

SUPPORT

STRENGTH AND CONDITIONING



ANGELA SEHGAL
Head Athletic Trainer

The FSU strength and conditioning program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility and conditioning drills. The goal of the program is to maximize the on-field performance of each athlete, while reducing the risk of injury. Our strength and conditioning staff is continuously researching and following the most scientifically sound and up-to-date principles of strength training to safely maximize the athletic potential of our players.



CHARLIE MELTON
Strength and Conditioning
Coach

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

Charlie Melton will work with the soccer team this season and joined the Strength and Conditioning staff at Florida State in July 2000 after serving as a graduate assistant coach for the FSU football team. Melton is a graduate of the University of Memphis where he received a Master of Science degree in exercise and sports science. At Memphis, Melton worked as Graduate Assistant Strength and Conditioning Coach as well as a Research Assistant for two years. His responsibilities included assisting the head strength coach with implementing the strength and conditioning program for the football team during all practices, games and off-season training. He also assisted with the strength coaching of women's tennis, volleyball, men and women's soccer, men and women's basketball, men and women's track and baseball for the Tigers.



TANYA JOHNSON
Facility Coordinator

women's soccer, men and women's basketball, men and women's track and baseball for the Tigers.

FACILITY MANAGEMENT

Tanya 'T.J.' Johnson is in her first season with the Florida State Department of Athletics. She is the Facility Coordinator for the athletic department and she oversees the equipment room and managers for FSU's Olympic sports programs.

Before joining the staff at Florida State, Johnson spent 10 years at the University of Illinois where she was responsible for all the equipment for the women's sports programs. She also was a member of Illinois' event management team and oversaw assigned facilities.

WEIGHT ROOM

The Tully Gymnasium weight room recently took on a whole new look following a complete renovation in 1996. The facility, which was expanded by 2,000 square feet, is now 3,500 square feet in size fresh with a new stereo system, drop ceiling, lighting and mondo rubber flooring.

Over \$140,000 worth of new exercise equipment was added to the Lady Seminole weight room, including 16 cardiovascular pieces such

as Life Fitness, Stairmaster and Textrix. All Florida State women athletes train in the state-of-the-art facility.

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.

Angela Sehgal is the head athletic trainer for FSU soccer and came to Florida State in 1988 as a graduate assistant athletic trainer after graduating from Anderson (Indiana) University with honors and a double major in athletic training and physical education. Sehgal returned to FSU in 1991 after a short stint as a head athletic trainer at a high school in Virginia and she is currently pursuing a doctorate in Higher Education and is expected to complete her degree in April of 2002. She is a member of the National Athletic Trainers Association and is also a certified Red Cross CPR/First Aid instructor. She not only works closely with team physicians, but also provides evaluation and advanced first aid, injury prevention, rehabilitation, counseling and guidance, education and administration. Sehgal also serves as the curriculum director for the athletic training/sports medicine program and is leading FSU's effort to have that program nationally accredited in 2002.



SUPPORT

ATHLETIC ACADEMIC SUPPORT STAFF

MISSION

The primary focus of the Athletic Academic Support Program is to provide an environment which facilitates the academic success of each student athlete. Student success is encouraged through competent academic counseling, study skills development, individualized assessment and support, and a wide array of tutorial services.

AN OVERVIEW OF AN AWARD-WINNING ACADEMIC SUPPORT PROGRAM

Academic, personal, and professional support are essential to college success. At The Florida State university, we have developed an outstanding support program, which enables student athletes to reach their full potential.

Director Mark Meleney states "Our philosophy is to offer an academic support program integrated with the total University that will assist all student athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation, job placement, or graduate school".

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

The academic support unit is housed in the \$126 million dollar, state-of-the-art University Center Complex. It includes private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. In addition, the athletic skyboxes are used for group and individualized tutorial instruction. The academic support staff is comprised of a Director, an Administrative Assistant, five Academic Counselors, several graduate assistants, individualized learning specialists, and a cadre of approximately 50 tutors and mentors.

