

Newcomer Bios

#2 Fiona Bolten



5'9" - Junior - Setter - Tampa, FL (Berkeley Prep) - Tampa Bay Jrs

A transfer from Kentucky who enrolled at FSU last fall...was a member of the Kentucky volleyball team for two seasons and earned Academic All-SEC honors both years...enrolled at FSU last fall and earned Dean's List status. **HIGH SCHOOL:** Led her team to four straight state championships while at Berkeley Prep... was selected the team MVP following senior season...an All-County and All-Suncoast Team selection in 1993 and 94...also played softball for four years and soccer for three...pegged the *Tampa Tribune and St. Petersburg Times* 1994 Hillsborough County Athlete of the Year in was chosen the Female Athlete of the Year at Berkeley Prep in 1994...recipient of the Stallings Award in 1993 which is given to the top female or male athlete at Berkeley Prep...played for the Tampa Bay Juniors Volleyball Club...finished ninth at the Junior Olympic National Tournament in 1994...named to the Mizuno All-Star Team in 1994...is majoring in Business Management at FSU.

#1 Kate Hemlepp



5'11" - Freshman - Outside Hitter - Boca Raton, FL (Spanish River) - Gold Coast Jrs

HIGH SCHOOL: A third team *Volleyball Magazine* All-American and Fabulous 50 selection....listed as one of the Southeast's Top 10 players by *Student Sports Magazine*...selected among the top 100 recruits in the U.S....led her Spanish River High School squad to the Florida Class 6A state championship and a number two national ranking in *USA Today* in 1996...was chosen the team's most valuable player as a junior and senior....garnered All-State first team honors as a junior and a senior... selected as the all-area player of the year as a junior and co-player of the year following senior season...was a two-time all-conference first team honoree...the all-county co-player of the year as a junior and a first team selection as a sophomore and senior... was a U.S. Junior Olympics second team All-American and an alternate to the USA Youth National Team...listed in *Who's Who in Sports*...also played basketball...major is undecided.

#9 Jennifer Werrick



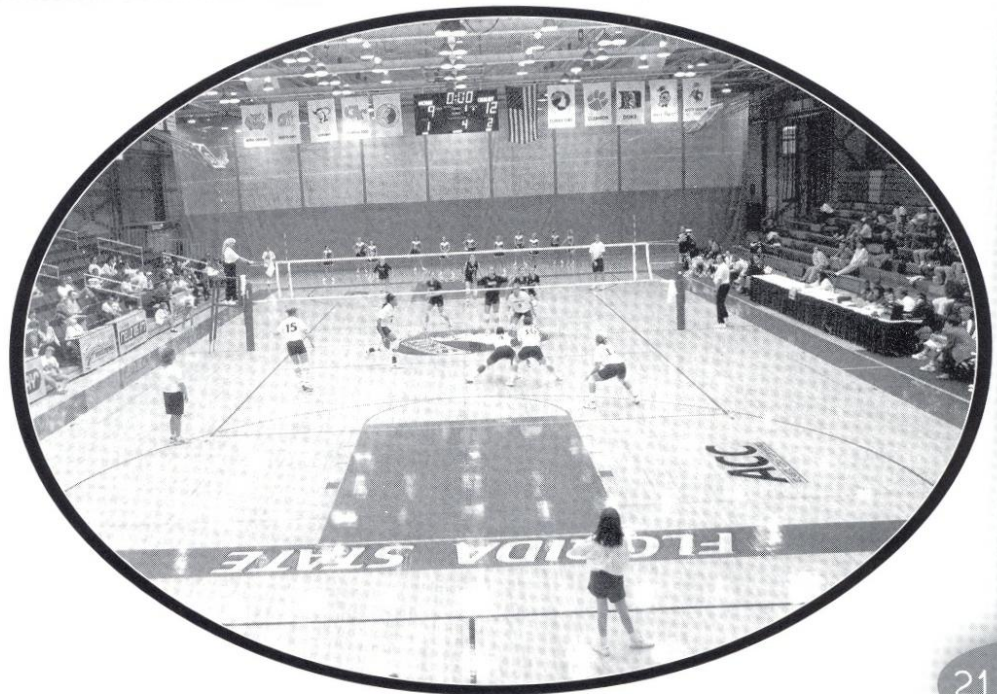
6'0" - Fr. - Outside Hitter - Lakeland, FL (George Jenkins) - Action Volleyball Club

HIGH SCHOOL: Chosen the Player of the Year in the state of Florida...twice garnered the *Tampa Tribune's* Polk County Volleyball Player of the Year award and was chosen the Tribune's Player of the Year for all of Florida following senior campaign...coached by her mother Diane...crushed 411 kills during the 1996 season and led George Jenkins High School to the number one ranking in Class 5A...earned team most valuable player honors three years...ranks third nationally with 1,781 kills in her prep career...helped lead her team to the Florida Class 5A final four three times and was named the *Lakeland Ledger's* Polk County All-Area Player of the Year on three occasions...was a two-time first team all-state selection...played for Action Volleyball Club...also strong in the classroom, was a High Honor Roll member throughout high school...major is undecided.

Tully Gymnasium

TULLY GYM FACILITY RECORDS

| | |
|---------|---------------|
| 1976 | 5-2 |
| 1977 | 2-3 |
| 1978 | 4-2 |
| 1979 | 7-1 |
| 1980 | 10-1 |
| 1981 | 19-3 |
| 1982 | 13-5 |
| 1983 | 8-0 |
| 1984 | 8-4 |
| 1985 | 8-8 |
| 1986 | 11-3 |
| 1987 | 12-4 |
| 1988 | 11-0 |
| 1989 | 17-1 |
| 1990 | 15-1 |
| 1991 | 8-7 |
| 1992 | 11-2 |
| 1993 | 13-2 |
| 1994 | 11-6 |
| 1995 | 6-8 |
| 1996 | 8-6 |
| Overall | 207-69 (.750) |



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1997 HOME SCHEDULE

August

| | | | | | |
|----|------|-------|-------------------|-------|---------|
| 29 | Fri. | | Boston College | | 7 p.m. |
| 30 | Sat. | | Mississippi State | | 12 p.m. |
| 30 | Sat. | | Purdue | | 7 p.m. |

September

| | | | | | |
|----|------|-------|------------------|-------|------------|
| 10 | Wed. | | Georgia Southern | | 7 p.m. |
| 12 | Fri. | | Florida Atlantic | | 7 p.m. |
| 13 | Sat. | | Georgia State | | 12:30 p.m. |
| 24 | Wed. | | Florida | | 7 p.m. |

October

| | | | | | |
|----|------|-------|----------------|-------|--------|
| 3 | Fri. | | Clemson | | 7 p.m. |
| 5 | Sun. | | Georgia Tech | | 1 p.m. |
| 16 | Thu. | | South Alabama | | 7 p.m. |
| 17 | Fri. | | Duke | | 5 p.m. |
| 19 | Sun. | | Wake Forest | | 1 p.m. |
| 31 | Fri. | | North Carolina | | 7 p.m. |

November

| | | | | | |
|---|------|-------|----------|-------|--------|
| 1 | Sat. | | NC State | | 8 p.m. |
| 7 | Fri. | | Maryland | | 7 p.m. |
| 8 | Sat. | | Virginia | | 4 p.m. |

Tully Gymnasium has been the home to Florida State Volleyball over the years. The Florida State team has accumulated a 207-69 record on its home court for a winning percentage of .750 in the past 21 years in the facility.

The 2,500 capacity gymnasium underwent a \$250,000 renovation prior to the 1993 season. The gym floor was resurfaced and repainted. The bleachers were replaced on one side with pull out arena-style padded seating with armrests to create a movie theater experience while watching the Lady Seminoles.

In addition to the always exciting Atlantic Coast Conference action, the 1997 Lady Seminole home schedule is highlighted by the Florida State Classic, a four-team tournament featuring FSU, Boston College, Mississippi State and Purdue, August 29th and 30th. As always, rival-Florida will make its annual trip to Tallahassee.

Season tickets to all Lady Seminole volleyball matches can be purchased through the Florida State Athletic Ticket Office at the Moore Athletic Center from 8:30 to 5:00, Monday through Friday. A season ticket to all 16 home matches is only \$30 for adults and \$10 for children (18 and under) and senior citizens. Individual match tickets are \$3 for adults and \$1 for children and seniors.

Season and reserve tickets may be purchased by phone (850) 644-1830 with a major credit card. General admission tickets may be purchased the night of the match. The ticket table will open one hour prior to match time.

This is Tallahassee

Near, but far from the glaring strips of neon amusement, and the castles and crowds of Disney, lies another magical place in the Sunshine State — one of pow-wows, plantations, politics and great pride. Often described as “The Other Florida” with its deep-rooted history, rolling hills, canopy roads of moss-draped oaks, cool climate and Southern-style hospitality; it is a Florida few have seen. It is Tallahassee — Florida with a Southern accent.

Best known as Florida’s capital, Tallahassee is an intimate neo-metropolitan city where the power of state government, the academic and the artistic are complemented by subtle, old-fashioned charm. It is the perfect two- or three-day diversion for the more than 41 million annual visitors to Florida and 13 million residents.

Tallahassee touts a menagerie of sights including one of the world’s deepest freshwater springs, site of America’s first Christmas, a wildlife habitat, Capitol buildings, fascinating museums of history, sprawling plantations, highly acclaimed fishing and hunting adventures and nearby beaches. Spirited area fes-

tivals range from celebrations of Tallahassee’s spectacular spring and swamp stomps to genuine rattlesnake round-ups and seafood festivals.

With the Gulf of Mexico just 20 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. Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Southern neighbors than Florida in topography, climate and lifestyle.

Accentuating Tallahassee’s Southern persona are lush rolling hills, likened to the seven hills of Rome, and five “official” canopy roads of patriarch oaks. The fertile, rich soil and four distinct, yet pleasant, seasons breed floral brilliance and natural vitality year-round.



