



Soccer Support

SOCCER SUPPORT SERVICES

STRENGTH & CONDITIONING

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.

Before a strength program is designed for an athlete, they are put through a series of physical tests to evaluate their speed, power, strength, agility, and body composition. Once the testing is completed, a program is designed for each student-athlete that will specifically address his weaknesses and enhance his strengths.

The computerized workout programs show in detail the exercise, the number of sets, repetitions and amount of weight prescribed for each workout. Head Strength and Conditioning Coach Jon Jost and his staff of experts closely monitor progress to assure each student-athlete is on schedule to reach their goals. Physical development is critical in order to excel at the collegiate level.



Charlie Melton

FSU's athletics department is committed to excellence in every area. This includes providing its athletes with the most state-of-the-art facility and equipment. Florida State's Champions Training Complex provides the best platform to train its athletes to their full athletic potential.

Charlie Melton enters his fourth season working with the Florida State soccer team and he joined the Strength and Conditioning staff at FSU in 2000. After a stint as a graduate assistant for the Seminole football team, the Memphis graduate joined the staff full time in 2001. Melton currently supervises all the strength and conditioning for track and field and volleyball on top of soccer. He is also an assistant Strength and Conditioning coach for football. He also serves as the Director of Education for Florida State Strength and Conditioning.

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. Football was his primary responsibility.

Melton competed successfully at the Collegiate National level in Olympic-style weightlifting for 3 years and is a current competitor in Scottish-Highland Games. He married his wife Crystal in 2001 and the couple have a daughter named Norah born October 19, 2003.

MEDICAL CARE AND 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.



Rhonda Kelly

Head Athletic Trainer Rhonda Kelly joined the Florida State staff in June of 2001 and is in her third season handling the athletic training duties for the women's soccer team.

Kelly is a 1998 graduate of Valdosta State University where she received a Bachelor of Science degree in Sports Medicine. While at Valdosta State, Kelly served as a student athletic trainer for three years while working with the women's basketball, cheerleading and football programs.

Upon graduation, Kelly continued her education at Louisiana State University serving as a graduate assistant athletic trainer for two years while obtaining her master's degree in Sport Pedagogy and was then elevated for one year to Assistant Athletic Trainer. While at LSU, Kelly worked with the football, softball and men's tennis programs.

Some of Kelly's responsibilities included designing, implementing and supervising the rehabilitation programs for the football team and serving as the medical coordinator for the NCAA softball and tennis regionals in Baton Rouge. As an assistant athletic trainer, Kelly worked primarily with the football team while also assisting with the management of nine graduate assistants and 15 student athletic trainers.

In addition to her women's soccer training duties, Kelly designs and maintains FSU's Sports Medicine/Athletic Training web site, coordinates the annual drug testing of all FSU female athletes and serves as an approved curriculum instructor for the College of Human Sciences.

A native of Kalamazoo, Michigan, Kelly is a certified member of the National Athletic Trainers Association, Florida licensed athletic trainer, American Red Cross CPR/First Aid/AED certified instructor and representative for Athletic Trainers Association of Florida Awards and Honors Committee.

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 last spring. 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 whirl-pools.

EQUIPMENT



Lynn Bourdon

Lynn Bourdon is in her fifth year with the Florida State Athletics Department and in her third season as equipment manager. Bourdon oversees all equipment aspects of the soccer program. In addition to this role, she also assists in all home game event management. Prior to joining the soccer program in 2001, Bourdon was a student manager for the Florida State University women's basketball program.

Bourdon has recently completed her Master degree in Sport Management at Florida State University and also holds a bachelors degree from Florida State University as well. Lynn is a certified by the Athletic Equipment Managers Association (AEMA) and is originally from Pittsfield, Massachusetts.

SOCCER SUPPORT STAFF



DERRICK ROGERS
Marketing Assistant



CRAIG CAMPANOZZI
Head of Video for Seminole Soccer



GARY LHOTSKY
Assistant Director of Event Management



GLORIA JOHNSON
Administrative Assistant



BRIAN MADDOX
Facilities Assistant



VINNY BAGLINI
Student Trainer



CINDY BENNETT
Student Trainer



RYAN CALLAHAN
Student Trainer



ALISON ZIMMERMAN
Student Trainer



ATHLETIC ACADEMIC SUPPORT PROGRAM

ATHLETIC ACADEMIC SUPPORT MISSION STATEMENT

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 is essential to college success. At The Florida State University, an outstanding support program has been developed that enables student-athletes to reach their full potential.

Florida State Athletic Academic Support Program 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."



