

# NCAA COMPLIANCE

## FLORIDA STATE UNIVERSITY COMPLIANCE OFFICE

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

### KEY DEFINITIONS YOU SHOULD KNOW

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

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

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

**Prospective Student-Athlete:** A prospective student-athlete "prospect" is any student who has started classes for the ninth grade regardless of his/her athletics ability and/or participation. Any student younger who receives any benefit from an institution or representatives of athletics interests immediately becomes a prospective student-athlete. In addition, student-athletes enrolled in preparatory school or two-year colleges or officially withdrawn from a four-year institution are considered prospective student-athletes. A prospective student-athlete remains a prospect even after he or she has signed a National Letter of Intent or accepts an offer of financial aid or admissions to attend an institution. The prospect remains a prospect until he/she reports for the first day of classes for a regular term (fall or spring) or the first official day of practice, whichever occurs earlier.

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

**Evaluation:** An evaluation is any off-campus activity designed to assess the prospect's academic qualifications or athletic ability, including any visit to his/her high school (during which no contact occurs) or the observation of a prospect's practice or competition at any site.

### PHONE CALLS AND LETTERS

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

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

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

- Questionnaire
- Camp brochure

- NCAA educational information
- Non-athletics institutional publications (official academic, admission and student services publications and videotapes produced by the institution and are available to all students)

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

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

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

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

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

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



**Brian Battle**  
Associate Athletics Director  
for Compliance



**Jody Smith**  
Assistant Athletics Director  
for Compliance



**Jennifer Santiago**  
Assistant Athletics Director for  
Initial Eligibility & Admissions



**Bret Cowley**  
Compliance Coordinator

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

# Athletic Academic Support SERVICES

## SERVICES AND PROGRAMS

### ACADEMIC ADVISING

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

### STUDY HALL

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



### TUTOR AND MENTOR PROGRAM

The tutorial program is available to all student-athletes as they progress towards their ultimate goal of obtaining a college degree. Approximately, 100 tutors are hired each year, from a variety of academic departments. Every tutor is committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. The tutors are graduate level students who excel in a specific area of study. All mentors are graduate students who have outstanding academic backgrounds.

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

### COMPUTER LAB

The Athletic Academic Support Services computer labs are located

## MISSION STATEMENT

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

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

### SUMMER BRIDGE PROGRAM

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

### ACADEMIC HONORS AND AWARDS PROGRAM

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

Team meetings are held each year, during which time student-athletes are notified of potential honors and awards and are encouraged to apply. Combining a strong grade point average with athletic accomplishments, community service activities, and leadership experiences make for a student-athlete capable of obtaining unlimited academic honors, awards and postgraduate opportunities.



**Bill Shults**  
Director of Athletic  
Academic Support Services



**Marlon Dechausay**  
Academic Coordinator  
Women's Golf

# Student SERVICES

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.

### 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

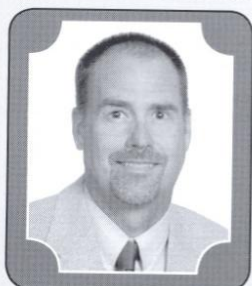
The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The Student-Athlete Advisory Council (SAAC) has been in place in the Florida State University Athletic Department for over ten years, and consists of a fantastic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

### 2009-10 STUDENT-ATHLETE ADVISORY COUNCIL

<b>Lacey Agnew</b> .....	<b>Golf</b>
Robin Ahrberg.....	Softball
Brianna Berry.....	Volleyball
Dan Bradford.....	Swimming & Diving
Jacob Brooks.....	Cross Country
Melanie Cabassol.....	Swimming & Diving
Jessie Carr.....	Swimming & Diving
Caila Coleman.....	Track & Field
Chad Colley.....	Football
Devidas Dulkys.....	Basketball
Becky Edwards.....	Soccer
Shawn Erickson.....	Swimming & Diving
Mike Fout.....	Cross Country
Angel Gray.....	Basketball
Maurice Harris.....	Football
Michael Hebert.....	Golf
Bryan Howard.....	Track & Field
Jordan Horsley.....	Swimming & Diving
Andrew Jacobs.....	Track & Field
Marissa Kazbour.....	Soccer
Kayli Keough.....	Basketball
Cameron Knight.....	Golf
Brooks Koepka.....	Golf
<b>Jamie Kuhn</b> .....	<b>Golf</b>
Owen Long.....	Tennis
Luke Loucks.....	Basketball
Lauren McCreless.....	Tennis
Stephanie Neville.....	Volleyball
Amanda Quick.....	Cross Country
James Ramsey.....	Baseball
Anderson Reed.....	Tennis
Hunter Scantling.....	Baseball
Amanda Skillen.....	Cross Country
Heather Smith.....	Cross Country
Ashley Stager.....	Softball
Stevi Steinhauer.....	Swimming & Diving
Federica Suess.....	Tennis
Tiara Swanagan.....	Track & Field
<b>Caroline Westrup</b> .....	<b>Golf</b>