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 find a permanent, central location for the Legislature to convene. The two met at a beautiful site that the Creek and Seminole Indians called “tallahassee” — derived from the words “talwa” meaning town and “ahasee” meaning old. The rendezvous point remains Florida’s capital.

The “old town” has undergone many changes, but one thing remains the same — it is still a government town fiercely proud and dedicated to preserving its heritage. The Capitol buildings, both old and new, epitomize Tallahassee’s perseverance.

The 22nd floor of the New Capitol provides a panoramic scope of a sophisticated Southern city awash in a sea of flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of shimmering lakes, springs, swamps, rivers and sink holes. Special legislative viewing galleries are open during the legislative session.

Below, in the shade of giant live oaks,



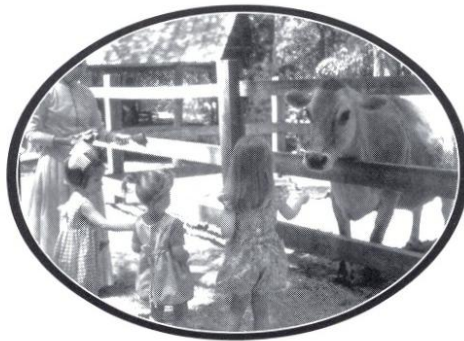


proudly stands the Old Capitol, originally constructed in 1845 and restored to its 1902 splendor complete with red-and-white candy-striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia.

Across from the Old Capitol are the 40-foot twin granite towers of the Vietnam Veteran's Memorial, and the blue stone Union Bank, Florida's oldest surviving financial institution. The nostalgic Old Town Trolley, a replica turn-of-the-century street car, carries passengers through restored Adams Street Commons to numerous other historical downtown shops for *free* — unheard of even 100 years ago.

Minutes from downtown lies the Governor's Mansion, which resembles the home of Florida's military hero Andrew Jackson; and the 52-acre natural animal habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, which provide the rare chance to walk and talk with native Florida animals.

Tallahassee remains firmly linked with the past as evidenced by the unearthed 1539 winter encampment of Spanish Hernando de Soto, the site of the first Christmas celebration in America. Visitors



travel back through time as they stand in the shadow of a giant 12,000-year-old American Mastodon at the Museum of Florida History or explore other historical spots including The Knott House that Rhymes, The Columns, San Luis Mission, Lake Jackson State Archaeological Site, Natural Bridge Battlefield, First Presbyterian Church, Brokaw-McDougall House, Goodwood Plantation and Adams Street Commons.

Nearby, alligators lazing in the sunshine and anhinga "snake birds" perched on twisted cypress branches are seen at Wakulla Springs, one of the world's deepest freshwater springs and site of many underwater scenes in the "Tarzan" movies with Johnny Weissmuller and Maureen O'Sullivan. Safaris aboard glass-bottomed and jungle cruise boats whisk visitors within arm's length of "The Other Florida."

Outdoor enthusiasts enjoy adventures including boating and fishing on area lakes, rivers, ponds and the Gulf — just



30 minutes away. Lakes Seminole, Jackson and Talquin are renowned in the bass fishing world for yielding the "big ones," and dense forests offer an abundance of prize-winning game. Local wildlife areas such as the Florida National Scenic Trail, St. Marks National Wildlife Refuge and Apalachicola National Forest are among many spots for camping, picnicking, swimming, biking and exploring.

Appealing to the strokes of different folks, Tallahassee also features 99 holes of golf on six courses and a proliferation of tennis centers. Sideline athletes cheer the nationally-ranked Florida State Seminoles, Florida A&M Rattlers and the Tallahassee Tiger Sharks, of the East Coast Hockey League. And always a sure bet are the nearby greyhound races.

A sport of sorts, shopping at two regional malls and many specialty centers offer many "playing options" — from popular chains to curiosity and antique shops.

Cultural interests are sparked by widely-acclaimed museums and galleries and elaborate entertainment at the 14,000-seat Tallahassee-Leon County Civic Center.

Tallahassee is a collaboration of power-play politics and classical character splashed with a twist of Southern beauty and charm. Tallahassee is Florida with a Southern accent.



This is Florida State

Florida State University, celebrating its golden anniversary as a coeducational graduate research institution in 1997, has joined the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly regarded liberal arts college for women, the University has emerged over the past 50 years as an institution of national and international esteem. Its stature is evidenced by a number of additions to its record of excellence in the 1990s:

- In 1994, Florida State was classified a "**Research University I**" by the Carnegie Foundation, placing it among the nation's top research universities.

- In 1994, the college referral service, "Who's Who Among American High School Students," placed FSU among its top 10 — with such universities as Harvard, Duke, Stanford, North Carolina-Chapel Hill, Michigan-Ann Arbor and Yale — of most frequent choices of more than 100,000 of the nation's best and brightest high school students who asked that a specific college be notified of their recognition in "Who's Who."

- Vice President of the United States Al Gore spoke at the dedication of the **National High Magnetic Field Laboratory** at Florida State in 1994. The National Science Foundation established the \$100 million magnet lab in 1990 at FSU, which is partnered in research with the Los Alamos National Laboratory and the University of Florida. A Nobel laureate in physics and a top Russian physicist were among the first scholars drawn to the faculty. The **world's largest magnet** — two stories high and capable of generating 45 tesla or 1 million times the Earth's magnetic field — was installed in 1995 at the NHMFL, located in the **off-campus research complex**, Innovation Park. In 1996, the NSF renewed and increased by 50 percent the NHMFL's funding for another five years.

- FSU created the first multipurpose student identification/banking card. The **Card Application Technology Center** is a national leader in "smart card" systems.

- At the forefront of supercomputing since obtaining its first high-speed computer in 1985, FSU took yet another step in ultrafast and parallel computing in 1990 when it acquired **two supercomputers**, the Thinking Machine Corp. Connection Machine and the Cray Y-MP.

- In fall 1994, the first tenants moved into the east side of the \$100 million **University Center**, a classroom-and-office facility at Doak Campbell Stadium; the stadium's south end zone also was enclosed and the adjacent Moore Athletic Center expanded. With the completion of the west side in 1996, University Center now provides 550,000 square feet of much needed academic space and a centralized location for student services.

- In 1990, Florida State **ranked second in popularity nationwide** among high school seniors, based on the number of students who request that their Scholastic Aptitude Test (SAT) scores be sent to an institution. FSU was the only institution listed among the top 10 choices of both black and white college-bound students.

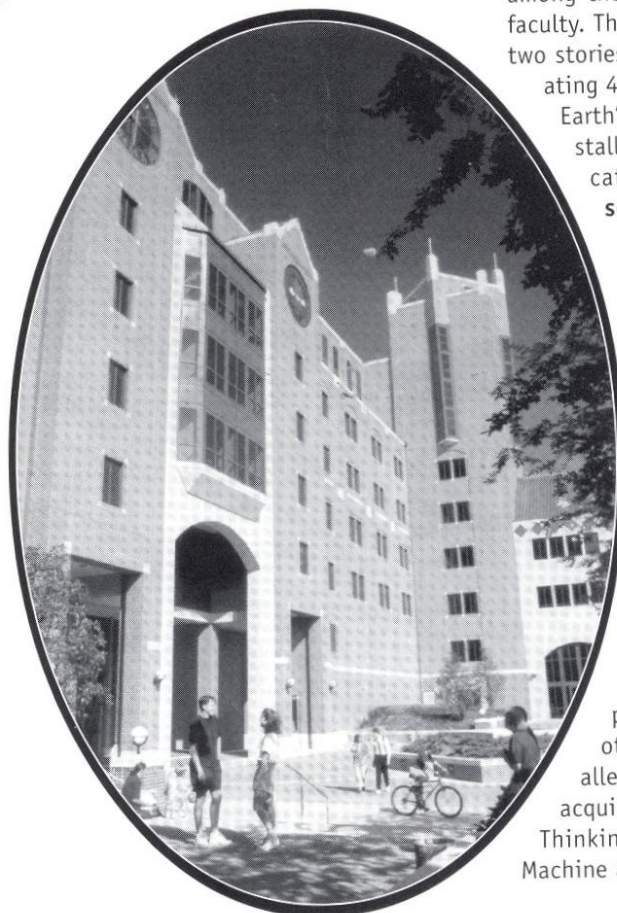
- FSU's high-tech program in **structural biology** in 1991 received the University's largest single foundation grant, \$4 million.

- Capping more than a decade of national prominence in intercollegiate athletics, Florida State's athletic teams, nicknamed "**Seminoles**," joined the **Atlantic Coast Conference** as its ninth member in 1990. The FSU football team won the **1993 National Championship** and its quarterback, Charlie Ward, won the University's first **Heisman Trophy**.

- The **Dr. Bobby E. Leach Center**, a state-of-the-art student recreation facility, with a pool, saunas, basketball and racquet-sport courts, was completed in 1991.

- **FSU ranked 20th in the nation for 1990-91 in the number of black Ph.D. students it graduates.** Over the five years, 1986 to 1990, FSU ranked eighth nationally by granting doctorates to 70 African-Americans.

As this list of highlights attests, Florida State is excelling in the 1990s with exceptional strength, energy and vision for the future.





Under the leadership of the University's 12th president, **Talbot "Sandy" D'Alemberte**, who took office in January 1994, FSU will continue to build on the foundation of its history of excellence in scholarship, research and service.

A senior member of the 10-member **State University System**, FSU was founded as an institution of higher learning in 1851 by legislative act and began in Tallahassee with its first students in 1857.

Today, FSU's operating budget is **\$474.3 million**. Faculty and administrators generate more than **\$102 million** annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University: **FSU Foundation**, which raises millions in private gifts to support academics, **Seminole Boosters** and **FSU Alumni Association**.

The main campus is spread over **451.6 acres in Tallahassee**; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s after years of being landlocked at 347 acres. FSU owns 1,281 acres in Leon, Bay, Franklin and Sarasota counties.

