- America's largest concentration of original plantations - 300,000 acres, 71 plantations - exists between Tallahassee and Thomasville, Georgia, just 28 miles away.

- The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.

- Sightseeing favorites in the city of Tallahassee include the Museum of Florida History, the Mary Brogan Museum of Art & Science, the floral masterpiece of Alfred B. Maclay State Gardens, Bradley's Country Store, FAMU Black Archives, the Tallahassee Antique Car Museum, Challenger Learning Center and IMAX Theater.



### TALLAHASSEE UP CLOSE

- Tallahassee is home to more than 60,000 college students between Florida State University, Florida A&M University and Tallahassee Community College.
- Nearly sixty percent of Tallahassee's population is between the ages of 18-44.
- The average maximum temperature in Tallahassee is 78 degrees and almost twenty-five percent of the year the temperature is above 90 degrees.
- There are over 150,000 people living in the Tallahassee area and over 300,000 in the metropolitan area.
- The capital of the State of Florida has been located in Tallahassee since 1823.
- The Gulf of Mexico is just 20 miles south of Tallahassee and the Georgia border is just 14 miles to the north.

# SEMINOLES

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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



# THIS IS FLORIDA STATE

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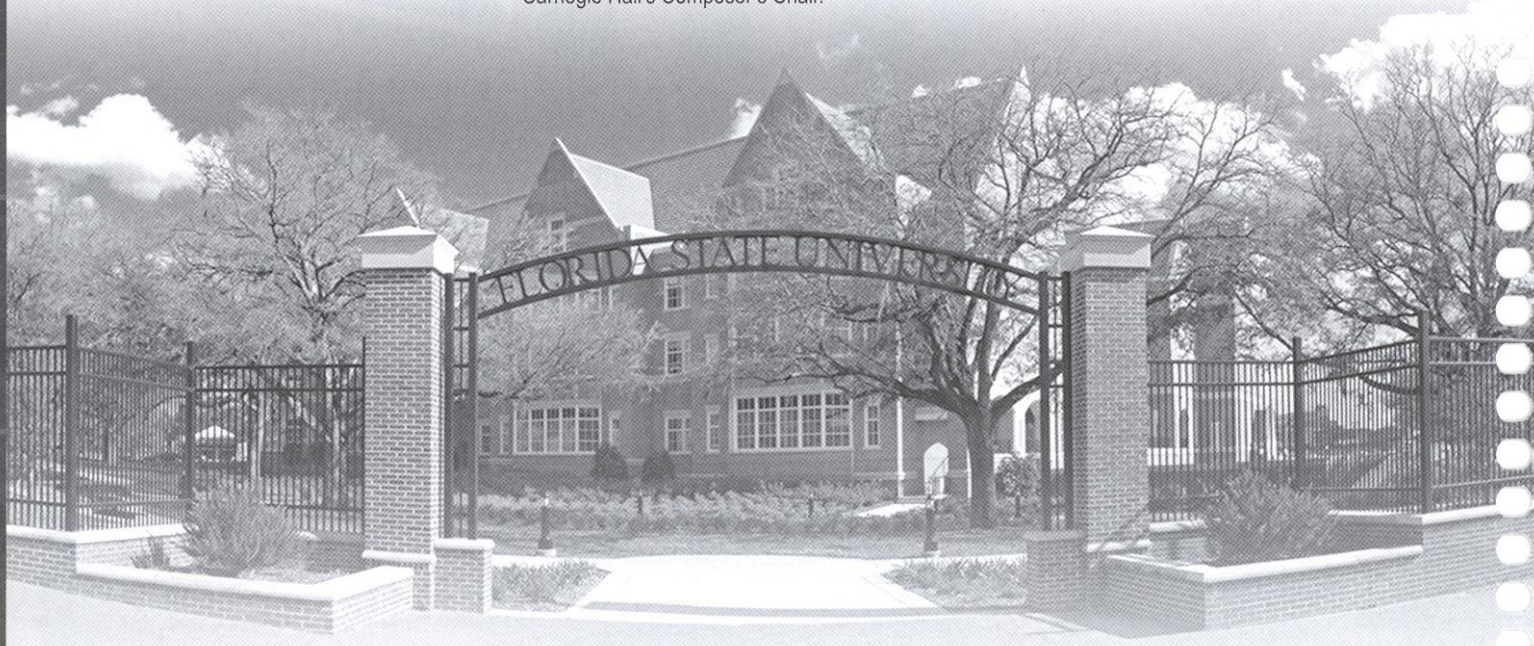
### TOP NATIONAL RANKINGS

- Florida State consistently ranks in the top 10 universities nationally in physical sciences grants awarded by the National Science Foundation.
- U.S. News & World Report ranks Florida State in the nation's top 50 public universities.
- The Meteorology and Oceanography departments are ranked among the nation's top 10 by the National Research Council.
- Florida State's graduate program in nuclear physics was ranked eighth among public universities by U.S. News & World Report.
- The College of Business is ranked 8th among public universities by U.S. News & World Report. U.S. News also ranks the business school's Real Estate Program 11th in the country and its Risk Management/Insurance Program fourth.
- The College of Information's graduate program ranks in the top 10 nationally by U.S. News & World Report. The college's Children and Youth Services Program is first in the nation.

- The College of Law's Environmental Law Program is ranked 10th best in the nation by U.S. News & World Report, which also ranks the law school in the nation's top tier in terms of academic reputation.
- The College of Motion Picture, Television and Recording Arts, recognized in 2004 by the Directors Guild of America for distinguished contributions to American culture, has won 24 College Television Awards in 17 years.
- The College of Music graduate program was named fifth best in the nation and its Opera Program third among public universities by U.S. News & World Report.

### NATIONALLY RENOWNED FACULTY

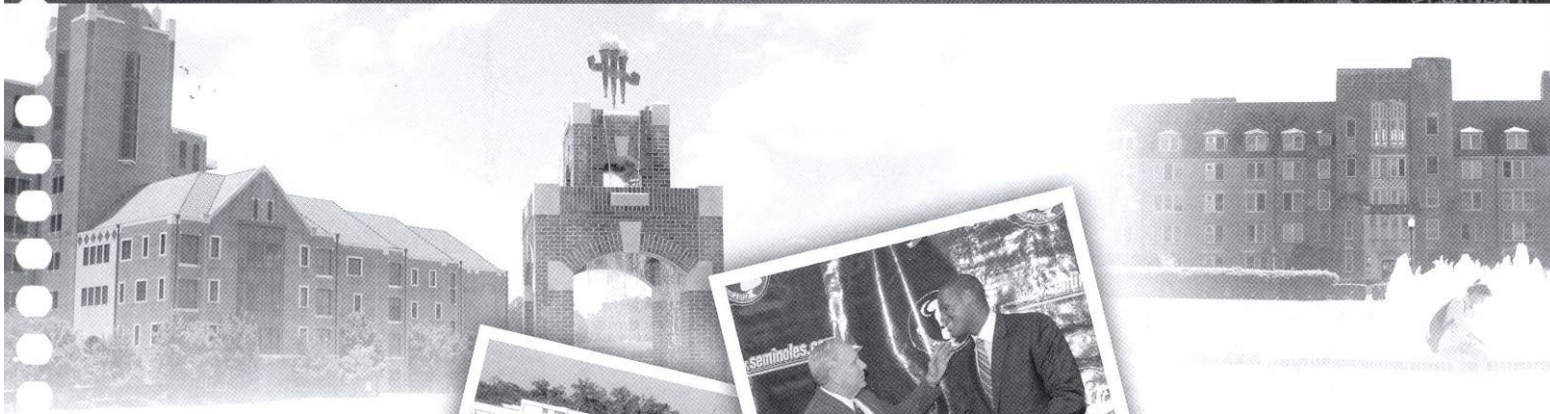
- Nobel Prize winner Sir Harold Kroto, of the Department of Chemistry and Biochemistry, is a recipient of the Copley Medal, the highest award of the Royal Society in Britain.
- College of Music Professor Ellen Taaffe Zwilich, also a Florida State graduate, is the first woman to win the Pulitzer in music. She also is a four-time Grammy nominee, is the first woman to earn a doctorate in composition at the Julliard School and is the first-ever occupant of Carnegie Hall's Composer's Chair.



# SEMINOLES



# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



- Pulitzer Prize-winning author and Florida State English Professor Robert Olen Butler has won two National Magazine Awards in Fiction from the American Association of Magazine Editors.

- Academy Award winner Richard Portman, of the College of Motion Picture, Television and Recording Arts, has received 11 Academy Award nominations for sound work in feature films.

- Our Department of Dance faculty — one of the largest and most accomplished dance faculties in the country — includes legendary ballerina and 2006 Kennedy Honors recipient Suzanne Farrell.



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

- New York Times bestselling author Mark Winegardner, a Creative Writing professor, was selected by Random House and the Mario Puzo Estate to write the sequel to *The Godfather*.

