

THE SEMINOLE EXPERIENCE

FLORIDA STATE

Loose Talk

What the Seminoles Said

WHAT THE SEMINOLES SAID



"Todd Kress is very competitive and hardworking. He expects a lot from his players, and pushes us to be the best we can be. Off the court he will joke around with you and we a lot of fun. He has a huge heart."

SUMMER WEISSING,
On her head coach

"I love the beautiful trees—especially the canopy roads where the trees hang overhead. I love the prestigious athletic program and the opportunity to give back to the community. I love Wescott on campus on night."

SARAH GRIFFIN, *On some of her favorite things at Florida State*

"I love our entire team because we are so close and we are really like a family. I feel like this team has become my family away from home and I don't want to ever leave these girls."

KRISTEN RUST, *On what she likes about her team off the court*

"I think this team has a bright future. I haven't been here very long but I have a great feeling about the team. I hope this year we win the ACC and get to at least the third round in the NCAA Tournament."

MAKINI THOMPSON, *On her thoughts on the season,*

"We are a tight group of girls who love to have fun on and off the court. My teammates love to do activities together away from volleyball. We love to do community service to help children and the program as a whole."

LAUREN WALKER, *On life away from the volleyball court*



"I love the PRIDE students have to be a Seminole. There is nothing more amazing than hearing over 50,000 people at the football games doing the tomahawk chop."

LAUREN SCOTT, *On her favorite things about Florida State*



"I feel so much respect by passing next to all those trophies and pictures in the Moore Athletic Center and I hope that one day I might be able to cause someone to feel the same. It's amazing to see how much a person can accomplish and how influential that person can be to other people."

ZRINKA TOMIC, *On what goes through her mind when she walks through the Moore Athletic Center*

"When I walk through the Moore Athletic Center and the Great Hall, it reminds me to work hard in order to become a part of Florida State history. It would be an honor for me to be featured on the banners or in the trophy cases because I would become an inspiration for the new athletes in years to come."

ANDREZA SANTOS, *On what goes through her mind when she walks through the Moore Athletic Center*

"The support staff at Florida State is absolutely amazing. Every time I have a problem or need something, so many people are there to help me. They are so friendly and compassionate. The staff makes me feel at home, and I can't even express how much that has helped me through out my years at Florida State."

JESSICA SKOWER, *On the Florida State support staff*

VOLLEYBALL 05

"Friends, football games, the tomahawk chop, the beautiful campus...I love everything about Florida State."

SUMMER WEISSING, *On her favorite things at FSU*

"The future is so bright for us. Our goal is to win the ACC then be in the NCAA Championship for volleyball."

LAUREN WALKER, *On the future of her team*

"Everyone is like a big family and takes care of each other. Also, the approach towards athletes and the athletic programs are professional, but friendly. Very nice surroundings to be in!"

ZRINKA TOMIC, *On life as a student-athlete at Florida State*

"Todd Kress is very focused and serious on the court but away from volleyball he's really laid back. It's a great combination. The thing I love about Florida State and Tallahassee is the school has such a small town feel. Our volleyball program is growing and we are able to compete with the best universities out there. I am apart of such a great volleyball program and university!"

LAUREN SCOTT, *On being a Seminole*



"I visualize this team winning the ACC Championship because we work so hard. I definitely see this program winning an NCAA Title under the direction of Coach Kress someday."

KRISTEN RUST, *On the future of the program*



"I love going to all of the other sporting events at FSU. I love football, basketball, tennis, baseball, track and swimming events. We have so many outstanding athletes here at Florida States; it's amazing to be able to watch sports at there best! I also love talking to the other athletes and hearing about their sport and their accomplishments. It's awesome to be a part of such a good athletic program."

JESSICA SKOWER, *On life as a student-athlete at Florida State*

"My dad competed against FSU in his playing days for the University of Oklahoma and he told me Florida State is a great school with a big time athletic program. He was really excited for me to play here. Also, it was so important for me to play for my mom because we are best friends and she has coached me forever. I'm ready to compete for the Seminoles."

MARRITA ROYSTER-CROCKETT,
On why she decided to attend Florida State

"Since the first time that I ever received a letter from FSU, I knew that it was the place for me. I chose Florida State University for many reasons. The first reason is the solid academic program. FSU has one of the best communication and theatre programs in the United States. The second reason is the volleyball program, in particular, coaches Todd Kress and Rita Buck-Crockett. Their vision, determination and dedication to make our program No. 1 in the NCAA convinced me that I wanted to be a SEMINOLE! Another reason I chose FSU was the campus and the people. Everyone was so nice and accepted me with open arms. I already have my "family away from family!"

