

Head
Coach

TODD KRESS

Head Coach • Cincinnati, '92 • 3rd Season • 37-30 at FSU



Todd Kress, one of the most talented young coaches in the nation, enters his third season as head coach of the Florida State volleyball program. Kress was hired to coach the Seminoles on February 14, 2002. Prior to his arrival in Tallahassee, Kress spent seven years coaching at Fairfield University and Northern Illinois University, where he led three teams to the NCAA Tournament and compiled a record of 152-75.

In 2003, FSU compiled a record of 16-17 after the Seminoles battled injuries and were faced with many newcomers to the roster. Despite the inexperience, Florida State advanced to the second round of the ACC Tournament and faced a Top 5 Georgia Tech program. The Seminoles finished fourth in the ACC in blocks while junior transfer Amanda Santos ranked third in the conference averaging 1.32 blocks per game. Freshman Cassie McLaughlin earned ACC and East Region Rookie of the Year Honors after leading the Seminoles and fourth in the ACC with 44 service aces. McLaughlin also led the team with 360 kills and 875 total attacks.

During his first season in 2002, with the experience of four seniors, Kress led the Seminoles to an overall record of 21-13, an ACC record of 10-6, a trip to the ACC Tournament Championship match and a berth in the NCAA Tournament. This marked the first time since 1998 that a Florida State team advanced to the national tournament.

Before arriving to Florida State, Kress spent three years at Northern Illinois, where he led the Huskies to a 58-30 record. In his last season at Northern Illinois, Kress guided the Huskies to an overall record of 24-6, a 15-3 regular season record in the Mid-American Conference, the MAC tournament championship and a berth in the NCAA Tournament. In the 2001 season, Kress' Huskies won 21 of their final 23 matches and stormed through the MAC Tournament as they won

COACHING RECORD			
YEAR	RECORD	SCHOOL	POSITION
1992		Thomas More College	Assistant Coach
1993		Thomas More College	Assistant Coach
1994		Saint Ursula Academy	Assistant Coach
1995	11-21	Fairfield University	Head Coach
1996	23-12	Fairfield University	Head Coach
1997	25-10	Fairfield University	Head Coach
1998	35-2	Fairfield University	Head Coach
1999	10-15	Northern Illinois University	Head Coach
2000	24-9	Northern Illinois University	Head Coach
2001	24-6	Northern Illinois University	Head Coach
2002	21-13	Florida State University	Head Coach
2003	16-17	Florida State University	Head Coach
TOTAL	189-105		

all three matches by a score of 3-0. At the completion of the season, Kress was named the 2001 MAC Coach of the Year.

During his second year as the head coach of the Huskies, Kress guided Northern Illinois to a 24-9 mark. With a conference record of 12-6, Northern Illinois finished the 2000 season in third place in the MAC's Western Division. The 2000 season marked the 10th time in 13 seasons that the Huskies finished with 20 or more wins.

Kress faced much adversity in his first-season as head coach at Northern Illinois. Key players were lost to injury, which weakened an already inexperienced squad. Although the season was challenging, Northern Illinois rallied to win five of its final eight matches and finished with an overall record of 10-15, including a record of 7-11 in the MAC.

In 1995, Kress began his collegiate head-coaching career when he accepted the position at Fairfield. Before Kress' arrival at Fairfield, the Stags had not posted a winning season in seven years. During

his four-year stint at the helm of the program, Kress boasted a record of 94-45 and became the school's winningest volleyball coach. In his final two years, he guided his team to a 60-12 record and two NCAA Tournament appearances. In his final season at Fairfield in 1998, Kress led his team to the school's first ever national ranking, a 35-2 record, which included a 27-game winning streak, a 14-0 mark at home and an impressive victory over national powerhouse Notre Dame. The Stags won their third

straight regular-season MAAC championship and second consecutive tournament championship. With a winning percentage of 94.6, Fairfield was ranked third nationally behind national champion Long Beach State and national runner-up Penn State. Following the season, Kress was named AVCA/District II Coach of the Year and MAAC Coach of the Year.

Fairfield earned its second consecutive regular-season MAAC title in 1997 as Kress led the Stags to a record of 25-10 overall and 9-0 in the conference. After winning the conference tournament championship, Fairfield advanced to face Ohio State in the first round of the NCAA Tournament. Following the completion of the season, Kress earned the title of MAAC Co-Coach of the Year.