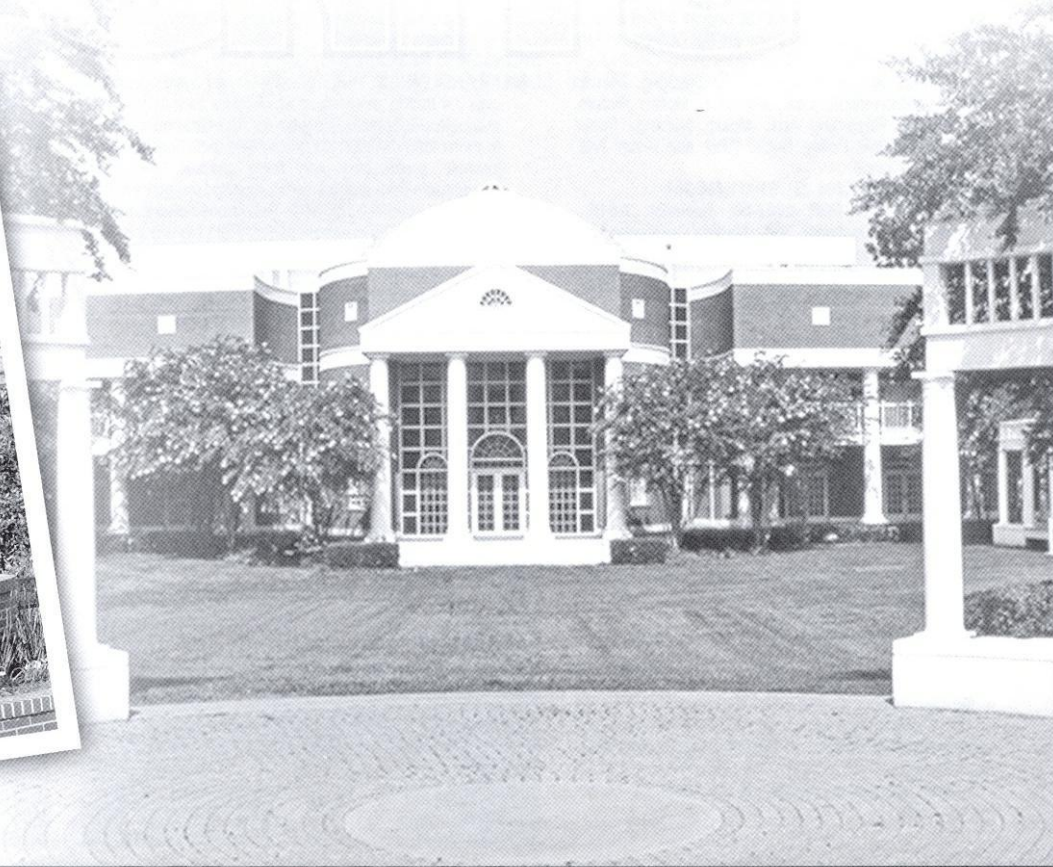
### STRONG STUDENTS

- Florida State University has garnered three Rhodes Scholars in the past four years, including two student-athletes — track & field's Garrett Johnson (2005), Joe O'Shea (2007) and football's Myron Rolle (2008). Student have also received numerous other prestigious national scholarships

and fellowships, including Truman Scholarships, Fulbright Fellowships, a Goldwater Scholarship, a Pickering Graduate Foreign Affairs Fellowship, a Jack Kent Cooke Scholarship, a Fulbright Hays Award and Rotary International Ambassador Scholarship.

- In 2008, the students entering as freshmen in the fall had an average SAT score of 1265 and an average ACT score of 28.

- Florida State graduates find employment with major employers including Ernst & Young, GEICO, Merrill Lynch, PricewaterhouseCoopers and Target.



# SEMINOLES

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# FLORIDA STATE UNIVERSITY 2009-10 WOMEN'S BASKETBALL



## UNIVERSITY FACTS

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**BACKGROUND:** The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women... In 1947, the school returned to co-educational status, and the name was changed to The Florida State University... It has grown from an enrollment of 2,583 in 1946 to an enrollment of 39,136 Fall Semester 2008.

**ENROLLMENT (FALL, 2008):** Total, 39,136...75.7% undergrad, 21.4% grad, 2.9% unclassified...81.5% in-state...93.6% from the United States... students from all 50 states and the District of Columbia are in attendance...18 states contributed over 100 students each...19 foreign countries contributed over 25 students each...female, 55.7%... male, 44.3%...minority, 25.3%...international, 3.3%.

**ACREAGE:** Main Campus: 451.6 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,545.5 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/DEGREE PROGRAMS:** With 16 colleges and schools, students may take courses of study leading to the baccalaureate degree in 100 degree programs, to the master's degree in 114 degree programs, to the advanced master's degree in one program, to the specialist degree in 26 degree programs, to the doctorate degree in 74 degree programs, and to the professional degree in two degree programs. The academic divisions are the Colleges of Arts and Sciences, Business, Communication, Criminology and Criminal Justice, Education, Engineering, Human Sciences, Information, Law, Medicine, Motion Picture, Television & Recording Arts, Music, Nursing, Social Sciences & Public Policy, Social Work and Visual Arts, Theatre and Dance.

**OPERATING BUDGET (2008-09):** \$1,111,706,391  
**DEGREES AWARDED FOR 2007-08:** Bachelor, 7,615... Masters, 12,075 Doctorate, 368...Medical Doctorate, 57... Specialist, 62...Judge Doctorate, 305... Total, 10,482

**ENTERING FRESHMAN FACTS (FALL, 2008):** The middle 50 percent High School GPA, 3.4-4.0; SAT score 1120-1280, ACT score 24-28. There were 51 National Merit Scholars, 8 National Achievement Scholars, and 13 Hispanic Scholars enrolled as undergraduate students during the Fall 2007 term.

**RETENTION RATE:** First year, 100%...second year, 89.2%... third year, 81.0%...fourth year, 78.3%

**FACULTY/STAFF:** Total 2,414...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included six dynamic Nobel Laureates: 12 members elected to National Academy of Sciences...11 members of the American Academy of Arts and Sciences...and two Pulitzer Prize winners Ellen T. Zwilich and Robert Olen Butler.

**EDUCATIONAL ADVANTAGES:** Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU was ranked 18th most connected university in the nation by Yahoo! Internet Life.

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU offers a variety of overseas study opportunities for students during the regular academic year. FSU has study centers located in Florence, Italy; Panama City, Republic of Panama; Valencia, Spain; and London, England. Courses at the study centers are offered each semester and cover a wide range of subject areas perfect for meeting general and liberal studies requirements. International Programs also offers study programs, some general and some major specific, in: Cairns, Australia; Salvador, Brazil; Tianjin, China; San Jose, Costa Rica; Dubrovnik, Croatia; Prague, Czech Republic; Napo, Ecuador; London, England; Paris, France; Dublin, Ireland; Tokyo, Japan; Moscow, Russia; and Leysin, Switzerland. A summer Law program is offered in Oxford, England. There is one Linkage Institute, FLORICA, in Costa Rica, and Beyond Borders programs in Turrialba, Costa Rica, Kingston, Jamaica, and Dresden, Germany.

**EXTRACURRICULAR ACTIVITIES:** FSU has over 400 student organizations that allow students to find their own niche.

**FINANCIAL AID:** FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

**STUDENT/FACULTY RATIO:** 16-1... Many of the general education classes are large, lecture classes; however, over 80% of major classes have less than 50 students.

**RESEARCH:** The Florida State University has built a reputation as a strong research center in both the sciences and the humanities. It is expected that more than \$100 million in external funds will be generated this year by the university faculty and administration as supplements to state funds used for research. These external funds are in the form of contracts and grants from private foundations, industries, and government agencies, and are used to support research, improve research facilities, and provide stipends for graduate students.

**SPONSORED RESEARCH (07-08):** \$195,787,449

**LIBRARY HOLDINGS:** The University Library System contains over 3.4 million volumes, of which more than 477,000 are available electronically as e-books. The libraries subscribe to more than 107,000 current serials including academic journals, professional and trade journals, and major newspapers from around the country and the globe in both paper and electronic formats. The libraries also subscribe to more than 425 databases. The FSU Libraries include 8 libraries on campus: The Robert Manning Strozier Library, Paul A. M. Dirac Science Library, Mildred and Claude Pepper Library, Warren Allen Music Library, Harold Goldstein Library and Information Science Library, College of Law Library, College of Medicine Medical Library, and the College of Engineering Library. Library materials and services are also available at the FSU Panama City Campus, as well as International Programs study centers in London, Florence, and Panama, and a collection of art and related materials at the John and Mable Ringling Museum of Art in Sarasota, Florida.

