



THIS IS TALLAHASSEE

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 Southern beauty and charm, Tallahassee is 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 “talla-hassee” — derived from the words “talwa,” meaning town, and “ahassee,” meaning old. This historic meeting place remains Florida’s capital today.

Boasting more than 145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida’s historic “Capitol Hill” is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd-floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other



In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida’s capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.

downtown delights. Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry “natives.”

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

▶ TALLAHASSEE RANKS SECOND IN EPODUNK.COM SURVEY

In a new survey by ePodunk.com, a New York based Internet Company, Tallahassee, FL was rated the No. 2 mid-sized college city in America. The home of Florida State University was ranked ahead of such legendary college towns as Madison, WI, Ann Arbor, MI, Berkley, CA and Athens, GA. The ranking was based on 15 factors designed to measure the quality of life in a college community, rather than just the city’s appeal to students. The variables included population growth, per capita income, owner-occupied homes, unemployment rates, restaurants, bookstores and entertainment offerings.

TOP COLLEGE TOWNS*

Medium-sized cities (100,000-299,000)

1. Columbia, SC
2. **TALLAHASSEE, FL**
3. Madison, WI
4. Urbana-Champaign, IL
5. Ann Arbor, MI
6. Berkley, CA
7. Athens, GA
8. Fort Collins, CO
9. New Haven, CT
10. Provo, UT

*rankings by ePodunk.com



FAST FACTS

Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.

Annual January temperature: **40-63° F**
 Annual July temperature: **72-91° F**
 Yearly average maximum temperature: **78.7°**
 Yearly average minimum temperature: **55.7°**
 Yearly average days above 90 degrees: **91.0**
 Yearly average days below 32 degrees: **35.7**

City of Tallahassee: **153,658**
 Leon County: **244,208**

freshwater springs. Glass-bottomed boat tours across these mystical waters are available.

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

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, science and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite quail. Area lakes, rivers, ponds and the Gulf — just 30 minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the bass fishing world for yielding the “big ones.” Local wildlife areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it's a wild array of spectator sports that leave the crowds screaming for more. The Florida State Seminoles and Florida A&M Rattlers provide collegiate action. And always a sure bet are the nearby greyhound races.

For another favorite “sport” — shopping — two large regional malls and many specialty centers offer an array of “playing options,” from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to

five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfast's, rustic “gentlemen” lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

▶ AREA BEACHES



Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.

Alligator Point

Natural dune public beach, 45 miles south of Tallahassee

Carrabelle

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

Dekle Beach

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

Mashes Sands Beach

Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

St. George Island

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

Shell Point

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee





THIS IS THE ACC

THE TRADITION

Consistency. It's the mark of true excellence in any endeavor.

However, in today's intercollegiate athletics, competition has become so balanced and so competitive that it is virtually impossible to maintain a high level of consistency.

Yet the Atlantic Coast Conference has defied the odds. Having celebrated its 50th year of competition a year ago, the ACC has long enjoyed the reputation as one of the strongest and most competitive intercollegiate conferences in the nation. And that is not mere conjecture; the numbers support it.

The ACC also stands at the forefront of intercollegiate athletics in terms of the academic accomplishments of its student-athletes. Since 1983, 370 women's basketball players have received ACC Academic Honor Roll recognition. The 2002-03 academic year included 26 selections. In addition, ACC basketball players have earned first-team Academic All-America honors six times, including Virginia's Val Ackerman in 1981, the current President of the WNBA. In 1997 NC State's Jennifer Howard was tabbed GTE CoSIDA Academic Player of the Year after posting a 4.0 grade point average throughout her career. Eleven players have earned ACC Postgraduate scholarships, while three others were named NCAA Postgraduate Scholars.

2002-03 IN REVIEW

The 2002-03 academic year concluded with the league pocketing three more national team titles and nine individual NCAA crowns. In all, the ACC has won 45 national team titles over the last 13 years.

