

This Is Tallahassee

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Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State — Tallahassee — Florida's capital city. With its intriguing combination of power-play politics and classic character, splashed with a twist of beauty and charm, Tallahassee is a genteel Southern belle with good manners, old plantation homes and y'all-come hospitality — a side of Florida few expect to find.

With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to

establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

The New Capitol building rises at the center of Tallahassee's downtown as a sleek modern structure, juxtaposed next to the Old Capitol, built in the more classic domed style. A gallery atop the 22-story New Capitol provides a sweeping view of the hilly city and its tree-lined streets. From it, you can see all the way to Georgia, 20 miles away.

Around the capitol complex, a 10-block historic district spreads, preserving the town's gracious old homes along a linear park and holding an historic inn, bars and restaurants patronized by Senators and sophomores alike. With no shortage of culture, downtown also offers museums, theater and art galleries. Artists have turned the old warehouses of Downtown Industrial Park into the studios and cafes of Railroad Square. The Museum of Florida History, nearby, is highly acclaimed for its scan of the

WOMEN'S GOLF

state's past, and The Mary Brogan Museum of Art & Science, along with changing art exhibits, brings learning to a kid's level with hands-on exhibits. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum.

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs.

On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera House and St. George Island.



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One of the Nation's PREMIER PROGRAMS



Coach JoAnne Graf



Coach Bobby Bowden

COACHES OF THE YEAR	
National	- 13
Regional	- 34
Atlantic Coast Conference	- 35
Metro Conference	- 12

ACTIVE COACH LISTING - DIVISION I	
Bobby Bowden	- 366 victories (1st all-time)
JoAnne Graf	- 1,180 victories (2nd all-time)
Mike Martin	- 1,484 victories (4th all-time)



Coach Bob Braman

COACHING EXCELLENCE...

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate. The Seminoles have had three coaches who have established records that rank them with the greatest coaches in NCAA history.

Florida State is the only NCAA school with three coaches in the top five for all-time victories in their respective sport and in the top five in wins and winning percentage among active coaches. Bobby Bowden (football), JoAnne Graf (softball) and Mike Martin (baseball) have combined for 3,030 wins and each coach appears in the top four for active winning percentage, active wins or all-time victories.

The caliber of coaches at Florida State is second to none and year after year, these coaches are recognized for excellence nationally, regionally and at the conference level. Track and field and cross country head coach Bob Braman capped off another spectacular season as he guided the Seminoles to their second consecutive men's outdoor track and field national championship in 2007. Braman, the ACC Indoor and Outdoor Coach of the Year, was also recognized on the men's side as the Co-Coach of the Year in the South District, while being honored as the East Region and National Coach of the Year during the outdoor season. Jennifer Hyde collected South Region Wilson/ITA Coach of the Year accolades as she led the women's tennis team to one of the finest turn-a-rounds in school history. After leading the women to their first conference championship a season ago, swimming and diving head coach Neil Harper guided the men to their first league title en route to being named the ACC Coach of the Year. Martin's legacy was secured as he was enshrined into the American Baseball Coaches Association Hall of Fame on January 5, 2007. He would round out the accolades in 2006-07 claiming his fifth ACC Coach of the Year honor.



Coach Jennifer Hyde



Coach Mark Krikorian

IN THE COMMUNITY...

Seminole student-athletes are committed to making a positive impact on the community, serving over 5,500 hours of community service during the 2006-07 school year. They help to raise thousands of dollars in direct support to charities.

The National Consortium for Academics and Sports honored FSU Athletics for the most successful outreach and community service program in which FSU student-athletes impacted the lives of over 150,000 youths.

Student-Athletes have volunteered their time to work with elementary, middle, and high school students within the Leon County School system. In addition, Seminole student-athletes have participated in projects such as Kids' Day (hosted by the Boys and Girls Club), Bowl for Kids' Sake (fundraiser for Big Brothers Big Sisters), The Heart Ball (fundraiser for the American Heart Association), Relay for Life, and Special Olympics to name a few.



Coach Mike Martin



POSTGRADUATE SCHOLARSHIPS...

In November 2005, two-time All-American shot putter Garrett Johnson became just the second FSU student and first FSU student-athlete to be selected a Rhodes Scholar when he was chosen as one of 32 college students from throughout the United States to study at the University of Oxford and one of less than 100 from around the world who joined the prestigious academic program in 2006. The program's criteria are based on academic success, leadership potential, personal integrity and physical vigor.