10 LEADING STATES OF ORIGIN (ENROLLMENT)	
Florida	31,861
Georgia	786
Virginia	384
New York	256
North Carolina	243
Texas	238
Pennsylvania	206
Alabama	188
New Jersey	180
California	172



### FLORIDA STATE UNIVERSITY

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- Senior Associate Athletics Director*
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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## FAMOUS ALUMNI



Head football coach **Bobby Bowden** with Florida Governor **Charlie Crist**

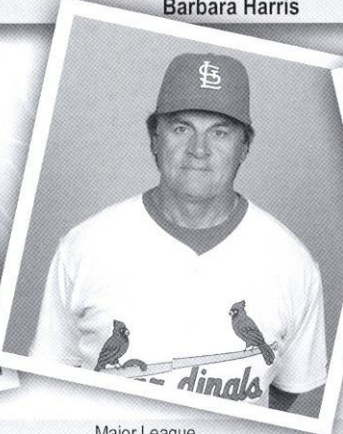
Shape Magazine Editor-in-Chief, **Barbara Harris**

ESPN Game Day's **Lee Corso**

Actor **Burt Reynolds** with former Seminole **Warrick Dunn**



Former NASA Astronaut **Norm Thagard**



Major League Baseball Manager **Tony LaRussa**



Tallahassee Mayor **John Marks**



**Paul Gleason**

**Rita Coolidge**

## OTHER DISTINGUISHED ALUMNI

### ASTRONAUTS

- Carolyn S. Griner
- Winston Scott

### ENTERTAINERS

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

### FITNESS EXPERT

- Richard Simmons

### JUDICIARY

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

### MILITARY LEADERS

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

### MISS AMERICA

- Tara Dawn Holland Christensen

### MUSICIANS

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

### OCEANOGRAPHER

- Sylvia Earle

### POLITICAL LEADERS

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

### PULITZER PRIZE WINNERS

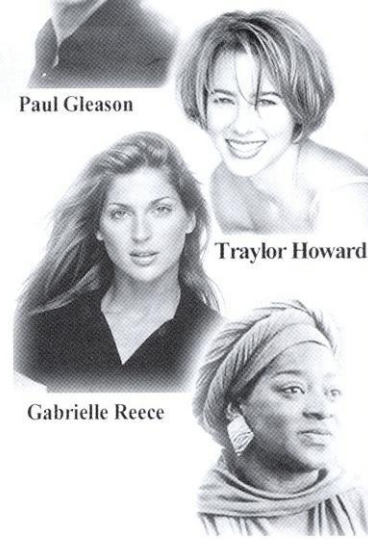
- Doug Marlette
- Ellen Taaffe Zwillich

### WRITERS

- Alan Ball
- Jeff Shaara

### UNIVERSITY PRESIDENT

- Jim Towey - St. Vincent College



**Traylor Howard**

**Gabrielle Reece**

**Dr. Tonia Stewart**

THIS IS FSU

OUTLOOK/  
CORCHES

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# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## THIS IS THE ACC

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- BOSTON COLLEGE**
- CLEMSON**
- DUKE**
- FLORIDA STATE**
- GEORGIA TECH**
- MARYLAND**
- MIAMI**
- NORTH CAROLINA**
- NC STATE**
- VIRGINIA**
- VIRGINIA TECH**
- WAKE FOREST**



### 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 its 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 160 times in men's competition and 91 times in women's action.

Since 1977, when the league adopted women's basketball, a tradition of excellence was established. It is that tradition that provides motivation for all 12 member institutions to reach new heights.

The 2005-06 season marked the first time in NCAA history that a conference sent three teams to the same Final Four. The title game pitted an automatic ACC winner as second-seeded Maryland faced No. 1 seed Duke. The Terrapins claimed their first national title in school history and the league's second with a thrilling 78-75 overtime game at the TD Banknorth Garden in Boston, Mass., on April 4, 2006.

Following the 2006-07 season, Duke became the first ACC team and only the 14th in NCAA history to finish a regular season undefeated (29-0), while 34 wins for North Carolina marked the most in program history.

The 2008-09 season was no different in the continuation towards excellence as eight ACC teams earned postseason bids, including six NCAA Tournament berths. It also marked the seventh consecutive year the league sent at least six to the "Big Dance". Joining No. 1 seeds of Duke and Maryland as representatives of the ACC in the NCAA Tournament were Florida State, Georgia Tech, North Carolina and Virginia. Boston College and Wake Forest represented the league in the Women's NIT, marking the second all-time appearance for both squads. Boston College advanced to the semifinals, giving the squad 23 wins for the season, its third 20-plus win tally in the past four years.

For the third consecutive season, a pair of ACC teams earned two of the No. 1 seeds in the NCAA Tournament. Duke, which collected a 14-0 record at home in 2008-09, marking only the second time in school history it had posted an undefeated mark during a single season in Cameron Indoor Stadium, and Maryland, which concluded its winningest four-year run in school history, compiling a record of 126-19 (.869), earned top seeds in the NCAA postseason tourney.

Over the years, ACC women's basketball teams have gained national recognition through their television exposure. The 2008-09 schedule featured 60 televised games and included 98 television appearances. In addition, the ACC broadcasted eight games on ESPN2 or ESPNU and 31 on the league's regional sports network, which includes Comcast SportsNet, Fox Sports Net South, SunSports and New England's Sports Network (NESN). To conclude the 2008-09 season, the ACC finished 61-55 (.526) in front of a national televised audience, including a 17-11 (.607) mark against non-conference foes.

The league's women's basketball programs continue to rank among the best in the country in terms of the NCAA Tournament, having made 150 appearances and won 200 games in the last 32 years, including 36 wins by a number one seed. In addition to sending three teams to the same Final Four for the first time in NCAA history, the league has boasted such national accomplishments as sending at least one team to the "Sweet 16" for 21 consecutive seasons and at least one to the Final Four in 11 of the last 21 seasons. The conference has also made 14 trips to the Final Four in the last 28 seasons with three teams finishing second and North Carolina and Maryland capturing National Championships in 1994 and 2006, respectively.

Since 1989, the ACC has placed 14 players on the All-Final Four team, including Maryland's Laura Harper, who in 2006 joined the ranks of Virginia's Dawn Staley and North Carolina's Charlotte Smith as the NCAA Tournament Most Outstanding Player. In all, 67 ACC players have been named to the NCAA Tournament All-Region teams with 10 Most Outstanding Player recognitions.

Eight players have garnered National Player of the Year accolades while competing under the ACC banner. Staley was a back-to-back selection in 1991 and 1992, while Smith received the ESPY award in 1995. Duke's Alana Beard was recognized with National Player of the Year honors in both 2003 and 2004, and UNC's Ivory Latta earned ESPN.com National Player of the Year in 2006. In 2007, Duke guard Lindsey Harding was named the Naismith Trophy Women's College Player of the Year presented by AT&T.

Five league coaches have combined to earn 13 National Coach of the Year honors. North Carolina's Sylvia Hatchell, Virginia's Debbie Ryan, former Maryland head coach Chris Weller, former Duke head coach Gail Goostenkors and the late NC State head coach Kay Yow all garnered national recognition.

Seven ACC representatives, including coaches and student-athletes, have participated in the Olympics. Yow, assisted by Hatchell, headed up the 1988 gold medal-winning Olympic team. Maryland's Vicky Bullett was a member of both the 1988 and 1992 Olympic teams. Staley, a three-time Olympian, struck gold in Athens as a member of the 2004 title squad, while Goostenkors served as an assistant coach on the gold medal-winning team in Athens.

Since the inaugural season of the Women's National Basketball Association (WNBA) in 1997, the ACC has been a recognizable presence in the league. Seventy-eight former ACC stars have played on the hardwood in the WNBA, while six former players have worked the sidelines as coaches. Three ACC players were selected in the first round of the 2009 WNBA Draft, including two of the first three. In all, nine league players were selected in the 2009 WNBA Draft, matching the league's record selected in 2006 and 2007.

In addition, ACC women's basketball players have earned first-team Academic All-America honors 10 times, including Virginia's Val Ackerman in 1981, the former President of the WNBA. In 1997, NC State's Jennifer Howard was tabbed GTE CoSIDA Academic Player of the Year after posting a flawless 4.0 grade point average throughout her career. Thirteen players have earned ACC postgraduate scholarships, while three others were named NCAA Postgraduate Scholars.



# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## 2008-09 IN REVIEW

The 2008-09 academic year saw league teams capturing five national team titles and 21 individual NCAA crowns. The ACC has now won 48 national team titles over the last 13 years and two or more NCAA titles in 27 of the past 29 years.

A total of 130 league teams earned a berth in NCAA postseason competition, compiling a 130-74-1 (.637) mark in NCAA championships. The ACC had 88 teams ranked in the final Top 25 polls, including 33 teams ranked in the Top 10, while six teams finished No. 1 in at least one poll in their respective sport.

In addition, the ACC had 266 league student-athletes named to All-America teams in 2008-09, 133 men and 133 women, and 95 ACC athletes earned Academic All-America honors. The league produced nine national Player of the Year, three national Freshman of the Year, and five national Coach of the Year honorees.

## 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 being 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, while volleyball determines its champion in 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.

