

# FAMOUS ALUMNI

## Rita Coolidge

Rita Coolidge, a two-time Grammy Award winner, has worked with Joe Cocker on his "Mad Dog and Englishman" tour and also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills.

## Lee Corso

Lee Corso, a college football analyst for ESPN, joined the network in 1987 after 28 years of football coaching experience at the college and professional levels. He is a game analyst for Thursday night telecasts and is a studio analyst for College GameDay.

## Paul Gleason

Paul Gleason is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal in "The Breakfast Club."

## Barbara Harris

Barbara Harris is the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. She lettered in volleyball at FSU from 1974-77.

## Traylor Howard

Traylor Howard is an actress best known for her role as "Sharon" in the ABC TV Series "Two Guys and a Girl." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

## Gabrielle Reece

Gabrielle Reece began modeling in 1989 and has appeared on numerous magazine covers. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece co-wrote a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle."

## Burt Reynolds

Burt Reynolds, who has enjoyed enormous success as an actor and director in feature films, television and stage productions, is a Golden Globe winner, Oscar nominee, Emmy Award winner, winner of 12 People's Choice Awards including five for favorite motion picture actor and three for favorite all-round male entertainer.

## Dr. Tonia Stewart

Dr. Tonia Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, she is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe.

## Norm Thagard

Former NASA Astronaut, Norm Thagard, logged over 140 days in space during five space flights. He was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, aboard Challenger and STS-30 in 1989, on Orbiter Atlantis, the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995. He is currently on Faculty at FSU in the College of Engineering.

## Other Distinguished Alumni:

Paul Azinger, professional golfer

Alan Ball, award-winning writer, received the 1999 Academy Award for Best Original Screen play for "American Beauty"

John W. Bradley, actor, "The New Adventures of Robin Hood"

Clifton Campbell, playwright  
Davis Gaines, performer, "The Phantom of the Opera"

Jane Geddes, professional golfer

Parris Glendening, former Governor of Maryland

Hubert Green, professional golfer

Tara Dawn Holland Christensen, Miss America 1997

Linda Keever, Editor in Chief

Florida Trend Magazine

Tony LaRussa, Manager,

St. Louis Cardinals

John Marks, Tallahassee Mayor

DeLane Matthews, actress

Michael Piontek, actor

Henry Polic, actor

Charles G. Rex, New York Philharmonic

Victor Rivers, actor and spokesperson for The National Network To End Domestic Violence

Stephen J. Rothman, theatre director

Winston Scott, former NASA astronaut

Steven Sears, writer and producer

Randy Ser, theatrical director

Sonny Shroyer, actor,

"The Dukes of Hazard"

Dr. Valint Vazsonyi, international concert pianist

Claudia Waite, award-winning soprano

Ellen Taaffe Zwilich, award-winning composer

Linda Zoghby, opera singer



Rita Coolidge



Paul Gleason



Traylor Howard



Gabrielle Reece



Dr. Tonia Stewart



Former astronaut Norm Thagard



Shape Magazine Editor-In-Chief  
Barbara Harris

ESPN GameDay's Lee Corso

Actor Burt Reynolds with  
former Seminole Warrick  
Dunn



# STUDENT SERVICES

## *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.

### **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 life-long 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.

### **The student athlete advisory council**

Shawn Allen, Track and Field  
Luke Beevor, Cross Country  
Laura Bowerman, Cross Country  
**Carly Brieske, Softball**  
James Coleman, Football  
Pete Crane, Swimming  
**LaShaun Davis, Softball**  
Miranda Foley, Tennis  
Rodney Gallon, Football  
Sarah Griffin, Volleyball  
**Natasha Jacob, Softball**  
Garrett Johnson, Track and Field  
Alex Kennon, Swimming  
Christie Lautsch, Basketball  
Latoya LeGree, Track and Field  
Hannah Linquist, Basketball  
Tapiwa Marobela, Tennis  
Courtney McClow, Swimming and Diving  
Lakendra McColum, Track and Field  
Ali Mims, Soccer  
Mark Nicholis, Swimming  
LaQuinta Neely, Basketball  
Ruairi O'Connor, Baseball  
Stacy Rademacher, Swimming and Diving  
Jason Rich, Basketball  
Shane Robinson, Baseball  
Katie Ronan, Swimming and Diving  
Kelly Rowland, Soccer  
Bradley Ruch, Golf  
Stefan Shaw, Tennis  
Jessica Skower, Volleyball  
Kristin Sordel, Golf  
Michelle Steakin, Golf  
Isaiah Swann, Basketball  
Maciek Sykut, Tennis  
Tony Thomas, Jr., Baseball  
Meredith Urban, Cross Country  
Adam Wallace, Golf