Within the state, the University maintains facilities at its **25-acre campus in Panama City**, its **Marine Laboratory** on the Gulf of Mexico, the **Appleton Museum** in Ocala and the **Asolo Performing Arts Center** in Sarasota. The **Center for Professional**

Development and Public Service, housed in the **Augustus B. Turnbull III Florida State Conference Center** on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

Florida State offers **286 graduate and undergraduate degree programs** through its **eight colleges** — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University, a historically black institution); Human Sciences; Law; and Social Sciences (which also incorporates the Reubin Askew School of Public Administration and Policy) — and **eight schools** — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 1,655 members, the FSU faculty has included **nine National Academy of Sciences elected members**, **nine American Academy of Arts and Sciences fellows** and **five Nobel laureates**. It is backed by 2,887 administrative/professional and support staff.

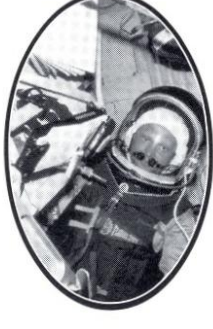
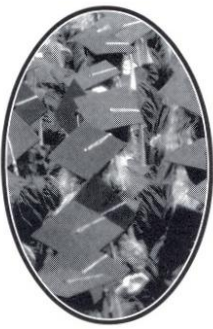
Library holdings at Florida State include **2.1 million book titles**, **16,384 serials** and **4.5 million microforms**. The main li-

brary facility, the **Robert M. Strozier Library**, is linked by computer to other state university and national research libraries. The **Paul A.M. Dirac Science Center Library** is located at the heart of the University's science research complex. FSU also maintains extensive music, library science and law libraries.

Graduate students, who number more than 5,929, pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

FSU, a residential campus, places a high priority on its **30,264 students** and their needs and interests (of the student population: 45 percent are male; 55 percent are female; 20.1 percent are minorities; and 2.5 percent are foreign students). The **University Honors Program**, **Disabled Student Services**, **International Student Center**, **Student Government**, **Flying High Circus** and intramural sports are among more than 200 organizations and activities in which students may participate.

In all areas of its mission — excellence in teaching, research and public service — **Florida State University** is advancing boldly toward the 21st century.



This is FSU Volleyball

Today's student-athlete has the opportunity not only to excel in the athletic arena, but in all facets of life. Over the years, the Florida State volleyball program has enabled young women to attain their goals and become the very best they can be!

With the sunny skies and beautiful beaches of Florida, as well as the opportunity to travel throughout the nation, being a member of the Lady Seminole volleyball team is indeed an exciting experience for a collegiate athlete. In recent years, the team has traveled the friendly skies from California, Texas and Colorado to Minnesota and Indiana. This season, the Lady Seminoles will travel north to play in the Michigan



Tournament and venture south to Boca Raton to compete in the Florida Atlantic Tournament.

Even while on their home court of Tully Gymnasium, the Lady Seminoles have the opportunity to be seen throughout the southeast on Sunshine Network. Four home matches will be seen on Sunshine this season. Florida State alum and local television sports director Tom Block, along with former FSU volleyball player Lisa Gunning will bring you all of the action from Tallahassee.



While not competing, the volleyball team continues to remain active within the athletic department. Appearances and speaking engagements at area schools and organizations are part of ev-



program also boasts one of the highest graduation rates within the athletic department. Among four-year letterwinners, all but two have earned their college degree in Coach Cecile Reynaud's tenure. This accounts for nearly 98 percent of all volleyball student-athletes over the past 21 years.

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eryday life for a Lady

Seminole. One of last year's favorite engagements was the cookie eating contest with the Girl Scouts.

Another link to the Tallahassee community is the Lady Seminoles' relationship with their younger volleyball fans. The FSU volleyball ball girls are provided by the Tallahassee Sports and Recreation Department and the Lady Seminoles make sure these young ladies become an instant part of the team. Following home matches, the players are available for autographs and to talk volleyball with their fans.

Along with success on the court, the Florida State volleyball program is also tops when it comes to academics. The volleyball Lady Seminoles placed first among all 17 FSU athletics teams in team GPA in 1996-97 and were recognized at half-time of the Southern Miss football game as well as the Golden Torch Gala. The volleyball



Support Services

ACADEMIC SUPPORT

Academic, personal and professional support are essential to college success. At Florida State University, we have developed an outstanding support program which enables student-athletes to reach their full potential.

FSU's academic support philosophy is "to offer an academic support program integrated with the total university that will assess 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."

To accomplish this goal, FSU has developed an academic environment which facilitates the academic success of student-athletes. Student success is encouraged through competent academic counseling, career exploration, planning and placement and academic assistance through tutorial programs.

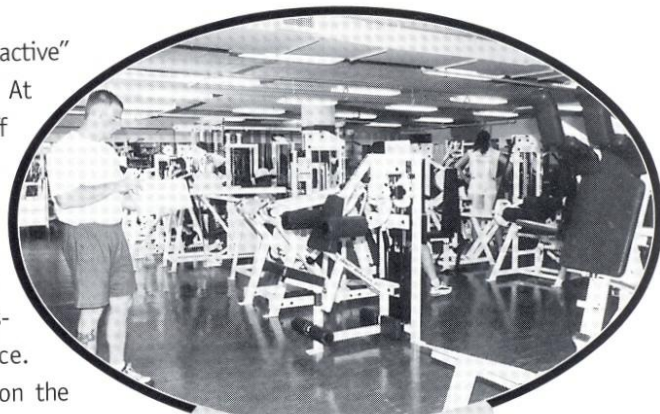
SCHOOLS AND COLLEGES

Arts and Sciences
Business
Communication
Criminology
Education
Engineering
Human Sciences
Interdisciplinary
Motion Picture -
Television, and
Recording Arts
Music
Nursing
Social Sciences
Social Work
Theatre
Visual Arts and Dance

The program operates on a "proactive" rather "reactive" approach. At Florida State, the academic staff does not wait for an academic crisis to occur. They gather important background information and build an academic profile on all student-athletes to assess their needs in advance. Coaches also stay informed on the daily progress of each student athlete.

The academic support services has moved to the state-of-the-art University Center and are located on the sixth floor of the \$126 million facility. It includes private study carrels, a tutorial study area and a computer lab outfitted with 16 new IBM computers and laser printers. In addition, athletic sky boxes are utilized for group and individual tutorial instruction.

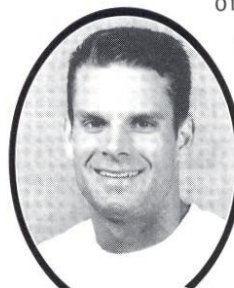
FSU offers 16 Schools and Colleges with 99 undergraduate degrees and 75 post-baccalaureate degrees.



Tully Gym Weight Room

STRENGTH AND CONDITIONING

Strength training and conditioning are an important part of an athlete's performance on the court. At Florida State, a supervised program has been developed for volleyball, emphasizing the objectives of not building bodies, but strengthening and conditioning them. Strength coach Ron Miller, a former ACC Senior Scholarship Athlete of the Year for the FSU men's basketball team, individually customizes programs for each of the athletes beginning with pre-conditioning before the season gets underway. Miller, who is a member of both the National Strength and Conditioning Association and Aerobics and Fitness Association of America, works with the players in sport specific training which includes conditioning the major muscle groups used in volleyball. FSU takes pride in customizing the programs to help student-athletes reach their maximum potential. Miller married the former Cindy Milbata in December.



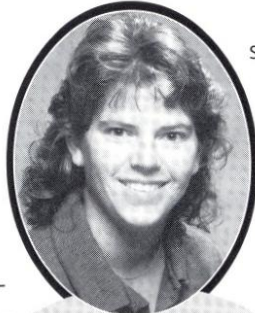
Ron Miller
M.S., CSCS



Academic Support Staff

EQUIPMENT MANAGER

A member of the Florida State athletic staff since 1990, Melissa Dawson begins her seventh season with FSU Volleyball and second as Intercollegiate Athletic Coordinator which, among other things, includes home event management and equipment duties for the volleyball team.



Melissa Dawson
Intercollegiate Athletics
Coordinator

A native of Hernando, Fla., Dawson attended Florida State earning her undergraduate degree in Physical Education in April of 1992 and her master's in Athletic Administration in April of 1996.

WEIGHT ROOM

The Tully Gymnasium weight room recently took on a whole new look following a complete renovation in the summer of 1996. The facility, which was expanded by 2,000 square feet, is now 3,500 square feet in

size 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.

MEDICAL CARE AND TREATMENT

An athlete can expect to receive the best care and treatment possible with the athletic training team at Florida State University. 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 ex-

ercising. Certified trainer Inga George will handle the athletic training duties for the Lady Seminole volleyball team this season.

George, a 1995 graduate of the University of Florida, is in her first year on the Florida State athletic training staff. She spent the past year serving as a physical education instructor and assistant athletic trainer at Mainland High School in Daytona and worked as a staff trainer at the 1996 Centennial Olympic Games in Atlanta.

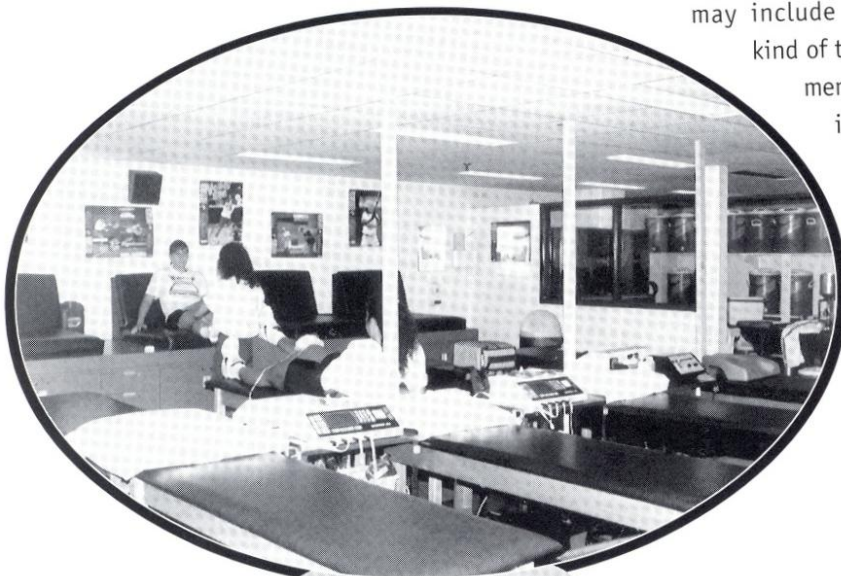
Though the prevention of injuries is the main objective, some injuries are unavoidable. Re-

habilitation 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.