Meleney begins his sixth year as the Director of the Athletic Academic Support Program and his first season working with FSU soccer. He brings to the position 13 years of advising experience at FSU. Over the past seven years, Meleney has played an integral role in the development of a comprehensive program of student athlete support, which in 1996 won the "Program of Excellence" award from Athletic Management Magazine.

A native of Iowa, Meleney began his college education at Buena Vista College, where he earned varsity letters in football and baseball. Upon transferring to Florida State, he earned Bachelor's degrees in Management and Finance in 1986 and received a Master's in Athletic Administration from FSU in 1997. He is currently pursuing his Ph.D. in Athletic Administration as well. A member of the National Association of Academic Advisors for Athletes (N4A), Meleney is married to the former Sarah Cawthon and they have an 8-year-old daughter, Montana Shea.

SUPPORT STAFF



MARK MELENEY
Director, Athletic Academic Support Programs



DAVID HOLTZCLAW
Asst Promotions Director/
Special Events



CRAIG CAMPANOZZI
Head of Video for
Seminole Soccer



STUART PEARCE
Asst Director of Event
Management



SAM KAUFFMAN
Equipment Manager/Asst.
Home Game Operations
Manager



GLORIA JORDAN
Administrative Assistant



YESENIA OCHOA
Student Trainer



SARAH TATUM
Student Trainer



KELLY FITZGERALD
Student Trainer



ROBERT MINNIX
Assoc. AD for Compliance
and Legal Affairs

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

WHO IS PERMITTED TO RECRUIT FOR FSU?

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

KEY TERMS YOU SHOULD KNOW

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

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

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

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

PHONE CALLS AND LETTERS

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

- During the five days immediately before your official visit to the university

- On the day of a coach's off-campus contact with you

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

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

- General correspondence, including letters, U.S. Postal Service post cards and institutional note cards

- Game programs, which may not include posters and one Student Athlete Handbook, can be provided only during official or unofficial visits to the university's campus

NCAA EDUCATIONAL INFORMATION

- Pre-enrollment information subsequent to signing a National Letter of Intent with the university

- One athletic publication which may include only one color of printing inside the covers

- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students

SCHEDULE CARDS

- Questionnaires that may be provided prior to your junior year

- Summer camp brochures, which may be provided prior to your junior year.

ALUMNI AND BOOSTERS DOS AND DONT'S

You may forward information about prospective student-athletes to the appropriate coaches.

You may have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the

Compliance Office is aware that you are making these contacts in regard to employment.

You may have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletics programs to an athletics department staff member/coach.

You may view a prospects contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospects 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 prospects 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 prospects family or friends without prior approval from the athletics Compliance Office.



PENNY PARKER
Director of Compliance

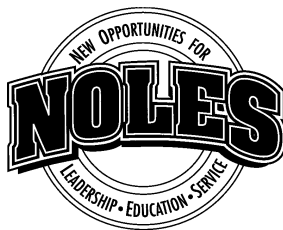


BRIAN BATTLE
Assistant Director
of Compliance



THE N.O.L.E.S. PROGRAM

NEW OPPORTUNITIES FOR LEADERSHIP EDUCATION AND SERVICE



Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.

PERSONAL DEVELOPMENT

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

CAREER DEVELOPMENT

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

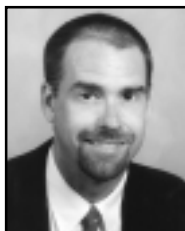
COMMUNITY SERVICE

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-Athlete Speakers Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program is the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes are based on building communication skills. Students have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

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



JOHN LATA
Personal Development



AMY MAGNUSON
Sports Nutritionist



Associate Athletics Director for Student Services Pam Overton was presented with the first annual Dr. Gene Hooks Award for the outstanding CHAMPS program coordinator as chosen by the Division I-A Athletics Directors.