The ACC's 2002-03 national champions were Wake Forest in field hockey, Virginia in men's lacrosse and Clemson in men's golf. Overall, 95 ACC teams took part in post-season play compiling a 84-64 (.568) record.

A total of 167 student-athletes from the ACC earned first, second or third-team All-America honors this past year. In addition, the ACC produced three national Players of the Year, one national Rookie of the Year and four national Coach of the Year recipients.

The ACC placed at least one team in the top 10 nationally in 16 of the 21 sports sponsored by the league for which polls were available. In all, 28 ACC teams finished their season with a top 10 ranking.

THE CHAMPIONSHIPS

The conference will conduct championship competition in 25 sports during the 2003-2004 academic year — 12 for men and 13 for women.

The first ACC championship was held in swimming on February 25, 1954. The conference did not conduct championships in cross country, wrestling or tennis during the first year.

The 12 sports for men include football, cross country, soccer, basketball, swimming, indoor and outdoor track, wrestling, baseball, tennis, golf and lacrosse. Fencing, which was started in 1971, was discontinued in 1981.

Women's sports were initiated in 1977 with the first championship meet being held in tennis at Wake Forest University.

Championships for women are currently conducted in cross country, volleyball, field hockey, soccer, basketball, swimming, indoor and outdoor track, tennis, golf, lacrosse, softball and rowing.

A HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, at the Sedgefield Inn near Greensboro, N.C., with seven charter members — Clemson, Duke, Maryland, North Carolina, North Carolina State, South Carolina and Wake Forest — drawing up the conference by-laws.

The withdrawal of seven schools from the Southern Conference came early on the morning of May 8, 1953, during the Southern Conference's annual spring meeting. On June 14, 1953, the seven members met in Raleigh, N.C., where a set of bylaws was adopted and the name became officially the Atlantic Coast Conference.

Suggestions from fans for the name of the new conference appeared in the region's newspapers prior to the meeting in Raleigh. Some of the names suggested were: Dixie, Mid South, Mid Atlantic, East Coast, Seaboard, Colonial, Tobacco, Blue-Gray, Piedmont, Southern Seven and the Shoreline.

Duke's Eddie Cameron recommended that the name of the conference be the Atlantic Coast Conference, and the motion was passed unanimously. The meeting concluded with each member institution assessed \$200.00 to pay for conference expenses.

On December 4, 1953, conference officials met again at Sedgefield and officially admitted the University of Virginia as the league's eighth member. The first, and only, withdrawal of a school from the ACC came on June 30, 1971, when the University of South Carolina tendered its resignation.

The ACC operated with seven members until April 3, 1978, when the Georgia Institute of Technology was admitted.† The Atlanta school had withdrawn from the Southeastern Conference in January of 1964.

The ACC expanded to nine members on July 1, 1991, with the addition of Florida State University.



SUPPORT STAFF



Robin Gibson
Asst. Director
of Sports Medicine



Tanya Johnson
Facility Coordinator



JANNA WALKUP
Strength and
Conditioning Coach

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 17th year on staff at Florida State University and she has worked with the Seminole softball team for every one of those 17 years. Robin is a 1985 graduate of San Diego State University. She began her career FSU as an assistant athletic trainer and has worked her way up to the associate athletic trainer position. Robin 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 two athletic training rooms in addition to her responsibilities to the Florida State softball. She also supervises two assistant athletic trainers and three graduate assistant athletic trainers who work directly with the men's and women's tennis teams, men's and women's track and field teams, men's and women's swimming and diving teams, men's and women's cross country teams and volleyball team. Student trainer Stacy Green will assist Gibson with the Seminole softball team this season.

FACILITY MANAGEMENT

Tanya "T.J." Johnson is in her third season with the Florida State Department of Athletics. As the Facility Coordinator for the athletic department, 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. Johnson has two undergraduate degrees and a Masters in Education. She is also a certified softball official

for the ASA and ISA leagues. She is also very active in the Athletic Equipment Managers Association (AEMA). In 1992, she received the Award of Excellence from the Athletic Equipment Management for her development of a computer program for equipment inventory. At the Olympics in Atlanta in 1996, she was the Equipment Supervisor at the Omni, which was the host venue for all volleyball competition. 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 fourth 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 assistants Matt Ray and Dwan Riggins will assist Walkup.