Drug testing is also a responsibility of the athletic training team which is dedicated to providing the best care possible for all FSU student-athletes.



Inga George
B.S., A.T., C.



Seminole Training Room

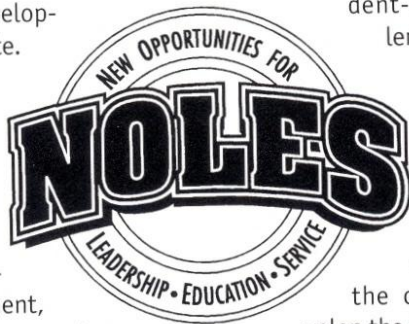
Life Skills

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 will be the two councils that represent the student-athletes at the University.

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 planned and hosted the annual Golden Nole banquet for the first time last year and have recently planned such events as orientation for incoming student-athletes and the back-to-school picnic.



Student Athletic Advisory Council

NCAA Information

The following information is provided by the Florida State Office of Compliance for prospective student athletes. It is intended as a guideline to introduce some of the rules governing NCAA athletic involvement.

WHO IS PERMITTED TO RECRUIT FOR FSU?

Only Florida State University coaches who have successfully completed the NCAA Recruiting Rules Examination on an annual basis may be involved in the recruitment process. Representatives of our athletics interests **may not** make any recruiting contacts. This includes letters, telephone calls or face-to-face contact on or off campus with a prospect or the prospect's parents.

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 trans-

portation 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 (August 15 for football) 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
- In the sport of football only, during the permissible off-campus contact periods and during the 48 hours prior to and 48 hours after 8:00 a.m. on the initial signing date for the National Letter of Intent.

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.



Robert Minnix
Assoc. AD for Compliance
and Legal Affairs



Brian Mand
Director of Compliance



Sheila Benton
Assistant Director of
Compliance

1996 Season Review

The Florida State women's volleyball team saw its share of growing pains during the 1996 season. With an already young squad becoming even younger due to injuries, marked improvement was overshadowed by a disappointing record.

"Any time two returning starters are out from a six-person lineup, it's pretty difficult to win against the competition that we face," Florida State head coach Cecile Reynaud said. "I think we could have thrown in the towel midway through the season, but we decided to stay positive and work hard and we turned things around."

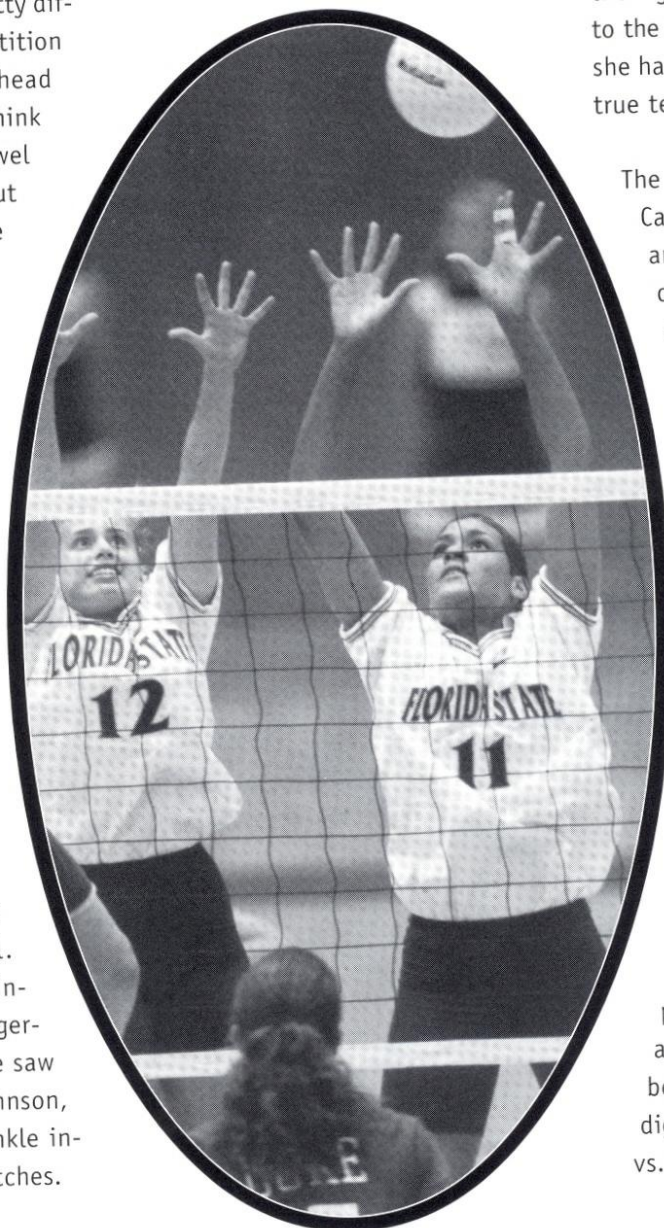
With the return of six starters, Reynaud had high hopes for the 1996 season. The season started out with two, three-game victories at home over Florida Atlantic. A much anticipated trip to the Purdue Invitational proved to be devastating for the Lady Seminoles. Returning starters Susan Johnson and Susan Hawks, both middle hitters, suffered injuries that would not only affect the team at the tournament, but for the rest of the season as well. Hawks, who suffered a knee injury, had to undergo two surgeries to repair the damage. She saw action in just 12 matches. Johnson, who was sidelined with an ankle injury, played in just seven matches.

However, the loss of these two players enabled younger, less-experienced players to step up. Senior Patty Diamond, a two-year starter, returned for her final season expecting to assume the starting role as the team's setter. Little did she know that three matches into the season, her responsibilities would dramatically change. Diamond, the

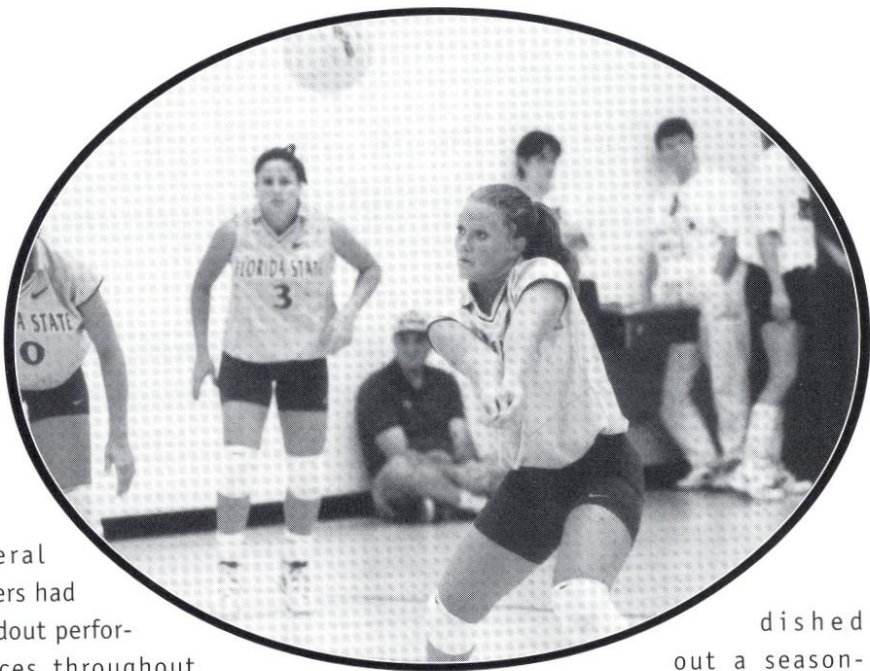
lone senior, was moved to the middle hitter position and although a veteran on the team, she was suddenly a rookie on the floor.

"Patty was our most valuable player at the end of the year because of the role that she had to play," Reynaud said. "She had done some setting, played on the right side and then she had move to the middle and play a position that she had never really played. She was a true team player."

The squad made the trip to North Carolina to take on the Tar Heels and Wolfpack. The Tribe pounced on the North Carolina Tar Heels early and held on to a 15-11, 16-14, 6-15 and 15-8 victory. Freshman middle hitter Aisha Thornton tallied eight blocks and 11 kills while sophomores Holly Schneider and LaToya Presberry led the Florida State offensive attack, notching 20 and 15 kills, respectively. With 26 kills, Presberry continued to dominate and she led the team to another league victory the following day at NC State. Presberry's outstanding play earned her Atlantic Coast Conference Player of the Week honors. Through the two matches, she posted a .378 hitting percentage and recorded double-doubles in both matches with 15 kills and 16 digs vs. UNC and 26 kills and 21 digs vs. the Wolfpack.



The winning continued at the friendly confines of Tully Gym when the Lady Seminole turned in a repeat performance against North Carolina and NC State. Looking for their first conference sweep of the season, the Lady Seminoles did just that. This time it was Thornton who turned it up to lead Florida State to victory. In the process, she earned ACC Rookie of the Week honors tallying 4.4 kills per game while hitting .272. She posted 22 kills, two aces and three blocks in the North Carolina win.



