

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. This 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 and mentors.

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 are located in the state-of-the-art University Center and are on the sixth floor of the \$126 million facility. It includes private study desks, 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.

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.

Strength coach Janna Walkup, who is in her second year on the Florida State strength and conditioning staff, individually

customizes programs for each of the athletes beginning with pre-conditioning before the season gets underway. FSU takes pride in customizing the programs to help student-athletes reach their maximum potential.

Walkup, who was a member of the inaugural Seminole soccer team in 1996, was a four-year starter at defender for the Seminoles. A native of Orlando, Fla., Walkup earned a bachelor's degree in nutrition and fitness from FSU in April of 1999 and a master's degree in sports administration. A certified personal trainer, Walkup became a Certified Strength and Conditioning Specialist in June.

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 a state of the art facility and equipment. Our new facility will give us with the best platform train our athletes to their full athletic potential.

WEIGHT ROOM

The Lady Seminole volleyball team has the luxury of training in a top-notch facility known as the Tully Gymnasium weight room. The weight room is a 4,500 square foot facility. Tully Gym is fully equipped with over \$140,000 worth of exercise equipment, including 16 cardiovascular pieces such as Life Fitness, Stairmaster and Textrix. The facility also includes a stereo system, and mondo rubber flooring. With the recent additions of a squat rack and platform, Florida State continues to improve each of their workout facilities.

MEDICAL CARE & TREATMENT

An athlete can expect to receive the best care and treatment possible with the athletic training staff 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 exercising. Graduate Assistant trainer Joshua Nichter will handle the athletic training duties for the Lady Seminole volleyball team this season.



JANNA WALKUP
Strength Trainer

Nichter is in his fourth year with the FSU athletic training staff. In his first two years with the program he worked with the Seminoles' football team in practice and game day operations. Nichter assisted with the 1999 Tostitos Fiesta Bowl, the 2000 Nokia Sugar Bowl as well as the 1999 NCAA Baseball Regional and Super Regional, hosted by Florida State. Nichter graduated with a degree in Exercise Science from the University of Nebraska-Lincoln in 1998, where he assisted with football, wrestling and track and field as a student trainer. Nichter currently lives in Tallahassee with his wife Lisa.

Though the prevention of injuries is the main objective, some injuries are unavoidable. Rehabilitation is another facet 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 recover 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 the responsibility of the athletic training team. This program is dedicated to providing the best care possible for all FSU student-athletes.



JOSH NICHTER
Athletic Trainer



MISSION STATEMENT Florida State Athletics Department

The Mission of the Department of Intercollegiate Athletics at Florida State University shall be to produce National Collegiate Athletics Association (NCAA) Division I programs for men and women equally characterized by excellence. It is the philosophy of the Department of Athletics, first and foremost, that our staff and program develop and hold the concept of the student-athlete at the highest level of importance. This important principle will never be compromised. In fact, it must be encouraged and supported. Our student-athletes will be at the core of departmental priorities and decisions. Our student-athletes will be viewed as individuals first, students second, and only then as athletes. The department will focus on producing graduates who are successful, well rounded people ready to make a positive contribution to society.

The Department shall strive at the same time to be a leader in areas of ethics, non-discrimination, diversity and unquestioned fiscal integrity throughout the campus, the state and the country. A consistent priority is the fulfillment of the student-athletes undergraduate degree. At the same time, student-athletes must be given the best opportunity possible to strive for the highest athletic standards through the best preparation, motivation and support.

Excellence in intercollegiate athletics programs is determined by academic achievement in the classroom, as well as the development of character, maturity and a sense of fair play in athletic competition. Such excellence engenders support for the University among its constituent groups including students, faculty, alumni, and friends at all levels of interest. The Department shall subscribe fully to the philosophy and regulations set forth by the National Collegiate Athletic Association and operate within the fiscal regulations and non-discriminatory procedures established by the Florida Board of Regents and the Florida legislature.



MARK MELENEY
Director, Athletic Academic Support Programs

Mark Meloney became Florida State's Director of Athletic Academic Support Programs in 1997 and brings 14 years of advising experience to the position. Over the past seven 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.

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, he earned Bachelor's degrees in Management and Finance in 1986 and received a Master's in Athletic Administration from FSU in 1997. He is currently pursuing his Ph.D. in Athletic Administration.

Meloney oversees an academic staff comprised of five academic counselors, and administrative assistant, several graduate assistants, individualized learning specialists and a cadre of about 70 tutors and mentors.

Meloney and his wife Sarah are the parents of a seven year-old daughter, Montana Shea.



AMY WHITE
Volleyball Academic Counselor

Amy White is in her seventh year with the FSU Athletic Academic Support Staff where she serves as the Academic Counselor for the volleyball, baseball, soccer and men's and women's golf teams.

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

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

A native of Pensacola, Fla., White is a 1993 graduate of the University of West Florida where she earned a Bachelor's degree in psychology. She received a Master's degree in sports psychology from Florida State in 1995 and is currently a Ph.D. candidate in sports psychology.

Life Skills and Student Development

NCAA Information

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

NEW OPPORTUNITIES FOR LEADERSHIP, EDUCATION AND SERVICE



JOHN LATA
Coordinator

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.



AMY MAGNUSON
Sports Nutritionist

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.

LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program are the Seminole Leadership Institutes that are held four times a year. These Institutes offer student-athletes the opportunity to learn skills that will benefit them as students, as athletes, and as they pursue their goals after leaving Florida State. The Institutes are based on building communication skills. Students have the opportunity to use the values and work ethic taught by athletic participation as the framework for their leadership development. The Institutes attract outstanding guest speakers who challenge Seminole student-athletes to achieve their greatest potential and use their leadership skills to positively influence others.

The Student-Athlete Advisory Council (SAAC) serves as the advisory board to the NOLES program and the athletics administration.

The prestigious board, comprised of two representatives of each athletic team at FSU, also recommends program-

ming and serves as a liaison between student-athletes and the athletics administration. The Advisory Council plans and implements various events for student-athletes and serves as the department's most visible ambassadors. The SAAC hosts the annual Golden Nole banquet and plans such events as orientation for incoming student-athletes and the back-to-school picnic.



Associate Athletics Director For Student Services Pam Overton was presented with the first annual Dr. Gene Hooks Award for the outstanding CHAMPS program coordinator as chosen by the Division I-A Athletics Directors.

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 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 & LETTERS

Phone calls from faculty members and coaches (but not boosters) are permitted beginning July 1 after completion of your junior year. A college coach or faculty member is limited to one telephone call per week except when it is:

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

Letters from coaches and faculty members (but not boosters) are not permitted until September 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service postcards and institutional note cards
- Game programs which may not include posters and one Student Athlete Handbook can be provided only during official or unofficial visits to the university's campus
- NCAA educational information

- Pre-enrollment information subsequent to signing a National Letter of Intent with the university
- One athletic publication which may include only one color of printing inside the covers
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students
- Schedule cards
- Questionnaires which may be provided prior to your junior year
- Summer camp brochures which may be provided prior to your junior year.

ALUMNI & BOOSTERS DOs & DONTs

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



PENNIE PARKER
Director of Compliance



BRIAN BATTLE
Assistant Director of Compliance

2007 Volleyball

Lady Seminoles