## THE SCHOOLS

**Boston College** was founded in 1863 by the Society of Jesus to serve the sons of Boston's Irish immigrants and was the first institution of higher education to be founded in the city of Boston. Originally located on Harrison Avenue in the South End of Boston, the College outgrew its urban setting toward the end of its first 50 years. A new location was selected in Chestnut Hill and ground for the new campus was broken on June 19, 1909. During the 1940s, new purchases doubled the size of the main campus. In 1974, Boston College acquired Newton College of the Sacred Heart, 1.5 miles away. With 15 buildings on 40 acres, it is now the site of the Law School and residence halls. In 2004, BC purchased 43 acres of land from the archdiocese of Boston; this now forms the Brighton campus.

**Clemson University** is nestled in the foothills of the Blue Ridge Mountains near the Georgia border, and the tiger paws painted on the roads make the return to I-85 easier. The school is built around Fort Hill, the plantation home of John C. Calhoun, Vice President to Andrew Jackson. His son-in-law, Tom Clemson, left the land to be used as an agricultural school, and in 1893 Clemson opened its doors as a land-grant school, thanks to the efforts of Ben Tillman.

**Duke University** was founded in 1924 by tobacco magnate James B. Duke as a memorial to his father, Washington Duke. Originally the school was called Trinity College, a Methodist institution, started in 1859. In 1892, Trinity moved to west Durham where the east campus with its Georgian architecture now stands. Nearby are Sarah P. Duke gardens, and further west the Gothic spires of Duke chapel overlook the west campus.

**Florida State University** is one of 11 universities of the State University System of Florida. It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851, and first offered instruction at the post-secondary level in 1857. Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state. In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College. In 1909, it was renamed Florida State College for Women. In 1947, the school returned to a co-educational status, and the name was changed to Florida State University.

Next to I-85 in downtown Atlanta stands **Georgia Institute of Technology**, founded in 1885. Its first students came to pursue a degree in mechanical engineering, the only one offered at the time. Tech's strength is not only the red clay of Georgia, but a restored gold and white 1930 model A Ford Cabriolet, the official mascot. The old Ford was first used in 1961, but a Ramblin' Wreck had been around for over three decades. The Ramblin' Wreck fight song appeared almost as soon as the school opened, and it is not only American boys that grow up singing its rollicking tune, for Richard Nixon and Nikita Krushchev sang it when they met in Moscow in 1959.

**The University of Maryland** opened in 1856 as an agricultural school nine miles north of Washington, D.C., on land belonging to Charles Calvert, a descendant of Lord Baltimore, the state's founding father. The school colors are the same as the state flag: black and gold for George Calvert (Lord Baltimore) and red and white for his mother, Alice Crossland. Maryland has been called the school that Curley Byrd built, for he was its quarterback, then football coach, athletic director, assistant to the president, vice-president, and finally its president. Byrd also designed the football stadium and the campus layout, and suggested the nickname Terrapin, a local turtle known for its bite, when students wanted to replace the nickname Old Liners with a new one for the school.

**The University of Miami** was chartered in 1925 by a group of citizens who felt an institution of higher learning was needed for the development of their young and growing community. Since the first class of 560 students enrolled in the fall of 1926, the University has expanded to more than 15,000 undergraduate and graduate students from every state and more than 114 nations from around the world. The school's colors, representative of the Florida orange tree, were selected in 1926. Orange symbolizes the fruit of the tree, green represents the leaves and white, the blossoms.

**The University of North Carolina**, located in Chapel Hill, has been called "the perfect college town," making its tree-lined streets and balmy atmosphere what a college should look and feel like. Its inception in 1795 makes it one of the oldest schools in the nation, and its nickname of Tar Heels stems from the tar pitch and turpentine that were the state's principal industry. The nickname is as old as the school, for it was born during the Revolutionary War when tar was dumped into the streams to impede the advance of British forces.

**North Carolina State University** is located in the state capital of Raleigh. It opened in 1889 as a land-grant agricultural and mechanical school and was known as A&M or Aggies or Farmers for over a quarter-century. The school's colors of pink and blue were gone by 1895, brown and white were tried for a year, but the students finally chose red and white to represent the school. An unhappy fan in 1922 said State football players behaved like a pack of wolves, and the term that was coined in derision became a badge of honor.

**The University of Virginia** was founded in 1819 by Thomas Jefferson and is one of three things on his tombstone for which he wanted to be remembered. James Madison and James Monroe were on the board of governors in the early years. The Rotunda, a half-scale version of the Pantheon which faces the Lawn, is the focal point of the grounds as the campus is called. Jefferson wanted his school to educate leaders in practical affairs and public service, not just to train teachers.

**Virginia Tech** was established in 1872 as an all-male military school dedicated to the original land-grant mission of teaching agriculture and engineering. The University has grown from a small college of 132 students into the largest institution of higher education in the state during its 132-year history. Located in Southwest Virginia on a plateau between the Blue Ridge and Alleghany Mountains, the campus consists of 334 buildings and 20 miles of sidewalks over 2,600 acres. The official school colors - Chicago maroon and burnt orange - were selected in 1896 because they made a "unique combination" not worn elsewhere at the time.

**Wake Forest University** was started on Calvin Jones' plantation amid the stately pine forest of Wake County in 1834. The Baptist seminary is still there, but the school was moved to Winston-Salem in 1956 on a site donated by Charles H. and Mary Reynolds Babcock. President Harry S. Truman attended the ground-breaking ceremonies that brought a picturesque campus of Georgian architecture and painted roofs. Wake's colors have been black and gold since 1895, thanks to a badge designed by student John Heck who died before he graduated.





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL

BY VAN HAN COLEMAN



## MEDICAL CARE & TREATMENT

An athlete can expect to receive the best care and treatment possible with the athletic training team at Florida State. Prior to competition, all FSU student-athletes undergo screening in order to detect any potential injuries. If a problem is detected, the athlete may be placed on a prevention care system, which may include any kind of treatment from icing to exercising.

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another component of the Florida State training room. The FSU athletic training staff will work with the athlete and provide an intense rehabilitation schedule that will allow the athlete to successfully rehabilitate after an injury. Some injuries and illnesses may be referred to the Seminole team physicians at the Tallahassee Orthopedic Center who, for many years, have worked in conjunction with the FSU athletic training staff in successfully rehabilitating athletes after an injury. Nutrition counseling and drug testing are also responsibilities of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes.

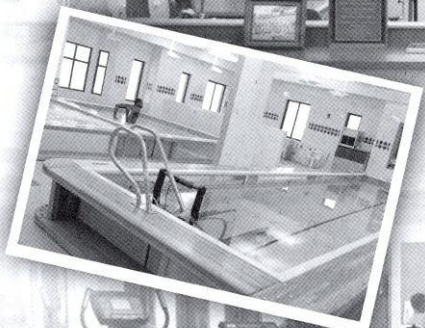
### TRAINING ROOM

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

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

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

### TEAMWORK



### THE SEMINOLE BASKETBALL ATHLETIC TRAINING FACILITY

Although the basketball athletic training facility is considered a "satellite" training room, the 1,400 square foot area can stand on its own. Located on the second floor of the Florida State Basketball Training Center, the basketball athletic training facility is fully equipped and operational.

The facility, used solely for the men's and women's basketball programs, includes rehabilitation equipment, medical supplies, taping supplies, doctor's equipment, four whirlpools, six treatment tables, a taping table and six stim machines. It is placed right next to the Seminole strength and conditioning facility and just across the hall from the basketball practice floor. Women's Basketball Athletic Trainer Cheryl Pfeil has an office located within the facility.



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# ATHLETIC TRAINING STAFF

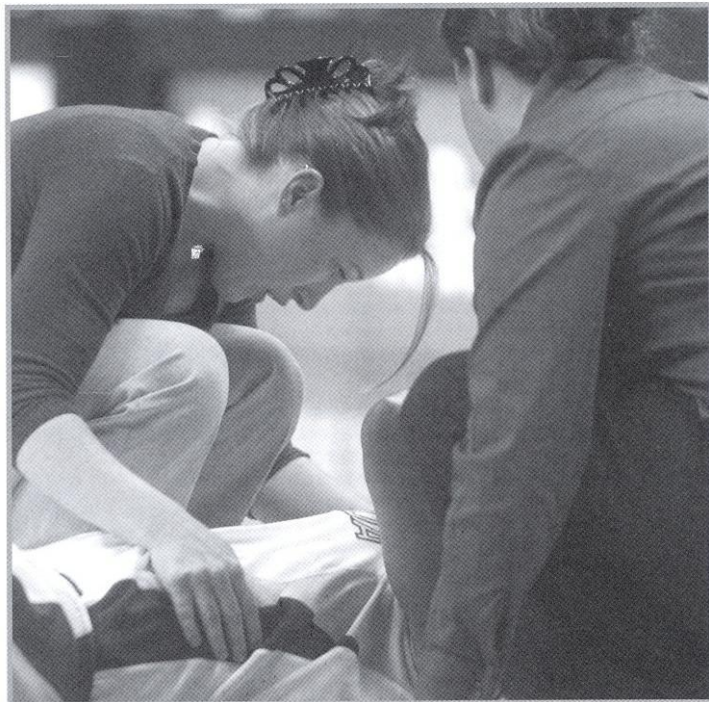


## CHERYL PFEIL

Assistant Athletic Trainer  
Fourth Season  
(Florida State, '01)

While Cheryl Pfeil is in her fourth season as the athletic trainer for the women's basketball team, she is no stranger to Florida State athletics. She has been involved in athletic training at Florida State in some capacity for nearly a decade.