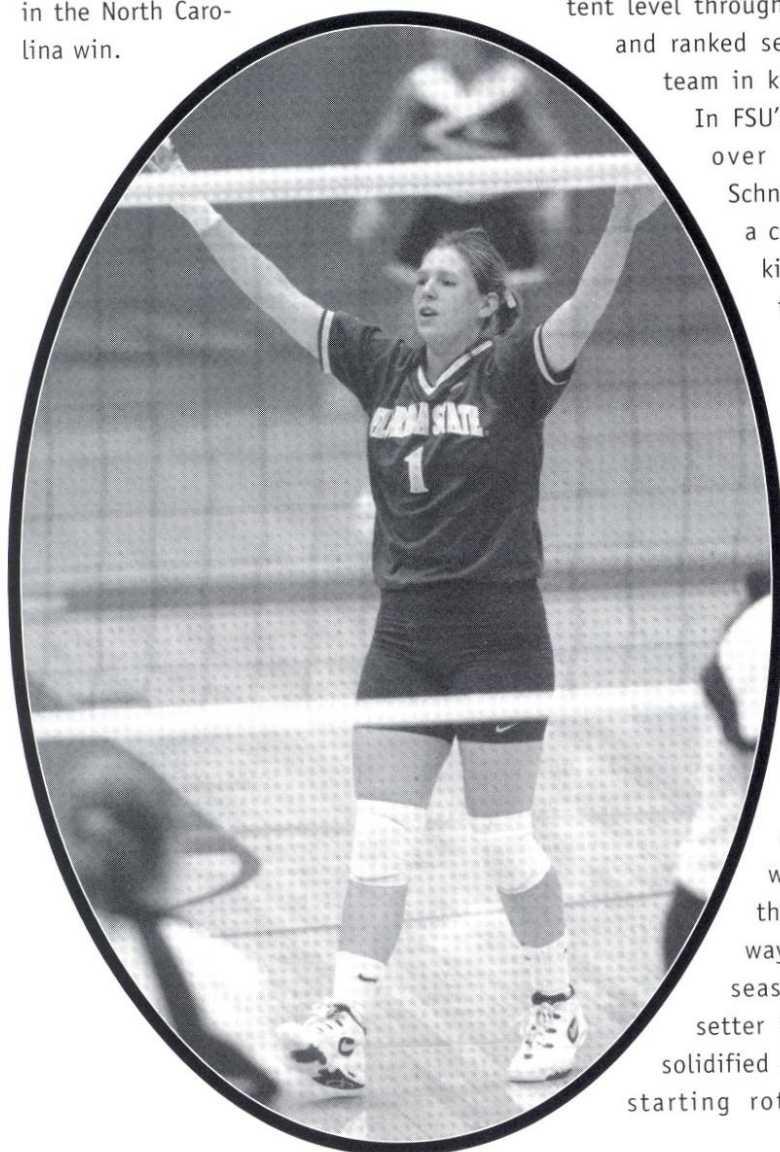
Several players had standout performances throughout the season. Schneider, last season's MVP, performed at a consistent level throughout the year and ranked second on the team in kills and digs.

In FSU's second win over NC State, Schneider recorded a career-high 31 kills while hitting a match-high .528. Presberry, who moved from left side to right side this year, was as previously mentioned, a force for the team. Her 438 kills and 345 digs were tops on the squad. Midway through the season, freshman setter Kensy Zulueta solidified a spot in the starting rotation. She

dished out a season-high 70 assists at NC. State, just four shy of tying the Florida State record for assists in a match. Thornton's 6-2 frame quickly allowed her to become a feared blocker in the ACC. She ranked first on the team and fifth in the conference in blocks per game with a 1.15 average. In all, she totalled 120 blocks for the Lady Seminoles this season and was recognized when she was selected to the ACC All-Freshman team.

"Holly, LaToya and Laura Arnold were our primary passers all year and worked very hard to give our setters something to work with," Reynaud said. "Holly and Laura provided very steady passing and LaToya is just a very dynamic and athletic player. She's a great jumper and exciting to watch. It was hard for me to believe sometimes that she was just a sophomore."

FSU picked up a pair of victories over Georgia and Troy State in their final weekend of the regular season, but lost in the first round of the ACC Tournament.



1996 Statistics

ALL MATCHES

RECORD: 12-19 HOME: 8-6 AWAY: 4-9 NEUTRAL: 0-4

| Player | MP | GP | K | E | TA | PCT | A | SA | SE | RE | DG | BS | BA | TB | BE | BHE |
|-------------|----|-----|------|-----|------|-------|------|-----|-----|-----|------|----|-----|-----|----|-----|
| Johnson | 7 | 19 | 49 | 15 | 122 | .279 | 3 | 9 | 8 | 3 | 19 | 5 | 14 | 19 | 5 | 0 |
| Thornton | 29 | 104 | 317 | 130 | 709 | .264 | 3 | 4 | 22 | 1 | 49 | 40 | 80 | 120 | 27 | 12 |
| McCarthy | 21 | 47 | 25 | 7 | 70 | .257 | 423 | 16 | 23 | 3 | 91 | 3 | 16 | 19 | 3 | 7 |
| Presberry | 31 | 113 | 438 | 177 | 1135 | .230 | 55 | 36 | 35 | 55 | 345 | 3 | 39 | 42 | 7 | 9 |
| Schneider | 31 | 113 | 413 | 171 | 1099 | .220 | 24 | 37 | 47 | 42 | 301 | 11 | 29 | 40 | 6 | 3 |
| Diamond | 28 | 94 | 72 | 29 | 208 | .207 | 202 | 17 | 18 | 2 | 190 | 6 | 38 | 44 | 9 | 11 |
| Zulueta | 28 | 91 | 59 | 24 | 196 | .179 | 802 | 24 | 35 | 2 | 164 | 1 | 22 | 23 | 5 | 15 |
| Arnold | 29 | 105 | 290 | 139 | 846 | .178 | 6 | 29 | 37 | 59 | 251 | 3 | 18 | 21 | 5 | 1 |
| Hawks | 12 | 41 | 64 | 35 | 187 | .155 | 2 | 4 | 3 | 0 | 18 | 10 | 27 | 37 | 6 | 0 |
| Rickertsen | 22 | 43 | 20 | 13 | 78 | .090 | 6 | 2 | 7 | 5 | 59 | 1 | 7 | 8 | 3 | 2 |
| Minko | 28 | 82 | 5 | 6 | 27 | -.037 | 2 | 7 | 21 | 1 | 122 | 0 | 0 | 0 | 0 | 0 |
| Dipert | 22 | 79 | 1 | 3 | 9 | -.222 | 0 | 7 | 9 | 7 | 105 | 0 | 1 | 1 | 0 | 0 |
| Team RE | | | | | | | | | | 7 | | | | | | |
| Florida St. | 31 | 115 | 1753 | 749 | 4686 | .214 | 1528 | 192 | 265 | 187 | 1714 | 83 | 291 | 229 | 76 | 60 |
| Opponents | 31 | 115 | 1921 | 746 | 4680 | .251 | 1691 | 185 | 330 | 197 | 1815 | 82 | 356 | 260 | 89 | 60 |

ATLANTIC COAST CONFERENCE MATCHES

RECORD: 6-10 HOME: 3-5 AWAY: 3-5 NEUTRAL: 0-0

| Player | MP | GP | K | E | TA | PCT | A | SA | SE | RE | DG | BS | BA | TB | BE | BHE |
|-------------|----|----|------|-----|------|-------|------|-----|-----|-----|------|----|-----|-----|----|-----|
| McCarthy | 8 | 11 | 4 | 0 | 9 | .444 | 67 | 2 | 4 | 0 | 17 | 1 | 0 | 1 | 2 | 1 |
| Presberry | 16 | 64 | 295 | 102 | 718 | .269 | 25 | 18 | 15 | 31 | 214 | 3 | 18 | 21 | 6 | 8 |
| Thornton | 16 | 64 | 230 | 96 | 505 | .265 | 1 | 3 | 17 | 1 | 41 | 28 | 46 | 74 | 17 | 9 |
| Schneider | 16 | 64 | 233 | 98 | 670 | .201 | 13 | 23 | 32 | 20 | 207 | 6 | 14 | 20 | 4 | 3 |
| Diamond | 14 | 51 | 41 | 19 | 125 | .176 | 46 | 7 | 10 | 2 | 114 | 6 | 19 | 25 | 5 | 5 |
| Arnold | 14 | 54 | 136 | 63 | 423 | .173 | 2 | 22 | 20 | 28 | 145 | 1 | 11 | 12 | 4 | 1 |
| Zulueta | 16 | 61 | 53 | 22 | 182 | .170 | 744 | 18 | 28 | 1 | 133 | 1 | 22 | 23 | 5 | 11 |
| Johnson | 2 | 5 | 11 | 4 | 44 | .159 | 2 | 4 | 2 | 2 | 10 | 0 | 1 | 1 | 0 | 0 |
| Hawks | 4 | 15 | 22 | 12 | 64 | .156 | 1 | 2 | 0 | 0 | 8 | 3 | 10 | 13 | 3 | 0 |
| Rickertsen | 11 | 25 | 12 | 8 | 40 | .100 | 3 | 0 | 4 | 4 | 43 | 1 | 4 | 5 | 0 | 2 |
| Minko | 14 | 38 | 1 | 2 | 10 | -.100 | 0 | 2 | 10 | 0 | 53 | 0 | 0 | 0 | 0 | 0 |
| Dipert | 16 | 61 | 0 | 3 | 8 | -.375 | 0 | 3 | 7 | 7 | 79 | 0 | 1 | 1 | 0 | 0 |
| Team RE | | | | | | | | | | 5 | | | | | | |
| Florida St. | 16 | 64 | 1038 | 429 | 2798 | .218 | 904 | 104 | 149 | 101 | 1064 | 50 | 146 | 123 | 46 | 40 |
| Opponents | 16 | 64 | 1145 | 396 | 2733 | .274 | 1000 | 99 | 195 | 109 | 1103 | 58 | 203 | 160 | 50 | 29 |