Florida State athletes have earned over \$350,000 in post-graduate scholarships in the past 13 years as well as other numerous academic honors and awards. They have also received 33 post-graduate scholarships from the ACC since 1993 including Sarah Griffin (volleyball), Alex Kennon (swimming and diving), Tom Lancashire (track and field) and Kelly Rowland (soccer) who were among 45 recipients of the scholarship awards in 2007. In addition, Garrett Johnson (track and field) earned the ACC Scholar Award in 2006.

In 1996, Seminole senior Daryl Bush was the first ever recipient of the State Farm National Scholar Athlete of the Year award, now given annually.

Florida State boasts two NACDA Post-Graduate Award winner in the last seven years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.



Andrew Dakos

Garrett Johnson



LeKeon McCollum



Drew Weatherford



Lacy Jensen



Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



Alex Kennon



IN THE CLASSROOM...

Florida State named a school-record 204 student-athletes to the Atlantic Coast Conference Honor Roll in 2007. At the conclusion of the 2006-07 school year, seven of Florida State's athletic teams had a 3.0 or better cumulative grade point average. In the spring 2007 semester 10 Seminole teams had at least a 3.0 semester GPA while the average team semester GPA was a 2.80.

Since joining the ACC in 1991, Florida State has had seven National Football Foundation and College Hall of Fame National Scholar Athlete Award winners.

In 2001, Heisman Trophy winning quarterback Chris Weinke was the recipient of the inaugural ACC Scholar Award which is presented annually to an excellent athlete and top scholar who plans to pursue a professional athletic career. Since 2001, football's Chris Hope (2002), baseball's Matt Lynch (2003) and track and field's Garrett Johnson (2006) have also earned the award.

Six Seminole student athletes earned the prestigious Arthur Ashe Junior Sports Scholar Award including FSU football player Myron Rolle. The Arthur Ashe Jr. Sports Scholar Awards were established in 1992 and serve to honor minority student athletes who exhibit academic excellence and community activism, as well as athletic prowess.

Florida State had 13 student-athletes garner District Academic All-American honors in 2006-07 including Drew Weatherford (Football), Mami Yamaguchi and Katrin Schmidt (Soccer), Sarah Griffin (Volleyball), Nikki Anthony and Alicia Gladden (Women's Basketball), Melissa May (Softball), Roomy Altman (Swimming), Caroline Westrup (Women's Golf), Jonas Blitz (Men's Golf), Alex Kennon (Swimming) and Javier Garcia-Tuning, Tom Lancashire and Andrew Lemoncello (Track & Cross Country).

Florida State has more all-time ACC Academic Honor Roll selections (2,412) than all-time All-ACC honorees (1,783). Since 1970, 32 FSU student-athletes have earned National Academic All-American honors. Florida State boasted one NCAA Postgraduate Scholarship winner (Alex Kennon - Swimming) in 2007 as well.



Kelly Rowland



Sarah Griffin



Jonas Blitz



Alicia Gladden



Caroline Westrup

Nicholas Smith



Natalie Tirapelli



Al Thornton

Heisman Trophy winners
Charlie Ward and Chris Weinko**TOP ATHLETES...**

When you consider the top athletes who don the Garnet and Gold, it's easy to see why Florida State has enjoyed such success over the years. Of the 37 national awards for athletic achievements Florida State student-athletes have earned, eight have been for the top athlete in the nation award in their respective sports. Florida State boasts two Heisman Trophy winners, three Golden Spikes winners, a USA Softball National Player of the Year, a National Men's Track Athlete of the Year and a Honda Award winner for softball.

From football, to diving, to tennis, to track and field, several of Florida State's student-athletes achieve All-America status each year. FSU boasts 749 first team All-America selections as well as several regional and national award winners. Over the years, FSU has enjoyed 1,783 All-ACC selections. Even more impressive is that 30 student-athletes have been crowned individual national champions in their respective sports.

TOP TEAMS...

Great athletes make great teams and Florida State has a rich history when it comes to great teams on both the national and conference level and has earned 13 national championships over the years including the back-to-back 2006 and 2007 NCAA Men's Outdoor Track and Field titles. In 1999, the Florida State Seminoles became the first football team to go wire-to-wire as the Associated Press' No. 1 team when the squad went 12-0 on its way to the program's second national championship. FSU teams have combined for 159 NCAA Tournament appearances and 39 ACC team titles. Florida State's team sports have earned 8,419 victories and eight of the Florida State's team sports have an all-time winning record.



Barbara Parker



Walker Dix



Sam Chang

**DREAMING & DIVING**