**John Lata**  
Director of Student Services

### **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.



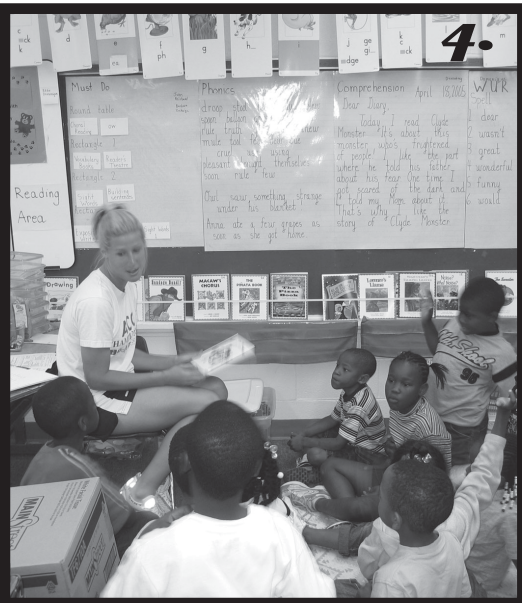
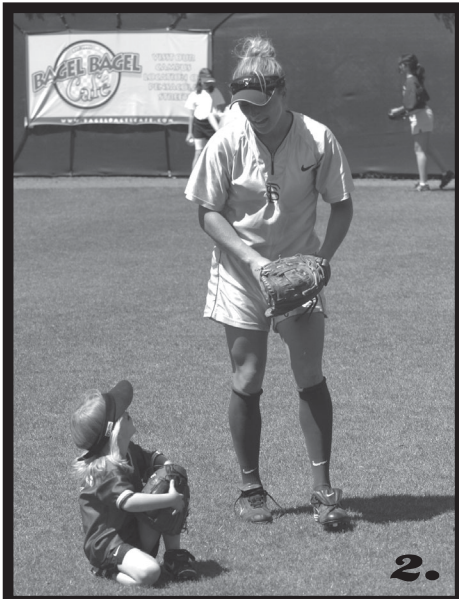
**Pam Overton**  
Associate Athletics  
Director/ Senior Woman  
Administrator



**Jason Williams**  
Assistant Director



# COMMUNITY SERVICE



1. *Veronica Wootson teaches the finer points on how to lay down a bunt.*
2. *Taking a break in the outfield with Natasha Jacob.*
3. *Team activity at the Seminole Reservation.*
4. *Carly Brieske volunteering at a local elementary school.*
5. *Melissa Wood teaching during the kids clinic.*
6. *Annual kids clinic group photo.*
7. *BillieAnne Gay helping out at a community fund-raiser during Halloween.*





# 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.

## **2004-05 ACC Academic Honor Roll**

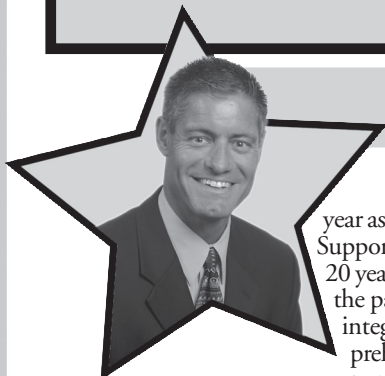
### **ACC Honor Roll:**

Carly Brieske  
Katie Fricke  
Carey Galuppi  
Tatiana George  
Kim Hoffer  
Natasha Jacob  
Brittany Osmon

**ESPN The Magazine/CoSIDA  
Second-Team Academic  
All-American:**  
Natasha Jacob

**ESPN The Magazine/CoSIDA  
Academic All-District III:**  
Natasha Jacob

**Mark Meloney**  
Director Athletics Academic  
Support Programs



Mark Meloney begins his 10th year as the Director of the Athletic Academic Support Program. He brings to the position 20 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 ten-year-old daughter, Montana Shea.

## **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 20 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*.

**Jason Fountain**  
Softball Academic Counselor



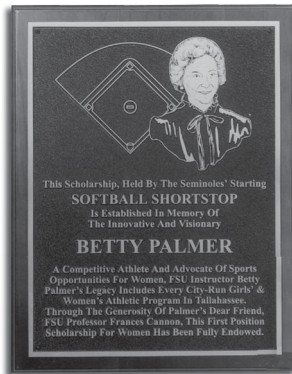
Jason Fountain joined the Florida State Athletic Academic Support staff in December 2003 and supervises the academic progress of the softball players as well as the offensive football players. Some of Fountain's duties include monitoring academic eligibility, advisement and assisting in the recruitment 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, 33, a native of East Brewton, Ala., is a member of the National Association of Academic Advisors for Athletics (N4A).