1996 Record Breakdown

| | | | | | |
|--------------------|-----|--------------------|------|------------------|---|
| On Monday | 0-0 | In August | 2-0 | 3-0 wins | 5 |
| On Tuesday | 2-2 | In September | 1-10 | 3-1 wins | 4 |
| On Wednesday | 0-0 | In October | 6-4 | 3-2 wins | 3 |
| On Thursday | 0-0 | In November | 3-5 | 0-3 losses | 9 |
| On Friday | 4-7 | Home | 8-6 | 1-3 losses | 8 |
| On Saturday | 4-6 | Away | 4-9 | 2-3 losses | 2 |
| On Sunday | 2-4 | Neutral | 0-4 | | |
| | | ACC Games | 6-11 | | |
| | | Other Games | 6-8 | | |

FSU By the Numbers

| | | |
|---|--|--|
| When FSU wins game one 8-4 | When FSU hits over .400 1-0 | When FSU has more digs 8-4 |
| ... loses game one 4-15 | ... hits between .300 and .399 3-1 | ... has less digs 4-15 |
| When FSU wins game two 10-5 | ... hits between .200 and .299 8-6 | ... has the same number of digs 0-0 |
| ... loses game two 2-14 | ... hits between .100 and .199 1-8 | When FSU has more solo blocks 9-9 |
| When FSU wins game three 9-3 | ... hits under .100 0-3 | ... has less solo blocks 2-8 |
| ... loses game three 3-16 | When FSU has more assists 8-2 | ... has the same number of solo blocks 1-2 |
| When FSU wins game four 6-0 | ... has less assists 3-15 | When FSU has more block assists 8-4 |
| ... loses game four 1-10 | ... has the same number of assists 1-2 | ... has less block assists 4-13 |
| When FSU has more kills (than its opponent) ... 9-3 | When FSU has more aces 9-5 | ... has the same number of block ast. . 0-2 |
| ... has less kills 3-16 | ... has less aces 3-11 | When FSU has more block errors 2-10 |
| ... has the same number of kills 0-0 | ... has the same number of aces 0-3 | ... has less block errors 8-6 |
| When FSU has more errors 3-16 | When FSU has more service errors 3-5 | ... has the same number of blk errors .. 2-3 |
| ... has less errors 9-3 | ... has less service errors 9-12 | When FSU has more ball handing errors 6-7 |
| ... has the same number of errors 0-0 | ... has the same number of serv. errors 0-2 | ... has less ball handing errors 5-10 |
| When FSU has more kill attempts 5-9 | When FSU has more receipt errors 4-12 | ... has the same number of b. h. errors 1-2 |
| ... has less kill attempts 6-8 | ... has less receipt errors 8-6 | |
| ... has the same number of kill att. 1-2 | ... has the same number of rec. errors . 0-1 | |

INDIVIDUAL Career Records

| |
|--|
| Matches: 189 by Sally Summer (1980-83) |
| Kill Attempts: 4793 by Maggie Philgence (1987-90) |
| Kills: 2110 by Maggie Philgence (1987-90) |
| Hitting Percentage:360 by Alicia Cross (1979-82) |
| Service Aces: 188 by Donna Krai (1982-85) |
| Solo Blocks: 240 by Gabrielle Reece (1987-90) |
| Block Asts: 609 by Julie Todd (1984-87) |
| Total Blocks: 747 by Gabrielle Reece (1984-87) |
| Set Assists: 4804 by Nancy Gaspardrek (1986-89) |
| Digs: 1771 by Luiza Ramos (1991-94) |

INDIVIDUAL Single-Season Records

| |
|--|
| Hitting Percentage:420 by Margie Wessel (1980) |
| Kills: 579 by Maggie Philgence (1990) |
| 579 by Luiza Ramos (1994) |
| Kill Attempts: 1402 by Luiza Ramos (1994) |
| Total Blocks: 286 by Cordelia Campbell (1979) |
| Set Assists: 1452 by Jennifer McCall (1993) |
| Kills/Game: 4.87 by Luiza Ramos (1994) |
| Service Aces: 90 by Donna Krai (1983) |
| Digs: 507 by Luiza Ramos (1994) |
| Block Asts: 223 by Julie Todd (1987) |
| Solo Blocks: 69 by Gabrielle Reece (1989) |
| Blocks/Game: 2.26 by Julie Todd (1987) |

INDIVIDUAL Match Records

| |
|--|
| Most Aces 9 by Amy Bronson vs. Northern Arizona (1989) |
| 9 by Luiza Ramos vs. Auburn (1993) |
| Most Kills 35 by Joan Morris vs. Sam Houston State (1986) |
| Most Digs 38 by Luiza Ramos vs. Loyola Marymount (1991) |
| Most Block Assists 17 by Julie Todd vs. Tulane (1987) |
| Most Solo Blocks 8 by Deanne Kaleta vs. South Florida (1987) |
| 8 by Bianca Stevens vs. Georgia Tech (1992) |
| Most Assists 74 by Jennifer McCall vs. South Florida (1993) |

| |
|---|
| Most Consecutive Games Played 391 by Deanne Kaleta (1986-88) |
| Most Consecutive Matches Played 189 by Sally Summer (1980-83) |

TEAM All-Time Records

| |
|--|
| Best Overall Record 30-5 (.857) in 1989 |
| Worst Overall Record 11-19 (.366) in 1995 |
| Most Wins 43 in 1981 |
| Most Losses 19 in 1979, 1995, and 1996 |
| Longest Game Winning Streak 35 in 1981 |
| Longest Match Winning Streak 21 in 1981 |
| Best Conference Record 10-0 in 1983 and 1989 |
| Best Metro Conference Finish 1st in '83, '85, '86, '87, '88, & '89 |
| Best Atlantic Coast Conference Finish Tie for 1st in 1992 |
| Highest NCAA Regular Season Ranking 15th in 1983 |
| Best AIAW National Tournament Finish 4th in 1981 |
| Best NCAA Tournament Finish 2nd Round in 1993 |

TEAM Single Season Records

| |
|--|
| Most Kill Attempts: 4888 in 1993 |
| Most Kills: 1948 in 1993 |
| Best Attack Percentage:330 in 1980 |
| Most Service Aces: 333 in 1983 |
| Most Total Blocks: 865 in 1987 |
| Most Solo Blocks: 159 in 1989 |
| Most Block Assists: 709 in 1987 |
| Most Set Assists: 1788 in 1993 |
| Most Digs: 2241 in 1986 |

TEAM Match Records

| |
|---|
| Best Attack Percentage:610 vs. Florida A&M (1981) |
| Most Digs: 123 vs. Georgia Tech (1992) |
| Most Block Asts: 48 vs. Illinois-Chicago (1987) |
| Most Solo Blocks: 18 vs. Minnesota (1992) |
| Most Set Assists: 88 vs. Duke (1992) |
| Most Service Aces: 17 vs. Florida A&M (1990) |

Honor Roll

AVCA ALL-REGION

Carol Forsten, '84
 Joan Morris, '86
 Julie Todd, '87
 Nancy Gaspardarek, '87, '88, '89
 Maggie Philgence, '87, '88, '89, '90
 Deanne Kaleta, '88
 Gabrielle Reece, '89
 Luiza Ramos, '92, '93, '94
 Sherry Cowling, '92
 Bianca Stevens, '92
 Vicki Zinkil, '93

ACC PLAYER OF THE WEEK

Kristine Cousins, '91
 Bianca Stevens, '92
 Luiza Ramos, '93
 Vicki Zinkil, '93
 Adria Ciraco, '94
 LaToya Presberry, '96

ACC ROOKIE OF THE WEEK

Maureen McCarthy, '94
 Holly Schneider, '95
 LaToya Presberry, '95
 Aisha Thorton, '96

METRO CONFERENCE PLAYER OF THE WEEK

Nancy Gaspardarek, '87
 Maggie Philgence, '89, '90, '90
 Gabrielle Reece, '89, '90

ACADEMIC ALL-AMERICAN

Carol Forsten, '84
 Sonia Trevino, '89
 Sherry Cowling, '92
 Jennifer McCall, '93

AUSTRALIAN NATIONAL TEAM

Carol Forsten, '82

OLYMPIC FESTIVAL

Julie Todd, '85
 Sherry Cowling, '90
 Maggie Philgence, '91

ACC ACADEMIC HONOR ROLL

Catie Lotarski, '91, '93, '94
 Jennifer McCall, '91, '92, '93
 Vicki Zinkil, '91
 Deanna Bosschaert, '92, '93, '94

Jennifer Cichy, '92
 Franci Rard, '93
 Valerie Broussard, '94, '95, '96
 Adria Ciraco, '94
 Susan Johnson, '94, '95, '96
 Maureen McCarthy, '94, '95, '96
 Christy Minko, '94, '95, '96
 Luiza Ramos, '94
 Patty Diamond, '95, '96
 LaToya Presberry, '95, '96
 Holly Schneider, '95, '96
 Sarah Rickertsen, '95, '96



METRO CONFERENCE ALL-TOURNAMENT

Marie Sanders, '80
 Shannon Lages, '80
 Alicia Cross, '82
 Karyn Palgut, '82, '83, '84
 Marie Sanders, '82, '83
 Sally Summer, '83
 Joan Morris, '85, '86
 Donna Krai, '85
 Julie Todd, '85, '85, '87
 Deanne Kaleta, '86, '87, '88
 Julie Plattner, '86
 Nancy Gaspardarek, '87, '88, '89
 Maggie Philgence, '88, '89, '90
 Sonia Trevino, '89
 Gabrielle Reece, '89

METRO CONFERENCE TOURNAMENT MVP

Karyn Palgut, '82
 Joan Morris, '85, '86
 Julie Todd, '87
 Deanne Kaleta, '88
 Nancy Gaspardarek, '89

METRO ROOKIE OF THE YEAR

Lynne Fullhart, '85
 Nancy Gaspardarek, '86
 Maggie Philgence, '87

METRO ALL-CONFERENCE PLAYERS

Donna Krai, '85
 Joan Morris, '85, '86
 Julie Todd, '86, '87
 Nancy Gaspardarek, '87, '88, '89
 Deanne Kaleta, '87, '88
 Maggie Philgence, '88, '89, '90
 Gabrielle Reece, '89, '90

ACC ALL-TOURNAMENT TEAM

Deanna Bosschaert, '91
 Sherry Cowling, '92
 Bianca Stevens, '92
 Luiza Ramos, '92, '93, '94
 Franci Rard, '93
 LaToya Presberry, '95
 Holly Schneider, '95

ACC ALL-CONFERENCE PLAYERS

Kristine Cousins, '91
 Sherry Cowling, '92
 Bianca Stevens, '92
 Luiza Ramos, '92, '93, '94
 Vicki Zinkil, '93

ACC ALL-FRESHMAN TEAM

Maureen McCarthy, '94
 Holly Schneider, '95
 Aisha Thorton, '96

DODGE NATIONAL ATHLETIC AWARDS MOST INSPIRING COLLEGIATE ATHLETE

Gabrielle Reece, '89

WONDER WOMEN OF SPORT

Gabrielle Reece, '89

PROFESSIONAL VOLLEYBALL

Gabrielle Reece, Team Lady Footlocker (Bud Light Four-Woman Tour) '92, Team Nike (Bud Light Four-Woman Tour) '93-present
 Maggie Philgence, France

ACC Standings

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. Now in its 45th year of competition, 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.