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 Tatrix. All Florida State women athletes train in the state-of-the-art facility.





ACADEMICS

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 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.

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



Mark Meleney
Director Athletics Academic Support Programs

Mark Meleney 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, Meleney 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). Meleney 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, Meleney 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, Meleney 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), Meleney is married to the former Sarah Cawthon and they have a nine-year-old daughter, Montana Shea.



Amy Lord
Academic Counselor

Amy Lord (formerly Amy White) is in her eighth 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



AMY HERRINGTON
Volunteer Assistant Coach



BETH PUTTCAMP
Team Manager



STACY GREEN
Student Trainer



LYNN BOURDON
Equipment Manager/ Home Game Operations Manager



CRAIG CAMPANOZZI
Head Of Video



GLORIA JORDAN
Administrative Assistant



DERRICK ROGERS
Marketing Assistant



BRIAN MADDOX
Facilities Assistant



COMPLIANCE



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.

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 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



BOB MINIX
Associate Athletic Director for Compliance



BRIAN BATTLE
Director of Compliance



HEATHER MCATEE
Compliance Coordinator

- 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.



LIFE SKILLS



Pam Overton
Associate Athletics Director



John Lata
Coordinator

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

New Opportunities for Leadership, Education & 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 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

Jennifer Anderson, **Volleyball**

Shawn Allen, **Track**

Mike Averett, **Swimming**

Kristin Boyce, **Soccer**

Lauren Bradley, **Basketball**

Carly Brieske, Softball

Tamara Campbell, **Track**

Aaron Cheesman, **Baseball**

Anne Clinton, **Cross Country**

Matthew Cloer, **Tennis**

Alison Curdt, **Golf**

Lindsay Deason, **Tennis**

Emma Dutton, **Swimming**

Tatiana George, Softball

Amy Harris, **Golf**

Natalie Hughes, **Cross Country**

Paul-Alvin Irons, **Football**

Garrett Johnson, **Track**

Michael Joiner, **Basketball**

Latoya Legree, **Track**

Amy Lo, **Swimming**

Brandon Manasa, **Baseball**

Ashley Meyer, **Volleyball**

LaQuinta Neely, **Basketball**

Jez Ratliff, **Soccer**

Dominic Robinson, **Football**

Lorne Sam, **Football**

Mark Sestillo, **Golf**

Amberly Tantee, **Tennis**

Jim Van Veen, **Cross Country**

Adam Waleskowski, **Basketball**

Adam Wallace, **Golf**

Matthew Wheeler, **Swimming**

FLORIDA STATE WON ITS NINTH ACC CHAMPIONSHIP
TITLE IN THE LAST 12 YEARS

THE SEMINOLES OUTSCORED THEIR THREE OPPONENTS 25-6
ON THEIR WAY TO THE 2003 CHAMPIONSHIP

FLORIDA STATE SET 10 ACC TOURNAMENT RECORDS
IN 2003 INCLUDING SIX HOME RUNS IN THE THREE GAMES

TOURNAMENT MVP LESLEY PALMER SET A NEW RECORD
WITH THREE HOMERS ON THE WEEKEND AND SHE HIT .800,
SLUGGED 2.600 AND RECORDED 13 TOTAL BASES

FSU OUT SLUGGED ITS OPPONENTS .657 TO
.299 AND ALLOWED JUST THREE
EARNED RUNS IN THE TOURNAMENT



2003 ACC CHAMPIONS

COLLEGE WORLD SERIES

1987
1990
1991
1992
1993
2003

NCAA TOURNAMENT

1986 1987
1988 1989
1990 1991
1992 1993
1994 1995
1996 1998
2000 2001
2002 2003

ACC CHAMPIONSHIPS

1992 1997
1993 1998
1995 1999
1996 2000
2003



TWO DECADES OF DOMINANCE