**Brandi Stuart**  
Assistant Athletics Director  
for Student Services



**John Lata**  
Director of Student Services



**Yashiva Edwards**  
Assistant Director of  
Student Services

# Medical Care & TREATMENT



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

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

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

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

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

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



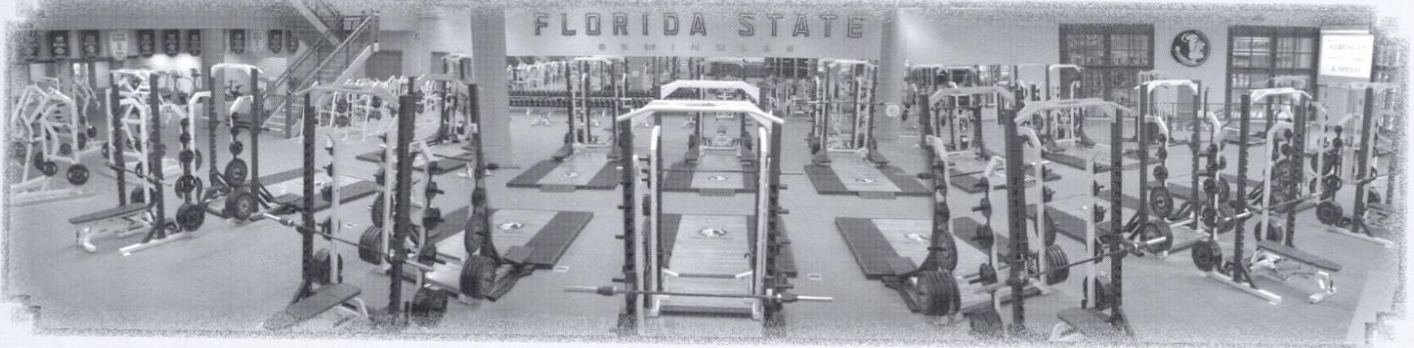
## DON FAULS ATHLETIC TRAINING ROOM

- The state-of-the-art Don Fauls Athletic Training Room was completed in 2004. The 15,000 square foot athletic training room is housed off Doak Campbell Stadium and is used by all 19 Seminole varsity teams.
- This facility is adequately equipped with the latest advances that the field of sports medicine has to offer. Some of the attractions include an in-house pharmacy, x-ray machine and two physician evaluation rooms.
- There is also a 4,000 square foot rehabilitation room with the latest version of a Biodex isokinetic testing machine.
- The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, and 18 taping benches.
- Florida State's athletes have amply accessibility for aquatic therapy as the Don Fauls Athletic Training Room includes a 8' x 40' in-ground workout pool, a 9' x 16' in-ground old whirlpool, a 9' x 16' in-ground warm whirlpool and nine extremity whirlpools.



**Eunice Hernandez**  
Assistant Athletic Trainer

# Strength & Conditioning PROGRAM



## TOTAL ATHLETIC DEVELOPMENT

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

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

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

- Providing an expert staff educated in and determined to render the most up-to-date and effective strength and conditioning procedures to FSU athletes.



WEIGHT ROOM AT THE  
DAVID MIDDLETON GOLF CENTER



**Jesse Collins**  
*Assistant Strength &  
Conditioning Coach*



**Laurel Wentz**  
*Sports Dietician*

## ROGER HOLLER CHAMPIONS TRAINING COMPLEX

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

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

## NUTRITION

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



# Media INFORMATION



**Chuck Walsh**  
*Golf Sports Information  
Director*

### A NOTE TO MEDIA

Florida State Deputy Sports Information Director Chuck Walsh is ready to assist with any questions or requests regarding the Seminole golf program, media guide, coaches and student-athletes. Please do not hesitate to contact the FSU Sports Information office if we can further assist you.