Since the league's inception in 1953, ACC schools have captured 59 NCAA and AIAW championships, including 27 in men's competition and 32 in women's.

1996-97 IN REVIEW

The 1996-97 academic year concluded with the league pocketing three more national titles and four individual NCAA crowns. The ACC's 1996-97 national champions were North Carolina in women's soccer and field hockey and Maryland in women's lacrosse. In addition, the ACC had two other teams participate in national championship title games — Florida State in football and Maryland in men's lacrosse. Overall, the ACC posted a 54-48 (.529) mark in NCAA tournament play.

The ACC placed at least one team in the Top 10 nationally in 16 of the 24 sports sponsored by the league. Other records of note during the 1996-97 season include 84 teams competing at NCAA Championships, four bowl teams and 33 Top 10 showings.

Seven ACC teams, in six different sports representing five of the nine member institutions, earned a No. 1 ranking during the course of the past academic year.

THE HISTORY

The Atlantic Coast Conference was founded on May 8, 1953, near Greensboro, NC with seven charter members - Clemson, Duke, North Carolina, North Carolina State, South Carolina and Wake Forest.

On December 4, 1953, conference officials met again and officially admitted the University of Virginia. The only withdrawal of a school from the ACC came on June 30, 1971 when the University of South Carolina tendered its resignation.

The conference operated with seven members until April 3, 1978, when Georgia Tech was added. The ACC expanded to nine members on July 1, 1991, with the addition of Florida State.

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1996 ACC Standings

Maryland and Georgia Tech - NCAA TOURNAMENT

| TEAM | CONFERENCE | | | | | TEAM | OVERALL | | | | |
|-------------|------------|----|-------|-----|-----|-------------|---------|----|------|-----|-----|
| | W | L | PCT | FOR | OPP | | W | L | PCT | FOR | OPP |
| Maryland | 16 | 0 | 1.000 | 48 | 10 | Maryland | 26 | 5 | .839 | 83 | 27 |
| Ga.Tech | 11 | 5 | .688 | 37 | 22 | Ga.Tech | 32 | 8 | .800 | 101 | 39 |
| Duke | 10 | 6 | .625 | 38 | 24 | Duke | 15 | 12 | .556 | 55 | 45 |
| Clemson | 9 | 7 | .563 | 30 | 29 | Clemson | 17 | 15 | .531 | 62 | 54 |
| UNC | 9 | 7 | .563 | 33 | 31 | UNC | 20 | 12 | .625 | 69 | 53 |
| UVA | 7 | 9 | .438 | 32 | 34 | UVA | 24 | 11 | .686 | 83 | 46 |
| FSU | 6 | 10 | .375 | 27 | 37 | FSU | 12 | 19 | .387 | 48 | 67 |
| NC State | 4 | 12 | .250 | 23 | 40 | NC State | 21 | 16 | .568 | 77 | 52 |
| Wake Forest | 0 | 16 | .000 | 7 | 48 | Wake Forest | 10 | 23 | .303 | 40 | 73 |

ACC Tourney Results

FIRST ROUND - FRIDAY, NOV. 22

| | |
|---------------------------------------|-----|
| #8 NC State def. #9 Wake Forest | 3-0 |
| #1 Maryland def. NC State | 3-0 |
| #2 Georgia Tech def. #7 Florida State | 3-0 |
| #5 North Carolina def. #4 Clemson | 3-2 |
| #3 Duke def. #6 Virginia | 3-0 |

SEMIFINALS - SATURDAY, NOV. 23

| | |
|------------------------------|-----|
| Maryland def. North Carolina | 3-1 |
| Georgia Tech def. Duke | 3-0 |

CHAMPIONSHIP - SUNDAY, NOV. 24

| | |
|----------------------------|-----|
| Maryland def. Georgia Tech | 3-0 |
|----------------------------|-----|

ALL CONFERENCE HONORS

FIRST TEAM

Elizabeth Efron, Md
 Rochelle Komula, Ga. Tech
 Duane Koester, Md
 Andrea Nachtrieb, Ga. Tech
 Julie Rodriguez, Clem.
 Eden Kroger, Md

SECOND TEAM

Kristen Cambell, Duke
 Carla Gartner, Ga. Tech
 Megan Irvine, Duke
 Sarah Peifer, Duke
 Pam Sumner, NC State
 Tori Siebert, UNC

ALL FRESHMAN TEAM

Sarah McKee, Ga. Tech
 Sarah Peifer, Duke
 Mary Frances Scott, UVA
 Tori Seibert, UNC
 Cindy Stern, Clemson
Aisha Thornton, FSU

PLAYER OF THE YEAR

Duane Koster, Maryland

ROOKIE OF THE YEAR

Sarah Peifer, Duke

COACH OF THE YEAR

Janice Kruger, Maryland

ACC

ALL-TOURNAMENT TEAM

Erin Berg, UNC
 Kristen Cambell, Duke
 Daune Koester, Md
 Rochelle Komula, Ga. Tech
 Eden Kroeger, Md
 Andrea Nachtrieb, Ga. Tech
MVP-Elizabeth Efron, Md

1996 ACC Volleyball Stats

INDIVIDUAL

HITTING %

| | |
|----------------------|------|
| Tori Seibert, UNC | .352 |
| Rochelle Komula, GT | .348 |
| Shannon Saltzman, Md | .326 |
| Carla Gartner, GT | .311 |
| Elizabeth Efron, Md | .308 |
| Amy Mitchell, UVA | .299 |
| Pam Sumner, NCS | .297 |
| Shannon Smith, UNC | .281 |
| Megan Irvine, Duke | .277 |
| Stephanie Schulz, CU | .277 |

ASSISTS PER GAME

| | |
|---------------------------|--------------|
| Andrea Nachtrieb, GT | 15.05 |
| Kristen Cambell, Duke | 13.69 |
| Mary Frances Scott, UVA | 13.23 |
| Michelle Thieke, CU | 12.43 |
| Nicole Peterson, NCS | 12.41 |
| Kensy Zulueta, FSU | 12.20 |
| Erin Berg, UNC | 12.15 |
| Eden Kroeger, Md | 11.09 |
| Julie Cowley, WFU | 8.96 |

TEAM STATISTICS

HITTING %

| | |
|-------------|------|
| Maryland | .276 |
| Ga.T | .263 |
| Duke | .238 |
| UNC | .230 |
| Clemson | .230 |
| UVA | .222 |
| FSU | .218 |
| NC State | .205 |
| Wake Forest | .149 |

ASSISTS PER GAME

| | |
|-------------|-------|
| Ga.T | 16.75 |
| Maryland | 15.50 |
| Clemson | 15.25 |
| Duke | 14.92 |
| UVA | 14.64 |
| UNC | 14.25 |
| FSU | 14.13 |
| NC State | 13.92 |
| Wake Forest | 10.41 |

KILLS PER GAME

| | |
|------------------------------|-------------|
| Pam Sumner, NCS | 4.69 |
| LaToya Presberry, FSU | 4.61 |
| Rochelle Komula, GT | 4.40 |
| Duane Koester, Md | 4.24 |
| Sarah Peifer, Duke | 4.20 |
| Julie Rodriguez, CU | 4.14 |
| Elizabeth Efron, Md | 3.87 |
| Laura Kimbrell, NCS | 3.85 |
| Torie Seibert, UNC | 3.83 |
| Candice Seltz, Md | 3.79 |

SERVICE ACES PER GAME

| | |
|---------------------------|-------------|
| Conya Jabari-Kitwala, Md | .566 |
| Whitney Casey, UVA | .516 |
| Elizabeth Efron, Md | .509 |
| Laura Kimbrell, NCS | .419 |
| Laura Arnold, FSU | .407 |
| Carri Walker, WFU | .364 |
| Ashley Powers, UNC | .344 |
| Mary Frances Scott, UVA | .333 |
| Sharon Harmsworth, WFU | .309 |
| Kensy Zulueta, FSU | .295 |

KILLS PER GAME

| | |
|-------------|-------|
| Ga.T | 18.92 |
| Maryland | 18.28 |
| Duke | 17.07 |
| UVA | 16.52 |
| FSU | 16.22 |
| Clemson | 16.20 |
| UNC | 16.17 |
| NC State | 15.40 |
| Wake Forest | 12.17 |

SERVICE ACES PER GAME

| | |
|-------------|------|
| Maryland | 2.10 |
| UVA | 1.85 |
| Wake Forest | 1.69 |
| FSU | 1.63 |
| Duke | 1.45 |
| NC State | 1.37 |
| Clemson | 1.32 |
| UNC | 1.32 |
| Ga.T | 1.22 |

DIGS PER GAME

| | |
|------------------------------|-------------|
| Maureen Reindl, Duke | 5.27 |
| Julie Rodriguez, CU | 4.66 |
| Sarah Peifer, Duke | 4.53 |
| Candice Seltz, Md | 4.31 |
| Duane Koester, Md | 4.03 |
| Whitney Caset, UVA | 3.91 |
| Laura Kimbrell, NCS | 3.44 |
| Julie Cowley, WFU | 3.35 |
| LaToya Presberry, FSU | 3.34 |
| Holly Schneider, FSU | 3.23 |

