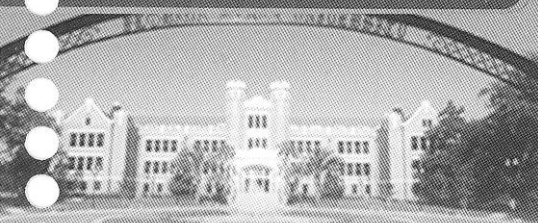


Tallahassee
Fla. State Capital
NEXT 3 EXITS



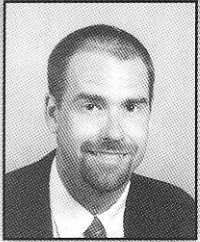
FSU SOFTBALL
NO.2 IN THE NATION



**SUPPORT
STAFF**

STUDENT DEVELOPMENT

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



JOHN LATA
Director of Student Services

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.

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. One of the foundations of building leaders is the Athletic Ambassadors program. The Athletic Ambassadors have the opportunity to attend seminars and listen to and learn from outstanding guest speakers. They learn skills that will benefit them not only as students, and as athletes, but as they pursue their goals after leaving Florida State. They learn how to build communication skills, and they have many opportunities to interact with groups in the community. These Ambassadors have an opportunity 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 Clarke, 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 Liljestrand, Basketball
- Brandon Manasa, Baseball
- LaKendra McColumn, Track
- Cassie McLaughlin, Volleyball
- Alina Mihalescu, 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

In 2003-04, the ACC Top Six for Service recipients were selected each month throughout the year for something unique that distinguished them as top performers in FSU's community service program. The primary criteria are a willingness to participate and a desire to serve despite time constraints. The selected students made significant contributions to the community and were positive ambassadors for the department. The winners were: **BillieAnne Gay, softball**, Ganyiat Adeduntan, women's basketball; Antonio Martin, men's track and field; LaKendra McColumn, women's track and field; Cassie McLaughlin, volleyball; and Chris Rix, football.



NCAA 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 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:

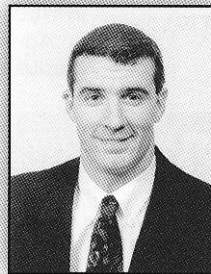
- During the five days immediately before your official visit to the university
- On the day of a coach's off-campus contact with you
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after signing date

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 post cards and institutional note cards



BOB MINIX
Associate Athletic Director for Compliance



BRIAN BATTLE
Director of Compliance



HEATHER MCATEE
Compliance Coordinator

- 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.



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.

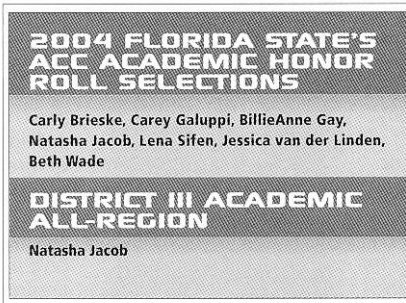
Director, Mark Meloney states, "Our philosophy is to offer an academic support program integrated with the total University that will assist all student-athletes with the transition into college and provide continued support in all phases of academic and professional development, culminating with graduation,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

Mark Meloney begins his ninth year as the Director of the Athletic Academic Support Program. He brings to the position 19 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.



JASON FOUNTAIN
Softball Counselor

Jason Fountain joined the Florida State Athletic Academic Support staff in December 2003 and supervises the academic progress of the softball players as well as the offensive football players. Some of Fountain's duties include monitoring academic eligibility, advisement and assisting in the recruitment of all prospective student-athletes.

Fountain came to FSU from Mississippi State and Troy State University, where he served as an athletic academic counselor. He holds bachelor's degrees in mathematics from

Troy State University and in math education from Athens State University. Fountain also earned his master's degree in educational leadership from the University of South Alabama. Before beginning his career in athletic academic advising, Fountain taught mathematics in Baldwin County, Ala., for seven years. During this time, Fountain presented numerous workshops on math education, culminating with a presentation at the 2002 National Council of Teachers of Mathematics (NCTM) conference in Las Vegas, Nevada. Additionally, Fountain was named Teacher of the Year at Bay Minette Middle School for the 2001-02 school year.

Fountain, 32, a native of East Brewton, Ala., is a member of the National Association of Academic Advisors for Athletics (N4A).

MEDICAL CARE & STRENGTH & CONDITIONING

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 18th year on staff at Florida State University and she has worked with the Seminole softball team for every one of those 18 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 **Peter Mayfield** will assist Gibson with the Seminole softball team this season.

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.

If the coaching staff is the engineer that fine tunes the automobile, then strength and conditioning coach **Dwan Riggins** is the mechanic that builds the strong engine. In her first year at Florida State, Riggins is responsible for writing and implementing the weight program for the softball squad as well as the swimming and diving program.

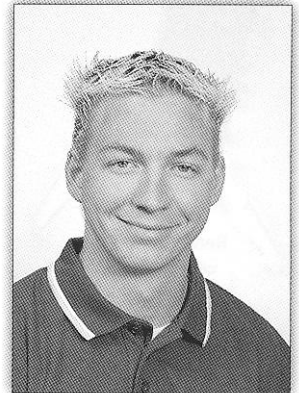
A native of Tallahassee, Riggins got her undergraduate degree in 2003 from the University of Florida in exercise sports sciences. She is currently pursuing a degree in sports administration.

During her first three years at Florida, Riggins worked with the Gator women's basketball program. During her first two years with Carol Ross' squad she served a team manager before spending her third season as a practice player. Her final season in Gainesville she worked as a trainer at the Living Well Facility on the UF campus. Before she joined the Florida State staff, Riggins served this summer as a volunteer for the Gators strength and conditioning staff, working with volleyball, soccer, and women's basketball.

A three-sport athlete during her prep career, she helped Godby High School girls' basketball team win the 1997 state championship.



ROBIN GIBSON
Head Trainer



PETER MAYFIELD
Student Trainer



DWAN RIGGINS
Strength Coach



SEMINOLES IN THE PROS/DRAFT PICKS



Shama Wilson
Georgia Pride (1997)
1998 Women's Pro Fast Pitch
Defensive Player Of The Year.



Myssi Calkins
Georgia Pride (1999)



Laurie Shepard
Silver Bullets (1995-98)



Jessica van der Linden
Arizona Heat (2004)



Kristy Fuentes
Georgia Pride (1998)



Renee Espinoza
Georgia Pride (1997)



Danielle Cox
Georgia Pride (1999)



Brandi Stuart
Acron Racers (2004)



Elisa Vasquez
Houston (2004)



Tatiana George
Harlem Diamonds (2005)

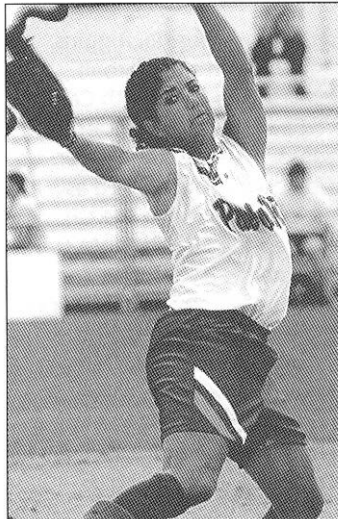


Shannon Mitchem
Silver Bullets (1993-98)



Leslie Adams
Carolina Diamonds (1997-99)

INTERNATIONAL SEMINOLES



Jessica van der Linden played with the Puerto Rican National Team and Leslie Malerich played with the Italian National Team at the 2003 International Softball Federation World Championships in Canada.