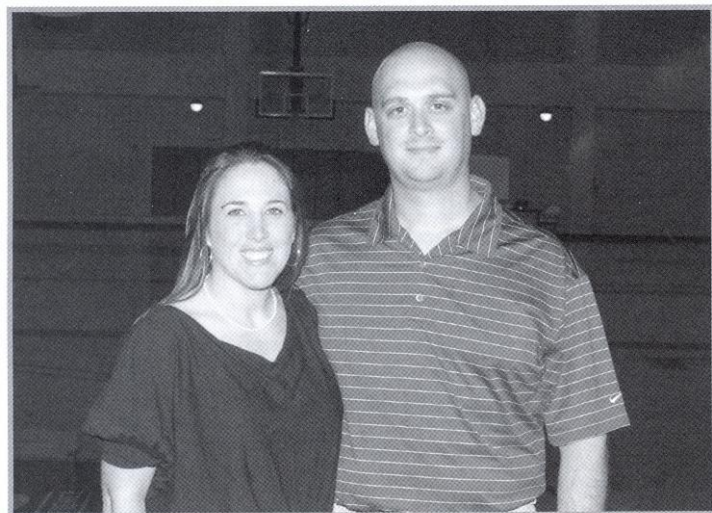
A 2001 FSU graduate, Pfeil was on the sideline as an athletic student trainer during two national championship football games and worked with five different sports in four years of service in the FSU training room, including one season with the women's basketball program. After graduation with a bachelor's degree in Exercise Science, Pfeil moved on to Louisiana State University in Baton Rouge, La., where she held the position of graduate assistant athletic trainer for two years. In her time with the Tigers, Pfeil worked with the football and women's volleyball programs while obtaining her master's degree in Sport Pedagogy.



Pfeil began her second stint at Florida State in 2003 as an assistant athletic trainer. She had the responsibility of coordinating the move of all sports medicine staff and assets from the old facility to the new athletic center and was also responsible for the oversight of all athletic training operations. In 2004, she was named medical coordinator for the first and second rounds of the NCAA Women's Basketball Championship held in Tallahassee.

Pfeil left FSU for a brief time to pursue a career in medical equipment sales but returned to Florida State in September. She is a NATABOC Certified Member, an Approved Curriculum Instructor, an American Red Cross Professional Rescuer and an Athletic Trainers' Association of Florida Member.

A native of Conyers, Ga., Pfeil is married to Jake Pfeil, also an assistant athletic trainer at FSU.



## TEAM PHYSICIANS



### DR. BOB ORSILLO

Team Optometrist



### DR. KRIS STOWERS

Team Physician



### DR. WILLIAM THOMPSON

Team Physician



### DR. JOHN VAN TASSEL

Team Chiropractor





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## STRENGTH & CONDITIONING

### BUILDING CHAMPIONS

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-court performance of each athlete, while reducing the risk of injury.

Physical development is critical in order to excel at the collegiate level. FSU's 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 its players.

The FSU strength and conditioning staff's focus continues to revolve around building — building stronger and better athletes as well as building new facilities. This is an exciting time for the Seminole strength and conditioning program. FSU's goal is to provide the best athletes in the nation with the best resources and tools in the nation. This includes providing the most state-of-the-art facilities and equipment. Florida State's new basketball strength and conditioning facility, located in the new FSU Basketball Training Center, gives the Seminole staff the best platform to train its athletes to their full athletic potential.

### THE PROGRAM

"Not having a plan is planning to fail." Conditioning for basketball must be carefully planned out, otherwise, you can make the mistake of creating bodybuilders, power lifters, marathon runners or football players. We MUST basketball build. The only way to basketball build is to understand the principles that govern the game itself, then apply the exercises, sets, reps and intensity that match those characteristics of the game. But before improving our physical level of play, a more important element will ALWAYS come first and that is the mental aspect we call CHARACTER.

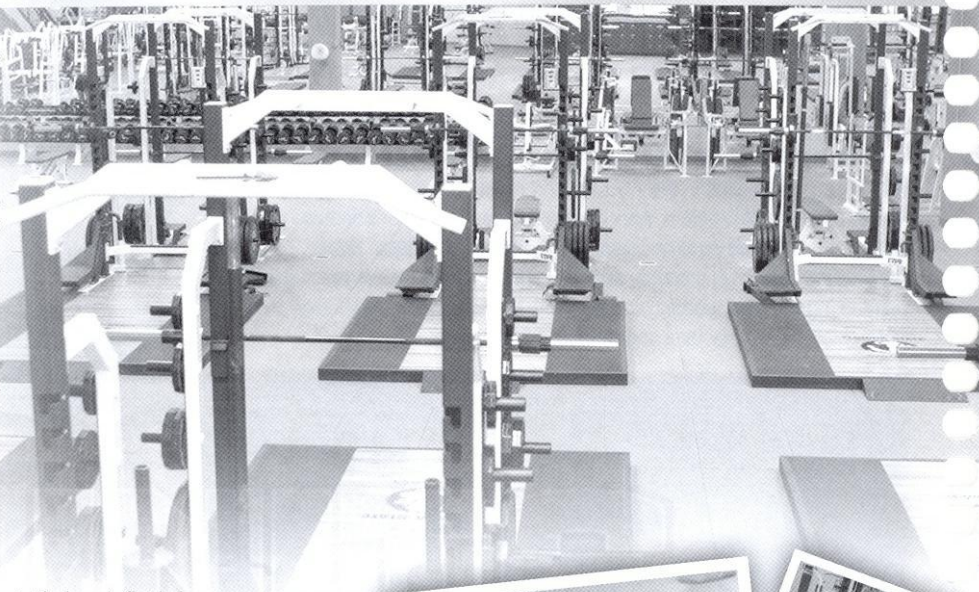
In building better basketball players, the top priority in Florida State conditioning is that we believe character is above all else. There must be great attitude and effort before we see any success in the weight room or on the basketball court. In order to be in the greatest basketball shape of your life, intense training is needed, not just at given times, but over time. Commitment and toughness are the necessary traits that our players need for continual improvement. Only by character, can we reach the highest level of conditioning.

As for the physical aspect of conditioning, at Florida State we will train all five aspects of conditioning: speed, strength, agility, endurance, and flexibility. However, in any sport, especially basketball, speed is king. Each aspect of conditioning has to point toward building speed. Speed is seen in sprinting, jumping and changing directions, which are critical to the game of basketball. Strength by itself creates a stronger player, but also a slower one. The man who can bench 500 pounds and squat 700 pounds can never run fast enough or jump high enough to compete at the higher levels of basketball. Strength is important, but ONLY when it gives birth to speed.

Another example is endurance. Endurance by itself will allow you to run longer but it will not increase your speed, thus you may be fresh after the game, but you got beat during it. The plan has to be that you train all of these areas so that you can be explosive, not only for a given effort, but for the whole game, and then the whole season.

We attack our basketball conditioning training at Florida State by executing exercises that tax the nervous system, energy system and the muscles exactly like the game itself. The program must implement fast, quick and intense exercises so that it transfers to the game. When the program is executed over time, day-after-day, week-after-week, month-after-month, and finally, year-after-year, the end result is you have a highly trained basketball machine.

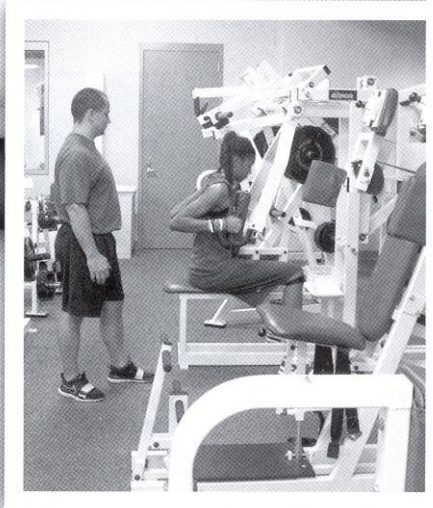
# FLORIDA STATE SEMINOLES



### THE SEMINOLE BASKETBALL STRENGTH & CONDITIONING FACILITY

The basketball strength and conditioning facility, located on the second floor of the Florida State Basketball Training Center, is a 2,300 square foot complex that includes state of the art aerobic and basketball-specific weight training equipment as well as a state of the art sound system. The facility is placed right next to the Seminole training room and just across the hall from the basketball practice floor. Strength coach Dave Plett's office is located within the area making him very accessible to not only the athletes who are working out in the facility, but the players who are conditioning and practicing on the court as well.