BLOCKS PER GAME

| | |
|----------------------------|-------------|
| Dena Schorn, GT | 1.37 |
| Shannon Saltzman, Md | 1.32 |
| Carla Gartner, GT | 1.28 |
| Rochelle Komula, GT | 1.18 |
| Aisha Thornton, FSU | 1.16 |
| Amber Willey, UNC | 1.11 |
| Shannon Smith, NC | 1.09 |
| Stephanie Schulz, CU | 1.05 |
| Tamara Shulman, UVA | 1.02 |
| Cindy Stern, CU | .965 |

DIGS PER GAME

| | |
|-------------|-------|
| Duke | 20.00 |
| Maryland | 18.85 |
| UVA | 18.50 |
| UNC | 17.97 |
| Ga.T | 17.95 |
| Clemson | 17.46 |
| NC State | 17.41 |
| FSU | 16.63 |
| Wake Forest | 16.56 |

BLOCKS PER GAME

| | |
|-------------|------|
| Ga.T | 3.43 |
| Clemson | 2.70 |
| UNC | 2.63 |
| Duke | 2.61 |
| UVA | 2.21 |
| Maryland | 2.11 |
| FSU | 1.92 |
| Wake Forest | 1.75 |
| NC State | 1.69 |

FSU Volleyball History

Since its beginning in 1968 with a group of physical education students and a volunteer coach, Florida State volleyball has shed its club team roots to become one of the nation's premiere programs.

In its infancy it was not uncommon for the group of aspiring athletes and teachers to pay their own way to tournaments and share warm-up suits with the other women's club teams. The club struggled to become established in those early years as team members were faced with having to find a new volunteer head coach each of the program's first five years.

After Florida State made its first ever appearance at the AIAW National Tournament in 1971, Dr. Billie Jones

assumed the coaching duties on a permanent basis for the next six seasons. Under Jones' direction the Seminoles amassed a 107-22 record, and volleyball at Florida State became a mainstay.

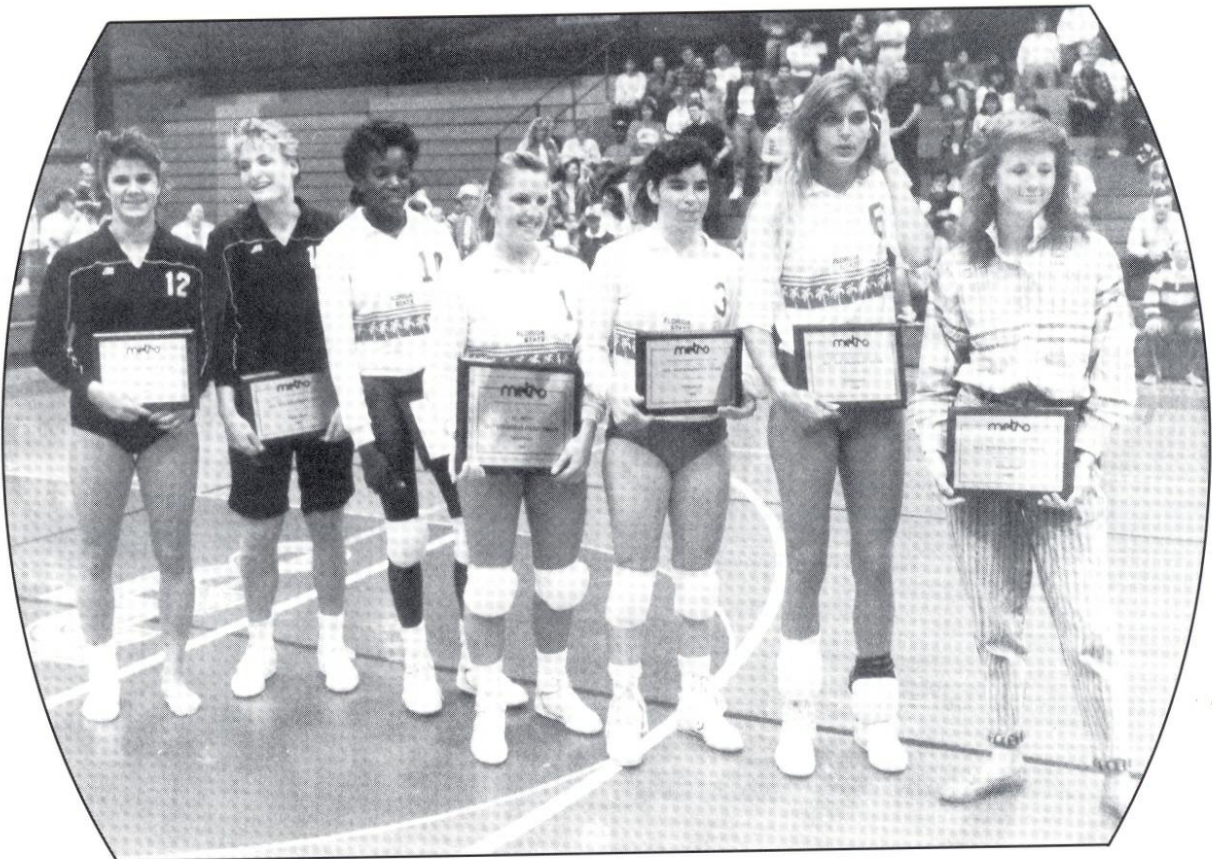
Success continued for the program as it returned to the AIAW National Tournament in 1973, '74 and '75, while competing for state and regional championships along the way. Popularity for the sport began to grow. Former FSU basketball head coach Hugh Durham and his wife Melinda were two of the team's biggest supporters, often attending home matches. In just a few short years, Florida State volleyball became rec-

FSU VOLLEYBALL COACHES

| | |
|--------------------|---------------------------|
| 1968 | Martha Pat Moore |
| 1969 | Dr. Judy Blucher |
| 1970 | Dr. Billie Jones |
| 1971 | Dr. Linda Warren |
| 1972-75 | Dr. Billie Jones (107-22) |
| 1976-present | Cecile Reynaud (539-260) |

ognized as one of the sport's up-and-coming programs.

Current head coach Cecile Reynaud continued to build on the foundation laid by her predecessors. Under Reynaud's guidance, FSU qualified for the AIAW National Tournament three more times. After its third successive AIAW appearance in



NCAA CHAMPIONSHIPS

| YEAR | SITE | OPPONENT | SCORE |
|------|-------------|--------------|---------------------------------|
| 1983 | Tallahassee | Tennessee | 15-12, 15-12, 1-15, 10-15, 8-15 |
| 1985 | Athens | Georgia | 6-15, 1-15, 11-15 |
| 1987 | Austin | Texas | 6-15, 11-15, 9-15 |
| 1988 | Tallahassee | Colorado St. | 3-15, 5-15, 15-9, 7-15 |
| 1989 | Tallahassee | California | 15-11, 11-15, 13-15, 13-15 |
| 1990 | Lexinton | Kentucky | 12-15, 10-15, 15-10, 10-15 |
| 1992 | Gainesville | Florida | 9-15, 3-15, 10-15 |
| 1993 | Tallahassee | DePaul | 15-8, 7-15, 15-10, 15-13 |
| | Tallahassee | Pacific | 6-15, 17-15, 6-15, 9-15 |

1981, Florida State joined the NCAA and began competing in the Metro Conference in '82.

Before FSU joined the Atlantic Coast Conference in 1992, it had captured six Metro Conference titles. In five years of ACC play the Seminoles have an ACC regular season co-championship to their credit and have played in two ACC tournament title matches.

Since Florida State became a NCAA volleyball member in 1982, the Seminoles have qualified for the National Championship Tournament eight times, including six appearances in the last ten years. Several of FSU's volleyball alumni have gone on to play professionally. Whether it be in Europe or the sandy shores of California, Florida State's top athletes often choose to continue playing the game they love. Currently, three FSU volleyball players are on tour with the professional beach circuit.

Perhaps the most famous of the FSU volleyball alumni is Nike spokeswoman and world-class model Gabrielle Reece. After enjoying a standout career at Florida State, Reece has gone on to captain Team Nike on the pro beach circuit. She recently had a regular fitness column in *ELLE* magazine and has appeared on MTV Sports. Reece co-authored her first book entitled *Big Girl in the Middle*, which was released this summer.

In the 29 years since its inception, Florida State volleyball has prided itself in giving athletes the opportunity to reach their full potential both on the court and in the classroom. Pride, tradition and success are all part of what is known as Seminole Volleyball.

TOURNAMENT HISTORY CONFERENCE TOURNAMENTS

| CONF. | YEAR | SITE | HOST | FINISH |
|-------|------|---------------------|----------------|-----------|
| METRO | 1982 | Tallahassee, FL | FSU | 3rd Place |
| METRO | 1983 | Louisville, KY | Louisville | Champions |
| METRO | 1984 | Columbia, SC | South Carolina | 3rd Place |
| METRO | 1985 | Hattiesburg, MS | Southern Miss | Champions |
| METRO | 1986 | Blacksburg, VA | Virginia Tech | Champions |
| METRO | 1987 | Memphis, TN | Memphis State | Champions |
| METRO | 1988 | Cincinnati, OH | Cincinnati | Champions |
| METRO | 1989 | Tallahassee, FL | FSU | Champions |
| METRO | 1990 | Louisville, KY | Louisville | 3rd Place |
| ACC | 1991 | Charlottesville, VA | Virginia | 3rd Place |
| ACC | 1992 | College Park, MD | Maryland | Runner-up |
| ACC | 1993 | Durham, NC | Duke | Runner-up |
| ACC | 1994 | Chapel Hill, NC | North Carolina | 3rd Place |
| ACC | 1995 | Clemson, SC | Clemson | 3rd Place |
| ACC | 1996 | Atlanta, GA | Georgia Tech | 5th Place |