# ENDOWED SOFTBALL SCHOLARSHIPS

## Remembering the Past & Ensuring the Future

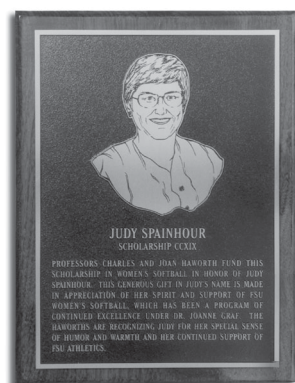


### BETTY PALMER

The first endowed position scholarship for women's athletics at FSU was named in honor of Betty Palmer and fully-funded by Dr. Fran Cannon. The scholarship is held by the Seminoles starting shortstop and honors a woman who preached values as well as skills and shaped the lives of many young women throughout her life as a faculty member at FSU and a recreation supervisor.

### DR. JOANNE GRAF

The architect of one of the most successful Division I softball programs in collegiate sports and the first Division I coach to reach the 1,000 win plateau, this fully-endowed scholarship honors FSU head coach Dr. JoAnne Graf. Coach Graf has achieved an unprecedented level of success throughout her 27 seasons at the helm of the Seminole softball program. Not only has she won two slow pitch National Championships but her teams have appeared in seven College World Series, made 18 NCAA Regional appearances and won 10 ACC titles. This endowment will ensure Coach Graf's winning legacy for years to come. Funds are continuing to be raised for this scholarship.

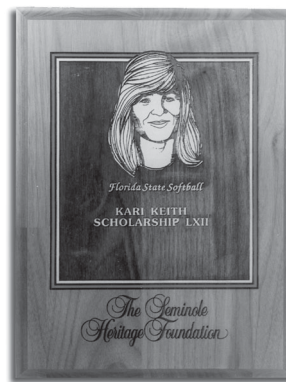


### JUDY SPAINHOUR

This fully-endowed scholarship is funded by Professors Charles and Joan Haworth in honor of Judy Spainhour. The gift is made in appreciation of Judy's spirit and support of FSU women's softball. The Haworths are recognizing Judy for her special sense of humor and warmth and the support she gave to FSU athletics.

### CARLA BINGHAM

The fourth endowed scholarship for Seminole softball is in honor of one of our own. Carla Bingham was a two-time All-American and played third base for FSU in 1982 and 1983. She helped FSU to a 102-21 record over those two seasons and was a member of FSU's 1982 AIAW National Championship team. In 1997, Carla lost her battle with breast cancer and this scholarship assures her memory will live forever. This scholarship is continuing to be funded.

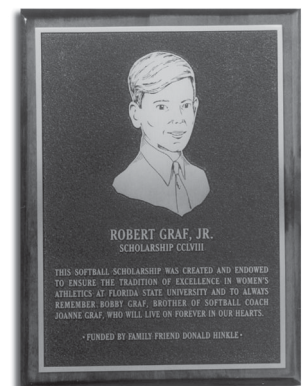


### KARI KEITH

Kari Keith was an amazing athlete who came to Florida State on a softball scholarship in 1986 but went on to become a two-sport star on the track and the softball diamond. Keith, from Ft. Lauderdale, FL, played softball for all four years and was named to the Lady Seminole Invitational All-Tournament Team in 1987 and 1988. Although she had never picked up a javelin in her life, Keith broke the school record and qualified for the NCAA championships in just her second meet ever. She was in training for the 1992 Olympic games when she lost her life in a two-car accident in Tallahassee. This endowed scholarship pays tribute to one of FSU's best and brightest.

### ROBERT GRAF, JR.

This softball scholarship was created and endowed to ensure the tradition of excellence in women's athletics at Florida State University and to always remember Bobby Graf, brother of softball coach JoAnne Graf, who will live on forever in our hearts. This scholarship has been funded by family friend Donald Hinkle.



### JAN SIKES AND CINDY MARVIN

Newly endowed in 2002.

This scholarship was endowed by two friends of the Florida State softball program, Jan Sikes and Cindy Marvin. Their belief in the positive values of intercollegiate athletics and its benefit toward the development of young women inspired this endowment. This scholarship will aid female athletes at Florida State University to further their education while participating in softball. Both Jan and Cindy embody these values as well as the Seminole spirit. Jan played on the 1981 and 1982 national championship teams, and was named All-American in 1982.



### Dug Out Club

You can support Coach Graf and the Seminoles this season by joining the Dugout Club. The Dugout Club is a restricted club that helps the softball program directly by providing for extras not in the softball budget. There are two levels of membership; Golden Glove (\$100) and Silver Glove (\$30).

The club was created to increase fan interaction with players and coaches, foster alumni relations and improve support for the program. All funds raised are earmarked for the softball program and will help us as the Seminoles start their quest for our eighth Women's College World Series.



# 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.*

## **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.



**Bob Minnix**  
Associate  
Athletics  
Director for  
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.

# ATHLETIC TRAINING

## 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. Gibson 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. 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 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 **Clayton Noa** will assist Gibson with the Seminole softball team this season.



**Robin Gibson**  
Head Trainer



**Dwan Riggins**  
Strength Coach



**Clayton Noa**  
Student Trainer





# STRENGTH & CONDITIONING

## *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 second 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.