"This basketball facility has been created in such a way where it gives each athlete a chance to train in any way," Plett said. "It's got state of the art equipment which allows us to apply every single principle possible to get kids faster, stronger and better. I'm very excited about it. It's just for basketball and not very many programs have the luxury of having its own strength and conditioning facility."



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## STRENGTH & CONDITIONING STAFF



### DAVE PLETTL

Assistant Strength & Conditioning Coach  
10th Season  
(Colorado, '91)

Dave Plettl, who is in his 10th year as an assistant strength and conditioning coach at Florida State, works primarily with the women's basketball and men's and women's tennis programs. He individually customizes programs for each of the athletes beginning with pre-conditioning before the season gets underway.

In the spring of 2005, Plettl, a native of Bailey, Colo., was named Master Strength and Conditioning Coach by the Collegiate Strength and Conditioning Coaches association (CSCCA). The honor is the highest given in the strength and conditioning profession and highlighted the organization's conference held in Salt Lake City.

"This is an incredible honor for Dave," CSCCa Executive Director Chuck Stiggins said. "Being named a Master Strength and Conditioning Coach signifies a commitment to student-athletes, a commitment to Florida State University athletics and a commitment to his profession. We are honored to have Dave as a member of our association. He is truly a standard bearer to all strength and conditioning coaches nationwide."

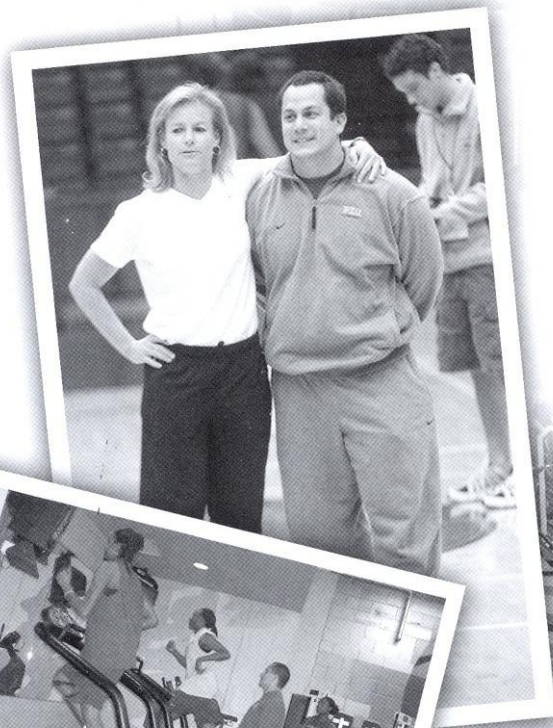
Plettl, and six other coaches who received the honor in May, joined the then-43 Master Strength & Conditioning Coaches, bringing the total number of MSCC's in the world to 50.

"Dave is so deserving of this prestigious award," FSU women's basketball coach Sue Semrau said. "His role as strength and conditioning coach for our team has played a vital role in the success of our program. His knowledge and ability to connect with people is second to none."

Plettl is a 1991 graduate of the University of Colorado, where he earned a Bachelor's degree in political science and history. He came to Florida State from the University of Texas where he served two years as an assistant strength and conditioning coach with the football, men's tennis, women's golf and rowing programs.

While at Colorado, Plettl worked as a student assistant athletic trainer his first year and then moved to the strength and conditioning staff in 1987 where he spent the next 10 years. Plettl was a student assistant/graduate assistant from 1987-92, the interim coach from 1992-93 and associate strength and conditioning coach from 1993-97. Plettl received Master specialist in Sports Conditioning from the International Sports Sciences Association in September 2001 as well as by the Collegiate Strength and Conditioning Coaches Association in May 2004.

He and his wife, the former Christa Miller, are the proud parents of daughters, Lydia Rose (7) and Rebecca Rose (4) and son Samuel (3).







# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## ACADEMIC SERVICES

### MISSION STATEMENT

The primary mission of the Athletic Academic Support program 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 of Athletic Academic Support Program*

### ACADEMIC HONORS AND AWARDS PROGRAM

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

### SERVICES AND PROGRAMS

#### ACADEMIC ADVISING

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



### SAMANTHA SWEENEY

*Women's Basketball Academic Program Specialist*

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.

#### STUDY HALL

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

#### SUMMER BRIDGE PROGRAM

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

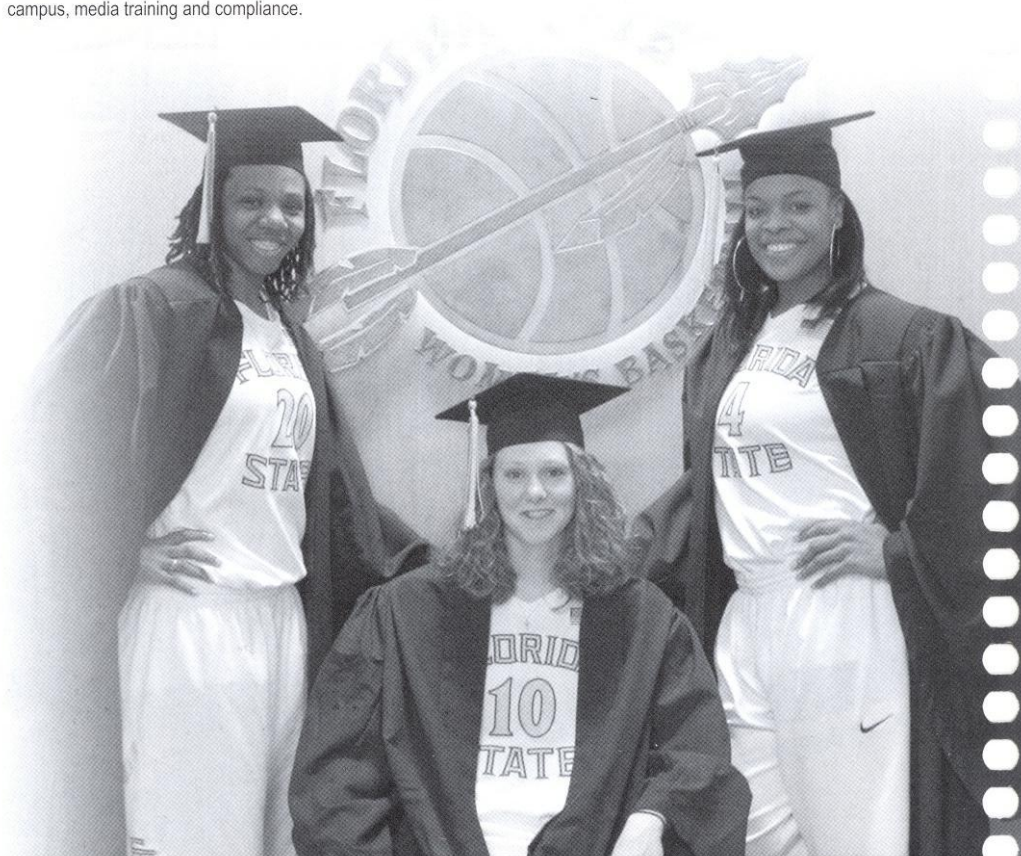
#### TUTOR AND MENTOR PROGRAM

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

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

#### COMPUTER LAB

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



# SEMINOLES

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# ATHLETIC ADMINISTRATION



## DR. T.K. WETHERELL PRESIDENT, FLORIDA STATE UNIVERSITY

Dr. Thomas Kent "T.K." Wetherell became the 13th president of Florida State University on January 6, 2003. A career educator with more than 30 years of experience in the State of Florida's educational system, Dr. Wetherell is the only FSU president with experience in all four major divisions within higher education, having held positions in the offices of academic affairs, student services, business affairs, and college development. He has held leadership positions in two-year as well as four-year colleges, and he has served as a faculty member in both public and private institutions of higher education.

An outstanding advocate for higher education who has been called the state's most politically astute university president, Wetherell has proven to be a leader among his peers, and he pushed successfully for universities to assess a tuition differential in an effort to make up for budget shortfalls and continue to offer high-quality education to students.

Soon after assuming the presidency, Wetherell, the first university alumnus to serve as president of Florida State, launched the innovative and ambitious Pathways of Excellence initiative that included hiring additional faculty members in interdisciplinary clusters built around academic themes, substantial investments in new facilities, and significant investments in graduate-level programs with emphasis on creating new interdisciplinary doctoral programs.

Wetherell scored a major coup in 2005 when The Florida State University lured the Applied Superconductivity Center to campus from the University of Wisconsin in Madison, where it had been housed for more than two decades. The center has become the material research division of the National High Magnetic Field Laboratory.

The most visible component of the Pathways initiative may be the \$800 million worth of new construction and renovations, including state-of-the-art chemistry, biological science, psychology and medicine buildings, that have transformed the northwest corner of campus into a research quadrangle. In addition, other projects include several new research facilities, three new residence halls, dining halls, parking garages, a general classroom building and the Alumni Center.