The 1996 season marked the first time in eight years that the Stags posted a winning record. After finishing his first season at Fairfield in 1995 with a record of 11-21, Kress was able to lead the Stags to a 23-12 record and the regular-season MAAC Championship in 1996. This became a standard at the university.

Kress served as an assistant at Saint Ursula Academy and Thomas More College prior to taking his first head coaching position at Fairfield. While at Saint Ursula Academy, Kress helped lead the squad to a 25-2 record, winning the 1994 Ohio Division II High School State Championship title. Kress was an assistant under Darrell McLean at Thomas More College during the 1992 and 1993 seasons. During those years, the Saints made back-to-back appearances in the NCAA Division III Tournament and earned two Association of Mideast Colleges Conference trophies. In 1993, Kress also directed the men's club team at the University of Cincinnati, his alma mater.



Dani, Todd, Trevor and Trajan Kress.

SEMINOLE VOLLEYBALL
2004 2004 2004 2004 2004 2004 2004 2004 2004 2004

Associate
Head Coach

SEMINOLE VOLLEYBALL
2004 2004 2004 2004 2004 2004 2004 2004 2004 2004

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RITA BUCK-CROCKETT

Associate Head Coach • Iowa, '02 • First Season

Florida State volleyball head coach Todd Kress has announced that former Olympian Rita Buck-Crockett will join his staff as an associate head coach for the Seminoles. Buck-Crockett comes to Florida State from the University of Iowa where she served as the head coach for the past six seasons.

In her six seasons at the University of Iowa, Buck-Crockett had three all-Big Ten selections including an all-region member and an all-USA Team selection. In 2001, Buck-Crockett coached Sarah Meyermann to an AVCA Mideast all-Region selection and all-Big Ten team member. Meyermann, an outside hitter, finished the season with 578 kills to rank sixth nationally. In 2000, Buck-Crockett and her coaching staff guided the Hawkeyes to a 15-win season, the most victories of an Iowa volleyball team since 1994. Buck-Crockett coached senior setter Fabiana de Abreu to the all-Big Ten team.

As a nationally respected coach, Buck-Crockett comes to FSU with a long history of success. She was a member of the 1980 and 1984 U.S. Olympic Volleyball teams with the 1984 team winning the silver medal. Buck-Crockett was also considered one of the best all-around volleyball players in the world. A 1984 issue of Sports Illustrated touted her as the world's best athlete and nicknamed her "The Rocket," because of her 42-inch vertical leap and her 100 mile-per-hour kills. In 1981, she was one of six players selected to the All-World Team. She has coached and played in the U.S., Japan, Italy and Switzerland over the last 17 years.

Buck-Crockett earned AIAW All-America honors at the University of Houston prior to joining the U.S. Olympic team to train for the 1980 Olympics. In 1981, she led the U.S. to a bronze medal at the World Cup in Osaka, Japan, and in 1982, that team won the bronze medal at the World

Championships in Lima, Peru.

From 1982-86, Buck-Crockett was a member of the Daiei Team in Kobe, Japan. Her 1986 Daiei squad was the champion of the Japan League. She played beach volleyball on the Women's Professional Volleyball Association Tour from 1988-96 and played Major League Volleyball from 1986-87. Buck-Crockett was also a Major League Volleyball champion in both 1986 and 1987 and earned league MVP honors in 1986. In 1986, she teamed with Jackie Silva of Brazil to win the World Beach Volleyball Championship. The following season she was the league runner-up with Angela Rock (United States). From 1988 until 1993, she was a player for Matera, a professional league team in Matera, Italy, and also played in Rome. In 1991, she was voted the MVP of the Italian League, and her 1993 Rome team won the European Championship.

From 1993-98, Buck-Crockett coached and played in Switzerland for RTV Basel. During her tenure, her squads won titles including the Swiss Cup (1994-1996), the Swiss Championship (1995-1996) and participated in the European Cup of Champions (1995). Buck-Crockett was named most valuable player four times. In the summers of 2000 through 2002, Buck-Crockett was one of only three collegiate head coaches to coach some of the elite youth talent in the country at the USA Youth High Performance Camp at the Olympic Training Center in Salt Lake City and at the Olympic Training Center in Colorado Springs.

Buck-Crockett received a Bachelor of Liberal Studies/Communications degree from the University of Iowa in August of 2002. She replaces Jenny Fette who left FSU to pursue her master's degree. Buck-Crockett is married to Rene' Buck and is the proud parent of 16-year-old Marrita Royster-Crockett.