GABRIELLE RIVERA, *On the reasons she decided to attend Florida State*



"The support staff at Florida State is absolutely amazing. I have never felt so comforted and supported. The staff comes about you as a person and wants you to enjoy your college experience."

SARAH GRIFFIN, *On the FSU support staff*



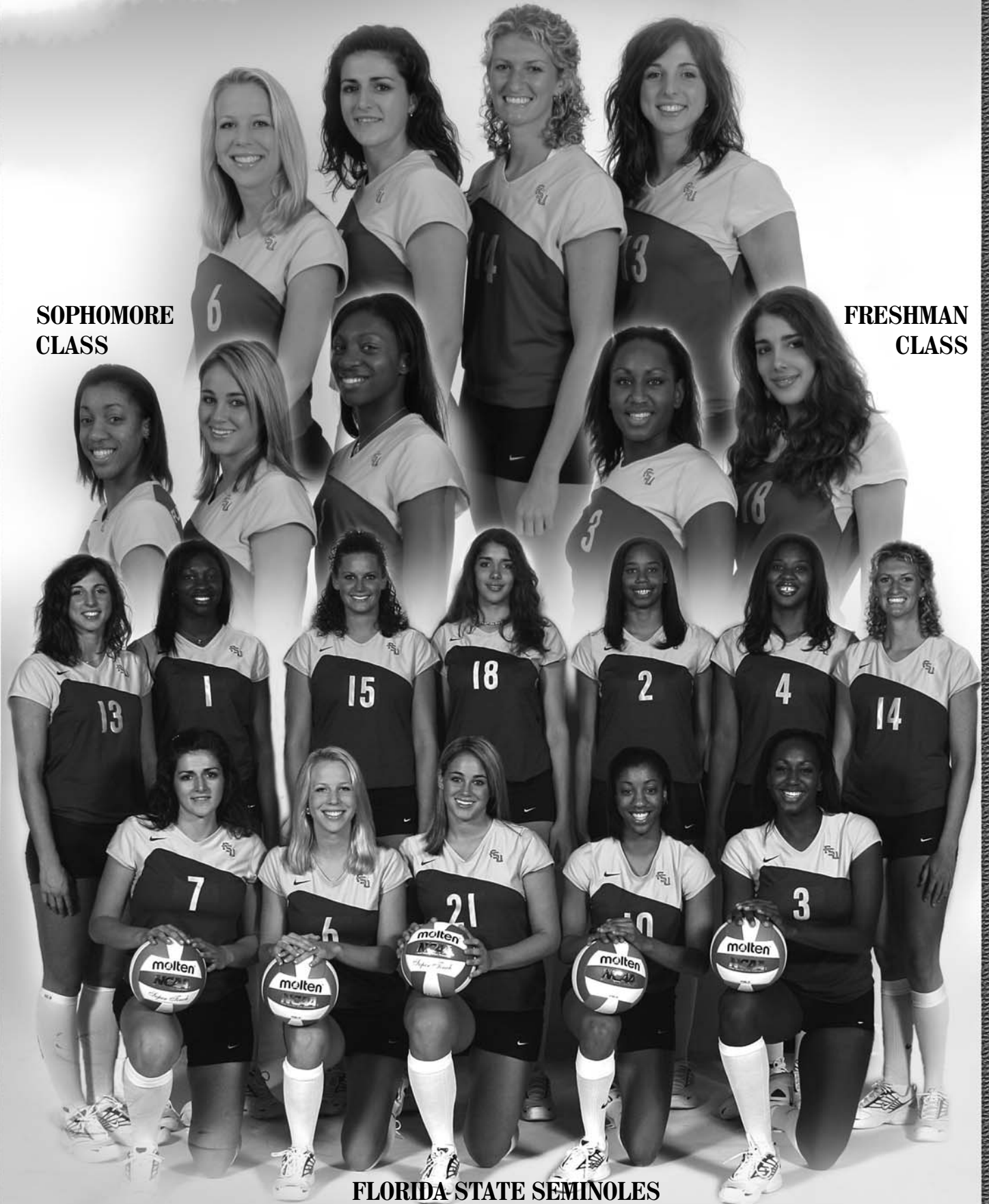
WHAT THE SEMINOLES SAID

FLORIDA STATE

JUNIOR CLASS

SOPHOMORE
CLASS

