

# Support Staff

## 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.

Associate Director of Sports Medicine Robin Gibson is in her 16th year on staff at Florida State University and she has worked with the Seminole softball team for 15 of those years. Gibson is a 1985 graduate of San Diego State University. She began her career FSU as an assistant and worked her way up to the associate director of sports medicine position. Gibson has a dual role in both the athletic training room and the area of administration. She is responsible for all the supervision, budgeting, and supplies for the Tully and Softball/Soccer athletic training rooms in addition to her athletic training responsibilities to the Florida State softball team and the men's and women's Olympic team sports. Student trainer Cathy Laguens will assist Gibson with the Seminole softball team this season.

## Facility Management

Tanya 'T.J.' Johnson is in her second 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 in the Big Ten 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. She has two undergraduate degrees and a Masters in Education. She is also a certified softball official for the ASA and ISA leagues. She is very active in Athletic Equipment Managers Association (AEMA). Johnson's support staff includes equipment manager Lynn Bourdon and facilities assistant Brian Maddox.

## Strength and 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. 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.

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.

Janna Walkup, who was a member of the inaugural Seminole soccer team in 1996, enters her third year as the strength and conditioning coach for the Seminole softball team. A native of Orlando, Fla., Walkup earned a bachelor's degree in nutrition and fitness from FSU in April of 1999 and a master's degree in sports administration in April of 2000. Walkup became a certified Strength and Conditioning Specialist in June of 2001. She is also a certified Collegiate Strength and Conditioning

Coach and a certified United States Weightlifting Club Coach. Graduate assistant Mat Ray will assist Walkup with the Seminole softball team this season.

## 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.



**ROBIN GIBSON**  
Asst. Director  
of Sports Medicine



**TANYA JOHNSON**  
Facility Coordinator



**JANNA WALKUP**  
Strength and  
Conditioning Coach



# 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 Florida State University, we have developed an outstanding support program that enables student-athletes to reach their full potential.

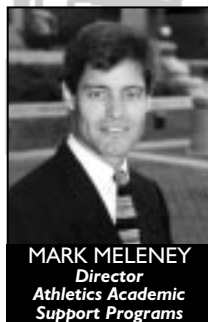
Director, Mark Meloney states, "Our philosophy is to offer an academic support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation,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

Mark Meloney was named the program's Director in 1997 and brings 12 years of advising experience to the position. Over the past eight years, Meloney 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.



### Mark P. Meloney

Mark Meloney begins his seventh year as the Director of the Athletic Academic Support Program. He brings to the position 14 years of advising experience at FSU. Over the past eight years, Meloney has played an integral role in the development of a comprehensive program of student athlete support, which in 1996 won an "Award of Excellence" (from *Athletic Management Magazine*). Meloney directs a staff of five professional counselors, a learning

specialist, two graduate assistants, and an administrative assistant.

In addition to his duties directing the Academic Support Program, Meloney evaluates all recruits for their academic potential, monitors academic progress and eligibility for student athletes, and serves as a liaison to the academic community. He also serves as a member of the administrative team for both the Athletic Department and the Division of Undergraduate Studies.

A native of Iowa, Meloney began his college education at Buena Vista College, where he earned varsity letters in football and baseball. Upon transferring to Florida State University, he earned bachelor's degrees in management and finance in 1986 and received his M.S. degree in athletic administration in April 1997. A member of the National Association of Academic Advisors for Athletes (N4A), Meloney is married to the former Sarah Cawthon and they have a nine-year-old daughter, Montana Shea.



### Amy Lord

Amy Lord (formerly Amy White) is in her seventh year with the FSU Athletic Academic Support Program where she serves as the Assistant Director of the program and is the Academic Counselor for the Florida State softball team, among other sports.

Lord is responsible for coordinating support services for these student-athletes, monitoring their academic progress and counseling them on academic issues such as course and major selection, study habits and eligibility requirements. She also assists in the recruiting process for these programs.

In addition to her counseling duties, Lord is the Academic Honors, Awards and Scholarship Coordinator. She also serves as the coordinator for the Golden Torch Gala, a black-tie event, which recognizes student-athletes for academic achievements. On top of those duties, Lord serves as the sports psychology consultant for all FSU student-athletes.

A native of Pensacola, FL, Lord is a 1993 graduate of the University of West Florida where she earned a Bachelor's degree in psychology. She received a Master's degree in sports psychology from Florida State in 1995 and is currently a Ph.D. candidate in sports psychology. Lord currently serves on the Executive Board of the National Association of Academic Advisors for Athletics. She is married to Justin Lord, of the Kansas City Royals.

## Support Staff



LYNN BOURDON  
Equipment Manager/ Home  
Game Operations Manager



CRAIG CAMPANOZZI  
Head Of Video



GLORIA JORDAN  
Administrative  
Assistant



BART BENNETT  
Team Manager



SCOTT VOIGT  
Marketing Assistant



JOANNA LANE  
Volunteer Assistant Coach



DAVID SACKS  
Sports Psychologist



CATHY LAGUENS  
Student Trainer



MATT RAY  
Strength & Conditioning  
Graduate Assistant



# NCAA Compliance



**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 prospect's 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 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.

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.

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 postcards 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 which 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.



**Brian Battle**  
Director of Compliance



**Heather McAtee**  
Compliance Coordinator



## SILVER MOMENTS

### Stealing the NCAA Record

One of the greatest players in FSU softball history is also the owner of one of the most amazing NCAA and FSU records. In 1999, Danielle Cox stole an unprecedented 73 bases to lead the nation in steals per game at 1.11. No other player in NCAA history has won the individual championship for stolen bases with more steals than the 73 Cox had in that magical 1999 campaign. What makes the record even more amazing is that it came just three seasons after fellow Seminole Shamalene Wilson won the same individual championship with 69 steals in 1996.



# Life Skills

## And Student Development

### 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

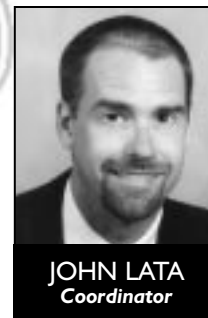
The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program are the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes 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 department's 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.



*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.*



**JOHN LATA**  
Coordinator



**AMY MAGNUSON**  
Sports Nutritionist



### SILVER MOMENTS

#### 2001 NCAA ERA Champions

The 2001 Florida State pitching staff accomplished something that had never been done in the history of Seminole softball. Jen White-Stokes, Leslie Malerich and Jessica van der Linden combined for the lowest ERA in DI softball in 2001 earning the NCAA's ERA title for FSU. The staff's 0.71 ERA was .06 better than National Champion Arizona's mark and well ahead of national powers UCLA, LSU, Notre Dame and Cal. The Seminole pitching staff was in the nation's top five for most of the season but their 0.80 ERA in the Tallahassee Regional against the nation's top competition pushed them to the top of the pack.