Mark Meleney

FSU's program operates on a "proactive" rather than "reactive" approach. The academic staff does not wait for crises to occur. They 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. They also stay informed on the daily progress of the student-athletes through consistent communication with the Florida State faculty.



Kylie Amato
Academic Advisor
for FSU Soccer

Over the past several years, the academic support unit had been housed in the \$126 million dollar, state-of-the-art University Center Complex which included private study carrels, a tutorial study area, and a computer lab outfitted with 20 IBM compatible computers and laser jet printers. Over the summer, however, academic support, along with several other departments, moved into their new home, the newly constructed Moore Athletic Center. The multi-million dollar structure, which is located in the north end zone of Doak Campbell Stadium, is the new home of Florida State athletics. Some of features

of the new academic support area include a 32-station computer lab for student-athletes, 10 private tutorial rooms and a five-station "Learning Center" for student-athletes with learning deficiencies and/or disabilities. The compliance, student services, business, sports information and athletics marketing offices are also housed in the facility, providing a more efficient and functional department, thus allowing student-athletes an opportunity for balance and improved time-management. The academic support staff is comprised of a director, an administrative assistant, six academic counselors, several graduate assistants, individualized learning specialists and a cadre of approximately 50 tutors and mentors.

Meleney was named the program's Director in 1997 and brings 19 years of advising experience to the position. Over the past nine 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.

TUTOR & MENTOR PROGRAM

The athletics department at Florida State University has made a commitment to providing the student-athletes with one of the finest and most comprehensive tutorial and mentor programs in the nation. The tutorial program is just one of several key support services that is available to all student athletes as they progress towards their ultimate goal of obtaining a college degree. FSU hires approximately 50 tutors a year, from a variety of academic departments, who are committed to providing a proactive, individualized approach in assisting student-athletes with course comprehension and study skills. In addition, 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. The tutors and mentors are usually seniors or graduate level students who have outstanding academic backgrounds.

STUDY HALL

In an effort to help ensure the academic success of the student-athletes, professionally supervised study sessions for each athletic team are organized. 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.

ACADEMIC HONORS & AWARDS

Florida State University student-athletes have achieved great success in obtaining recognition for academic excellence. More than \$260,000 in Postgraduate monies have been granted to FSU student-athletes over the past eight years, as well as numerous other academic honors and awards.

Florida State University named 172 student athletes to the 2004 Atlantic Coast Conference Honor Roll. In the 2003-04 academic year alone, Florida State boasted three ACC Weaver James Corrigan Postgraduate Scholarship winners, one NCAA Women's Enhancement Scholarship Winner and several Academic All-Americans.

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," a black-tie 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.

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.



Soccer Support

STUDENT SERVICES & PERSONAL DEVELOPMENT

THE N.O.L.E.S. PROGRAM: NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION & SERVICE

LIFE SKILLS

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.



PAM OVERTON
Associate Athletics
Director/SWA

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.



JOHN LATA
Director of Student
Services

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 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 department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes.



THE STUDENT ATHLETE ADVISORY COUNCIL

- Shawn Allen, Track
- Mike Averett, Swimming
- Jeff Baggett, Athletic Trainer
- Carly Brieske, Softball
- Aaron Cheesman, Baseball
- Roxanne Clark, Tennis
- Anne Clinton, Cross Country
- James Coleman, Football
- Pete Crane, Swimming
- Lindsay Deason, Tennis
- Todd Galloway, Basketball
- Tatiana George, Softball
- Amy Harris, Golf
- Renee Hill, Volleyball
- Lisa How, Swimming
- Natalie Hughes, Cross Country
- Garrett Johnson, Track
- Latoya Legree, Track
- Linnea Liljestrang, Basketball
- Brandon Manasa, Baseball
- Lakendra McColum, Track
- Cassie McLaughlin, Volleyball
- Alina Mihailescu, Tennis
- Ali Mims, Soccer**
- LaQuinta Neely, Basketball
- Tracy Ramos, Athletic Trainer
- Jez Ratliff, Soccer**
- Katie Ronan, Swimming
- Lorne Sam, Football
- Mark Sestillo, Golf
- Jessica Skower, Volleyball
- Michelle Steakin, Golf
- Jonathan Sucupira, Tennis
- Amber Tantee, Tennis
- Adam Wallace, Golf
- Mike Walsh, Cross Country
- Chip Webb, Tennis





NCAA COMPLIANCE INFORMATION

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 prospect's parents.



BOB MINNIX
Associate Athletics
Director for Compliance
& Legal Affairs

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.



BRIAN BATTLE
Director of Compliance

A **contact** is any face-to-face encounter between a prospect or the prospect's 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.



HEATHER McATEE
Compliance Coordinator

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 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 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 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 athletics' Compliance Office.