FRESHMAN
CLASS

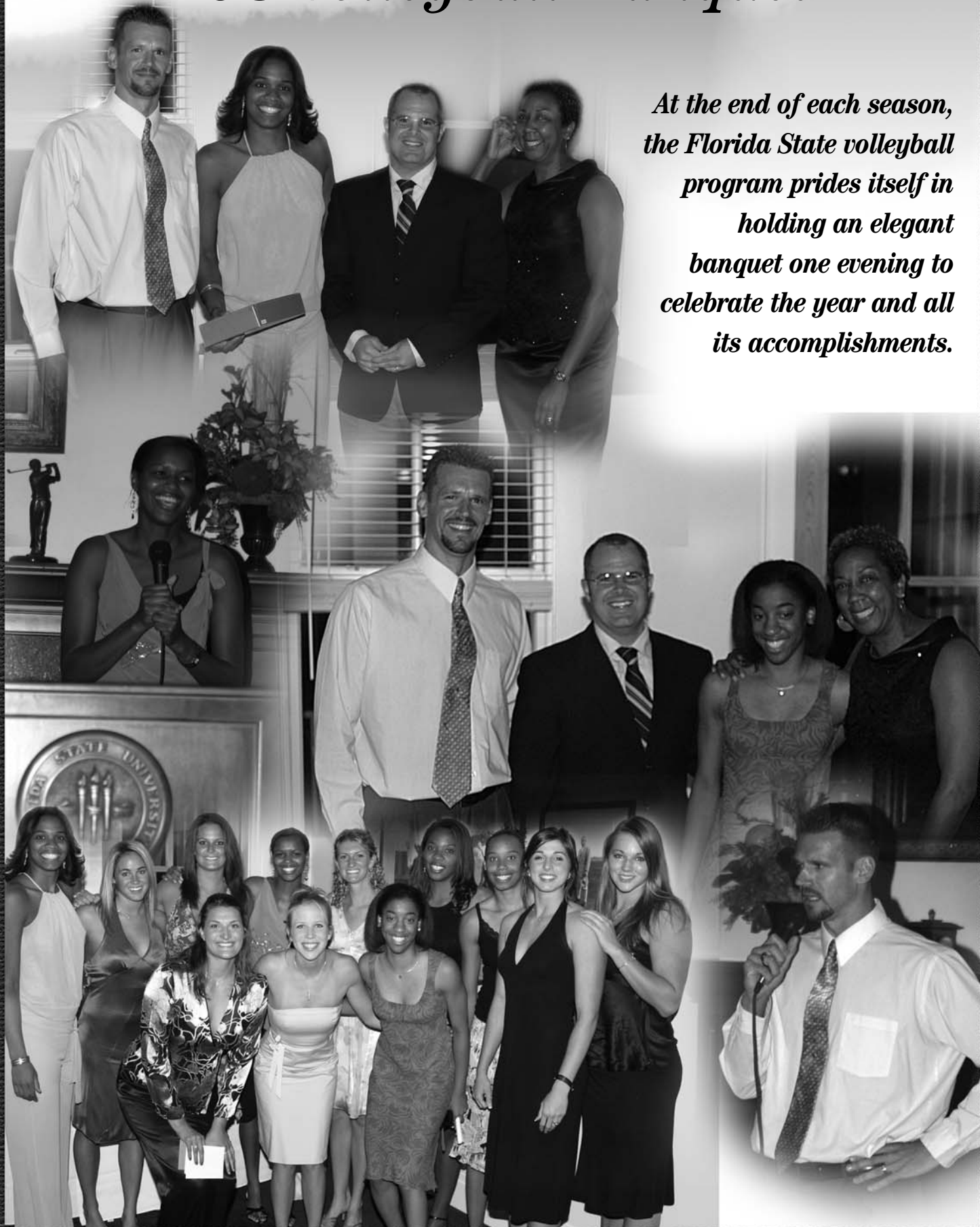


FLORIDA STATE SEMINOLES

VOLLEYBALL 05

FSU Volleyball Banquet

*At the end of each season,
the Florida State volleyball
program prides itself in
holding an elegant
banquet one evening to
celebrate the year and all
its accomplishments.*



FLORIDA STATE

Fun with the 'Noles

By the Numbers

FUN WITH THE NOLES BY THE NUMBERS



IS IT HARDER TO GET 30 KILLS OR 30 DIGS?