### INTERVIEWS

All players and coaches interviews should be arranged through the sports information office by contacting Chuck Walsh at (850) 644-1077 or [cwalsh@fsu.edu](mailto:cwalsh@fsu.edu) at least 24 hours in advance.

### FSU ON THE WEB

All the Seminole golf news you could ever ask for is available 24 hours a day, 365 days a year at [Seminoles.com](http://Seminoles.com). The official FSU athletics website is your first stop for all the information you could ever need on Seminole athletics.



- MARK RODIN** • Director
- JIM GARBARINO** • Associate Director
- DD GARBARINO** • Producer
- JERRY TOOTLE** • Producer
- BRANT WELLS** • Live Event/Studio Producer
- PHIL JACKSON** • Live Event Producer
- GREG CHRISTOPHER** • New Media Producer

With an experienced, award-winning staff and creative and talented students, Seminole Productions is looked at as a leader in sports production, graphics and corporate video. Creating the perfect blend of high-tech wizardry with good ole' Seminole sports action is a big part of what Seminole Productions is all about.



Established in 1987, Seminole Productions handles virtually every video production need for Florida State Athletics

and teaches advanced courses in video production and performance to FSU Communication students. Seminole Productions produces the Bobby Bowden TV Show, the Seminole Basketball Report with Leonard Hamilton, the Sue Semrau Show and the Mike Martin Show, as well as Seminole Sports Magazine, which often highlights Seminole golf. Seminole Productions also produces all of the production elements for Seminole Vision, the in-game entertainment productions for all of FSU football, basketball, and baseball home contests.

Contact Mark Rodin at [marodin@fsu.edu](mailto:marodin@fsu.edu) for more information.

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

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

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



# SEMINOLES.COM



### PRINT MEDIA

Associated Press (Local) .....	(850) 224-1211
Daytona Beach News-Journal .....	(386) 681-2549
Florida Times-Union .....	(800) 255-4679
Ft. Lauderdale Sun-Sentinel.....	(954) 356-4645
Ft. Myers News-Press.....	(239) 335-0557
FSView.....	(850) 561-6653
Gainesville Sun .....	(352) 374-5055
Lakeland Ledger .....	(863) 802-7569
Miami Herald .....	(305) 376-2387
Northwest Florida Daily News.....	(850) 863-1111
Ocala Star-Banner .....	(352) 867-4146
Orlando Sentinel (Local).....	(850) 222-5566
Orlando Sentinel .....	(407) 420-5474
The Osceola.....	(850) 222-7733
Palatka Daily News .....	(386) 312-5239
Palm Beach Post.....	(561) 820-4440
Panama City News-Herald.....	(850) 747-5065
Pensacola News-Journal.....	(850) 435-8552
Sarasota Herald-Tribune .....	(941) 953-7755
St. Petersburg Times.....	(813) 226-3347
Tallahassee Democrat.....	(850) 599-2167
Tampa Tribune .....	(813) 259-7655

### ELECTRONIC MEDIA

Capitol News Service .....	(850) 224-5546
Florida News Network.....	(407) 916-7810
FSU Headlines/TV & Radio.....	(850) 644-1360
Seminole ISP SPORTS Network.....	(850) 645-7850
Sun Sports/FSN Florida.....	(407) 245-2511
The Florida Channel.....	(850) 488-1281
WCTV-TV (CBS) .....	(850) 906-0477
WEAR-TV (ABC).....	(850) 455-4599
WESH-TV (NBC) .....	(407) 539-7895
WFLA-Radio .....	(850) 422-3107
WFTV-TV (ABC).....	(407) 822-8304
WFSU-Radio.....	(850) 487-3086
WFSU-TV & 4FSU .....	(850) 487-3170
WJHG-TV (NBC).....	(850) 234-7777
WJXT-TV (CBS) .....	(904) 393-9840
WMBB-TV (ABC) .....	(850) 763-6000
WNLS-Radio .....	(850) 422-3107
WTLV-TV (NBC) .....	(904) 633-8806
WTNT-Radio.....	(850) 422-3107
WTXL-TV (ABC).....	(850) 893-1313