COACHING EXPERIENCE

- 86-88 Assistant Coach - Long Beach State University
- 93-98 RTV Basel Regional Athletic Club (Player-Coach)
- 95 Switzerland National Team
- 98-03 Head Coach - University of Iowa (50-123, 25-95 Big Ten)
- 2000 Head Coach at USA U-14 High Performance Camp in Salt Lake City
- 2001 Head Coach at USA High Performance Camp at the Olympic Training Center in Colorado Springs
- 2002 Head Coach at USA High Performance Camp at the Olympic Training Center in Colorado Springs

INTERNATIONAL/PROFESSIONAL EXPERIENCE

- 78-84 USA Olympic & National Team
- 82-86 Daiei Team, Kobe (Japan)
- 86-87 Major League Volleyball (USA)
- 88-93 Matera and Rome (Italy)
- 88-93 WPVA (Women's Professional Volleyball)
- 94-95 AVP (American Volleyball Professional)
- 93-98 Switzerland - Player/Coach
- 00-01 USA Volleyball High Performance Staff

HONORS & ACHIEVEMENTS

- 80 Member of the USA Olympic Team (Boycott)
- 81 Voted All-World Team
- 81 Bronze Medal, World Cup in Osaka, Japan
- 82 Bronze Medal, World Championships in Lima, Peru
- 84 Silver Medal, Olympic Games in Los Angeles
- 86 Champions of the Japan League
- 86 Major League Volleyball Champion (USA)
- 86 MVP Major League Volleyball
- 87 Major League Volleyball Champion (USA)
- 89 World Champion Beach Volleyball
- 91 Voted MVP of the Italian League
- 93 European Champion (Rome)
- 94-95 Voted by Sports Journalist "Best Player in Switzerland"
- 94-96 Swiss Cup Champion
- 95-96 Swiss Champion
- 95 European Cup of Champions
- 94-95 Voted by Sports Journalist "Best Player in Switzerland"
- 94-96 Swiss Cup Champion
- 95-96 Swiss Champion
- 95 European Cup of Champions
- 99 Inducted San Antonio Sports Hall of Fame

Left -Right: Rita, Ros Mary (17), Marrita (16) and René.





KIRSTINE JENSEN

Assistant Coach • Ohio State, '97 • 3rd Season

"Kirstine has done a great job in bringing in some of the top talent that we have displayed at Florida State. The growth that our players have shown have attributed to some of the things Kirstine has done. What she does on and off the court is immeasurable."

-Todd Kress

Kirstine Jensen, enters her third season as assistant coach at Florida State. Jensen joined the Florida State staff in April 2002. She spent approximately two years as an assistant at Ohio before accepting the position under Florida State head coach Todd Kress. As an assistant, Jensen serves as the recruiting and travel coordinator.

In the summer of 2000, Jensen began coaching at Ohio when Mike Lessinger was promoted from assistant to head coach. As an assistant at Ohio, Jensen's responsibilities included practice supervision, player development and game preparation.

Before accepting the position as an assistant under Lessinger at Ohio, Jensen spent two years as a volunteer assistant at Northern Illinois University. In

May of 1999, Kress was hired as the next head coach at NIU. Jensen remained at Northern Illinois and served as a volunteer assistant under Kress. While coaching at Northern Illinois, Jensen also coached the USAV's Club Fusion squad, a club team, in Huntley, Illinois.

Jensen graduated magna cum laude at Ohio State University in 1997 with a bachelor's degree in speech and hearing science. She was a four-year scholar-athlete for the Buckeyes and helped her team to advance to the Final Four as a junior. Kirstine is from Aurora, Illinois and celebrates a July 15th birthday.

COACHING STAFF AT A GLANCE

HEAD COACH: Todd Kress

ASSOCIATE HEAD COACH: Rita Buck-Crockett

ASSISTANT COACH: Kirstine Jensen

MANAGER: Mary Hunter

ATHLETIC TRAINER: Kathy Laguens

EQUIPMENT MANAGER: Myra Atwell

STRENGTH COACH: Eric Gramza

SPORT PSYCHOLOGY CONSULTANT: John Meis

SECRETARY: Jill Hoomes

SUPPORT STAFF & SERVICES

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-court performance of each athlete, while reducing the risk of injury.

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 the best platform train our athletes to their full athletic potential.

WEIGHT ROOM

The 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. Trainer Kathy Laguens will handle the athletic training duties for the Lady Seminole volleyball team this season.

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.



Eric Gramza, Strength Coach



Kathy Laguens, Athletic Trainer



Mary Hunter, Manager

Support Staff

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