Under Wetherell's leadership, the university has seen its students reach unprecedented national academic recognition, including three students who were named Rhodes Scholars -- one of the oldest and most prestigious awards for international study. The success is in part due to the Office of National Fellowships, which has guided students to win more than 40 nationally competitive scholarships and fellowships, including three Truman Scholarships, three Goldwater Scholarships, the Udall Scholarship and 22 Fulbright Fellowships, since Wetherell established it in 2005.

During Wetherell's tenure as president, Florida State University's College of Medicine, the nation's first new fully accredited public allopathic medical school in the past 25 years, graduated its first class in 2005, opened six regional campuses, and established important research collaborations with the Mayo Clinic in Jacksonville and Tallahassee Memorial HealthCare.

Dr. Wetherell has been inducted into Florida State University's Hall of Fame and was the recipient of the prestigious Moore-Stone Award, the Circle of Gold Award and the university's Distinguished Service Award. In addition, he has also been awarded an honorary Doctorate of Letters from Flagler College.

Dr. Wetherell served in the Florida House of Representatives from 1980 to 1992, the last two years as Speaker of the House. During his tenure in the House he served as chairman of the appropriations committee and the higher education committee. The Miami Herald named him one of the Top Ten Legislative Leaders in the House each year from 1987 until 1992.

A third-generation Floridian, Dr. Wetherell was born on December 22, 1945 in Daytona Beach, Florida. He attended Port Orange Elementary School and Mainland Senior High School, where he was active in service clubs, student government and athletics. He attended Florida State University on a football scholarship and played on the 1963-67 football teams. He still holds the record for the longest kickoff return in Florida State University history. He earned his bachelor's and master's degrees in social studies education from FSU in 1967 and 1968, respectively. He earned a doctorate in education administration from FSU in 1974.

Wetherell is married to Virginia B. Wetherell, who served as Secretary of the Florida Department of Environmental Protection from 1991 to 1998 and previously served as a state legislator representing Pensacola. She currently is president of Wetherell Consulting Services. They are the parents of three children, Kent, Blakely and Page, and have two grandchildren. Wetherell's personal interests include athletics, outdoor recreation, travel and aviation.



## RANDY SPETMAN DIRECTOR OF ATHLETICS, FLORIDA STATE UNIVERSITY

While Randy Spetman's first year and a half as Athletics Director at Florida State University has seen its share of challenges, it's the numerous successes that the Seminoles have enjoyed that he wishes to emphasize.

"No doubt we've had our share of challenges at Florida State," Spetman said, "but we are blessed with a great staff, quality student-athletes and the best coaches in the nation and that is evident by all of the honors and successes we've celebrated over the past year."

The success under Spetman's reign begins in the classroom. In November, football's Myron Rolle highlighted the academic year when he 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.

Five Seminoles earned CoSIDA Academic All-American honors while 15 Seminole student-athletes were named District Academic All-Americans. Numerous Florida State student-athletes were also named to ACC Academic teams.

From start to finish, the 2008-09 athletic season provided a great deal of excitement. Florida State had 18 of its 19 athletic teams participate in NCAA postseason competition and earned five ACC team championships while student-athletes garnered seven NCAA individual national championships, 20 ACC individual championships, 90 All-America selections, 55 All-ACC honors and nine end of the year ACC awards. In addition, Florida State coaches received 14 Coach of Year honors at the ACC, regional and national level.

Florida State President Dr. T.K. Wetherell introduced Spetman as the university's new Director of Athletics on February 4, 2008, following a national search. Spetman, a former Air Force colonel, took over at FSU after serving as Athletics Director at Utah State from 2004-2008 and at the United States Air Force Academy from 1996-2003.

"Randy Spetman has a strong record of leadership with honesty and integrity. His experience and organizational and management skills set him apart as one of the best athletics directors in the country," Wetherell said upon Spetman's hiring. "We're very pleased that he is joining the Florida State Family."

Spetman, 56, was lauded over his tenure at Utah State for the success of the Aggies' athletic programs both on the field or court and in the classroom. Utah State joined the Western Athletic Conference (WAC) in 2005 and Utah State claimed four conference championships in its first two years. USU's student-athletes led the WAC with a 78 percent graduation rate and maintained over a 3.0 cumulative grade point average.

Under Spetman's leadership, Utah State made high profile improvements to the football stadium. He also spearheaded fundraising and building efforts for a \$12.5 million facility and crafted a unique business partnership for medical health coverage that improved the overall coverage of USU student-athletes and reduced medical costs. In addition, he negotiated a lucrative new marketing agreement for Aggie Athletics with Learfield Sports Properties.

Spetman spent eight successful years as Director of Athletics at the United States Air Force Academy in Colorado Springs, Co. During his tenure, he administered the school's 27-sport intercollegiate program as well as the physical education and intramural programs. Under his command, the football team participated in four bowl games.

Born and raised in Council Bluffs, Iowa, Spetman graduated from the Air Force Academy in 1976. He earned three letters as a defensive end for the Falcons and was a team captain as a senior. He also won a pair of heavyweight Wing Open Boxing Championships. Spetman's 28 year military career took him around the world in a variety of positions. A command pilot with more than 3,000 hours of flight time, Spetman's range of positions took him from assistant football coach at his alma mater to a pilot and from the Chief of Bomber Planning in Operations Desert Shield and Desert Storm to serving as Chief, Command and Control Division, Operations Directorate of the U.S. European Command in Stuttgart, Germany.

A graduate from Squadron Officer School, he attended the National War College and earned a master's degree in National Security Strategy. Spetman also holds a master's in management and supervision from Central Michigan University.

He will serve as President of the National Association of Collegiate Director's of Athletics (NACDA) in 2009-10.

He and his wife, the former Becky Luhring of Des Moines, Iowa, are the parents of two grown children, Brian and Kim.



**KELLIE ELLIOTT**  
Deputy Athletics Director/  
SWA/Sport Oversight



**GARY HUFF**  
Senior Associate  
Athletics Director



**MONK BONASORTE**  
Senior Associate  
Athletics Director





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## STUDENT SERVICES

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

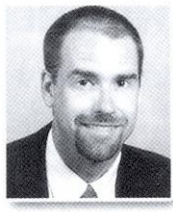
Developed by the Florida State University Department of Athletics, the N.O.L.E.S. program represents a commitment to the total growth and development of each student-athlete. The program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with 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.



**BRANDI STUART**  
*Assistant Athletics Director for Student Services*



**JOHN LATA**  
*Director of Student Services*



**YASHIVA EDWARDS**  
*Assistant 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.

### COMMUNITY SERVICE

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

### LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing

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



## SEMINOLES

THIS IS FSU

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## NCAA COMPLIANCE

### FLORIDA STATE UNIVERSITY COMPLIANCE OFFICE

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

### KEY DEFINITIONS YOU SHOULD KNOW

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

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

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

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

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

**Contact:** A contact is any face-to-face encounter between a prospect or the prospect's parents, relatives or legal guardian(s) and an institutional staff member during which any dialogue occurs in excess of an exchange of a greeting.

**Evaluation:** An evaluation is any off-campus activity designed to assess your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

### PHONE CALLS AND LETTERS

Phone calls from coaches (but not boosters) are permitted beginning July 1 before your senior year in high school. A coach is limited to one phone call per week except that unlimited phone calls may be made:

- During the five days immediately before your official visit to the university;
- On the day of a coach's off-campus contact with you.
- During the time beginning with the National Letter of Intent signing date through the two days after the signing date and after a National Letter of Intent or scholarship agreement is signed.

### A Prospect of Any Age Could Receive the Following From a Coach:

- Questionnaire
- Camp brochure
- NCAA educational information
- Business Card
- None-athletics institutional publications

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

- Written correspondence, including letters and e-mails.
- Game programs (only on an official or unofficial visit).
- Media Guide.
- Official academic, admission and student services publications and videotapes produced by the institution and are available to all students.
- Any other information may be provided via the institution's web site.

### WHO IS PERMITTED TO RECRUIT FOR FLORIDA STATE?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Boosters may not make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

### ALUMNI AND BOOSTERS DO'S AND DON'TS

- You may forward information about prospective student-athletes to the appropriate coaches.
- You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware you are making these contacts in regard to employment.
- You may have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletic programs to an athletics department staff member/coach.
- You may view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal or counselor in an attempt to evaluate the prospect.
- You may continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.
- You may not become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.
- You may not make contact with a prospective student-athlete and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.
- You may not transport, pay or arrange for payment of transportation costs for a prospect and his/her relatives or friends to visit campus (or elsewhere).
- You may not pay or arrange for payment of summer camp registration fees for a prospect.
- You may not provide anything to a prospect, the prospect's family or friends without prior approval from the Compliance Office.

For more information, please contact the Florida State Compliance Office at (850) 644-4272.



**BRIAN  
BATTLE**

Associate  
Athletics Director  
for Compliance



**JODY  
SMITH**

Assistant  
Athletics Director  
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**JENNIFER  
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Athletics Director  
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**BRET  
COWLEY**

Compliance  
Assistant





# FLORIDA STATE 2009-10 WOMEN'S BASKETBALL



## SEMINOLE BOOSTERS

### ENDOWED SCHOLARSHIP

From Miami to Minneapolis, and from Warsaw to Walla Walla, young men and women come to Florida State University to embrace its educational excellence, and to compete as a Seminole. Many would not have the opportunity to receive that college education without their athletic scholarship. These young people work hard, and proudly represent Florida State as a winner on the national stage, attracting the attention to our University that winners bring.

Florida State athletics provides each of our men's and women's teams with the maximum number of scholarships allowed by the NCAA. In addition to the student-athlete competitors, scholarships are also provided to student trainers, managers and graduate assistants who are vital to an athletics program.

Established in 1986 under the direction of William M. Parker of Clearwater, the Seminole Boosters Endowed Scholarship Program is the final step toward perpetual funding of all scholarships for student-athletes at Florida State. Those individuals who contribute to the endowment fund for athletic scholarships at Florida State University gain membership in the Seminole Heritage Foundation.

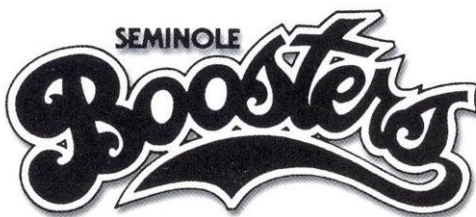
Thanks to the efforts of Charles F. Tunnichiff, a group scholarship in the name of Seminole great Sue Galkantas and an anonymous donor, the endowment of the Florida State women's basketball program is well on its way.



**CHARLES F.  
TUNNICLIFF**



**SUE  
GALKANTAS**



### HOOP TROOP

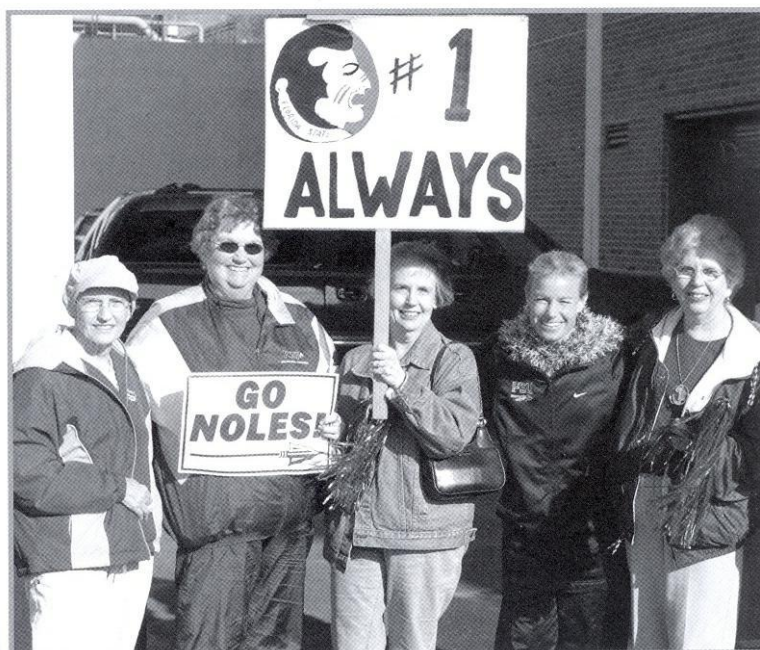
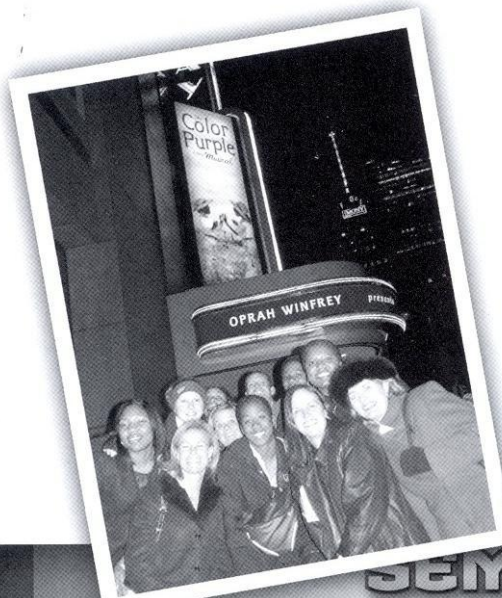
In the basketball arena, the Hoop Troop is what bridges the gap between the court and the stands. It brings fans, young and old, together with a common goal...to see FSU's women's basketball team up-close and to be the force behind its success on and off the court.

In simple terms, the Hoop Troop is the booster club for the team.

The players and coaches are encouraged by the Hoop Troop's energy and enthusiasm at home and away games.

Some of the Hoop Troop-sponsored events include bus trips to away games, the Hoop Troop Golf Classic and auction and Chalk-Talks with the Florida State coaching staff. Courtside Kids is the "junior version" of Hoop Troop. Kids learn early how much fun it is to be a part of the team. "Courtside" means that kids get to participate courtside and help keep the game floor toweled dry during games. They get to interact with the players and coaches at special "members-only" pizza parties and clinics as well as receive letters from the players and personalized birthday cards.

There are even more benefits, but the lasting impression of positive role models, shared family fun and togetherness are priceless.



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## SEMINOLE SPIRIT

### FSU FIGHT SONG...

You got to fight, fight, fight, for FSU  
You got to scalp 'em Sem-i-Noles  
You got to win, win, win, win,  
Win this game and roll on down  
and make those goals.

For FSU is on the war path now,  
And at the battle's end she's great;  
So fight, fight, fight to victory  
Our Sem-i-Noles from Florida State!

### THE SYMBOL: SEMINOLES...

Florida State would play two football games in 1947 before students demanded the school acquire a symbol. While details conflict, most believe the account of a poll of the student body is accurate. The *Florida Flambeau* reported that Seminoles had won by 110 votes over Statesmen. The rest of the top contenders (in order) were Rebels, Tarpons, Fighting Warriors, and Crackers. In the 1950s, a pair of students dressed in Native American costumes and joined the cheerleaders on the field which eventually evolved into the majestic symbol of Osceola and Renegade that FSU now enjoys. Today, the Seminole Indian Tribe participates in many campus activities.

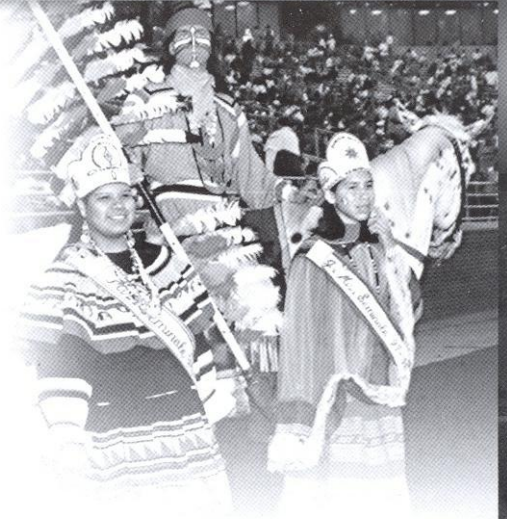
Florida State University is proud of its longstanding cooperative relationship with the Seminole Tribe of Florida. The Seminole people have suffered many hardships and injustices, but they have remained brave, dignified and proud. The Seminoles are unconquered. They symbolize what we hope will be the traits of all of our graduates, including our student-athletes.

We know you cannot win all of the time on the playing field or in life, but we want our students to be unconquered and always ready to try again.

### WAR CHANT...

Florida State's "war chant" appears to have begun with a random occurrence that took place during a 1984 football game against Auburn, but in the 1960s, the Marching Chiefs band would chant the melody of a popular FSU cheer. In a sense, that chant was the long-version of FSU's current "war chant." During a thrilling game with Auburn in 1984, the Marching Chiefs began to perform the dormant melody. Some students behind the band joined in and continued the "war chant" portion after the band had ceased. Most agree the chant came from the fraternity section, but many spirited Seminole fans added the hand motion to symbolize the brandishing of a tomahawk. The chant continued among the student body during the 1985 season, and by the 1986 season, it was a stadium-wide phenomenon. Of course, the Marching Chiefs refined the chant, plus put their own special brand of accompaniment to the "war chant", for the sound we hear today.

The Atlanta Braves fans took up their version of the song and chant when former FSU star Deion Sanders came to the plate as an outfielder. The Kansas City Chiefs first heard it when the Northwest Missouri State band, directed by 1969 FSU graduate Al Sergel, performed the chant while the players were warming up for a game against San Diego.



### GARNET & GOLD...

Florida State's school colors of garnet and gold date back to the Florida State College championship football teams of 1904 and 1905. In those championship seasons, FSC donned purple and gold uniforms. When Florida State College became Florida Female College in 1905, the football team was forced to attend the University of Florida. The following year the FFC student body selected crimson as the official school color of 1905. The administration in 1905 took crimson and combined it with the recognizable purple of the championship football teams to achieve the color garnet. The now-famous garnet and gold colors were first used on an FSU uniform in a 14-6 football loss to Stetson on October 18, 1947.