30 kills - 4 30 digs - 8



OUR FAVORITE REALITY SHOWS

Real World - 5 American Idol - 1
America's Next Top Model - 4 Survivor - 1



OUR FAVORITE SPOTS ON CAMPUS

Wescott Building - 3
The Union - 2
The couch in the locker room - 2
Doak Campbell Stadium - 2
Landis Green - 1
Dorm - 1
Einstein's Bagels - 1



FAVORITE FOOD

Salad - 4 Pizza - 2
Mexican - 3 Steak - 1
Sushi - 2

BEDTIME DURING THE SEASON

10:30 p.m. - 1 12:30 a.m. - 1
11:00 p.m. - 5 1:00 a.m. - 1
11:30 p.m. - 1 2:00 a.m. - 1
12:00 a.m. - 2

AGE STARTED PLAYING VOLLEYBALL

7 years old - 1 12 years old - 1
8 years old - 1 14 years old - 2
10 years old - 4 15 years old - 1
11 years old - 2



FAVORITE HOLIDAY

Christmas - 11 Thanksgiving - 1

NUMBER OF SIBLINGS

Only Child - 2 4 siblings - 2
1 sibling - 3 5 siblings - 1
2 siblings - 4

VOLLEYBALL 05

WHO THEY MOST TAKE AFTER

Father - 5
 Mother - 4
 Mix of both my mother and father - 1
 My aunt - 1
 Younger brother - 1



FAVORITE MUSIC

R&B - 6 Rap - 2
 Country - 3 Pop - 1

WHAT WE LIKE TO EAT AFTER A MATCH

Food at home - 3 Cereal - 1
 Cold Stone Ice Cream - 2 Pizza - 2
 Cookie Dough - 1 Slurpee - 1
 Anything sweet - 1 Ruby Tuesday's - 1

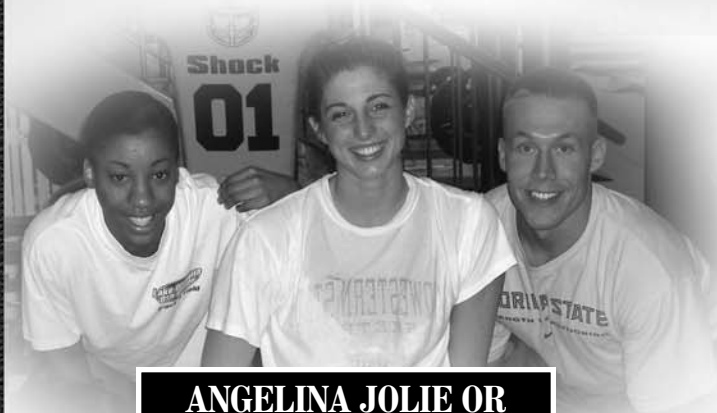


HALLE BERRY OR BEYONCE?

Halle Berry - 8 Beyonce - 4

ANGELINA JOLIE OR JENNIFER ANISTON?

Angelina Jolie - 3 Jennifer Aniston - 9



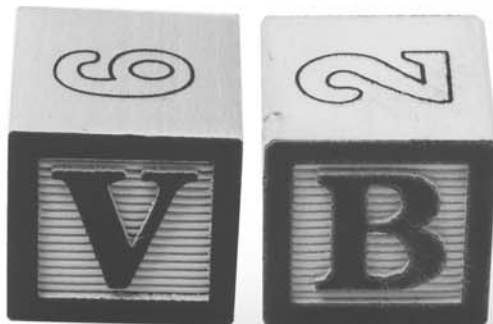
FAVORITE HOBBY

Music/singing/writing/reading - 4
 Hanging out with my friends - 2
 Playing cards - 2
 Water skiing or wakeboarding - 1
 Scrapbooking - 1
 Bellydancing - 1
 Going to the beach - 1



FIRST WORD SPOKEN AS A BABY?

I've never been told - 5 "Ma Ma" - 4 "Dadda" - 3



TAI DIGGS, BRAD PITT OR JUSTIN TIMBERLAKE?

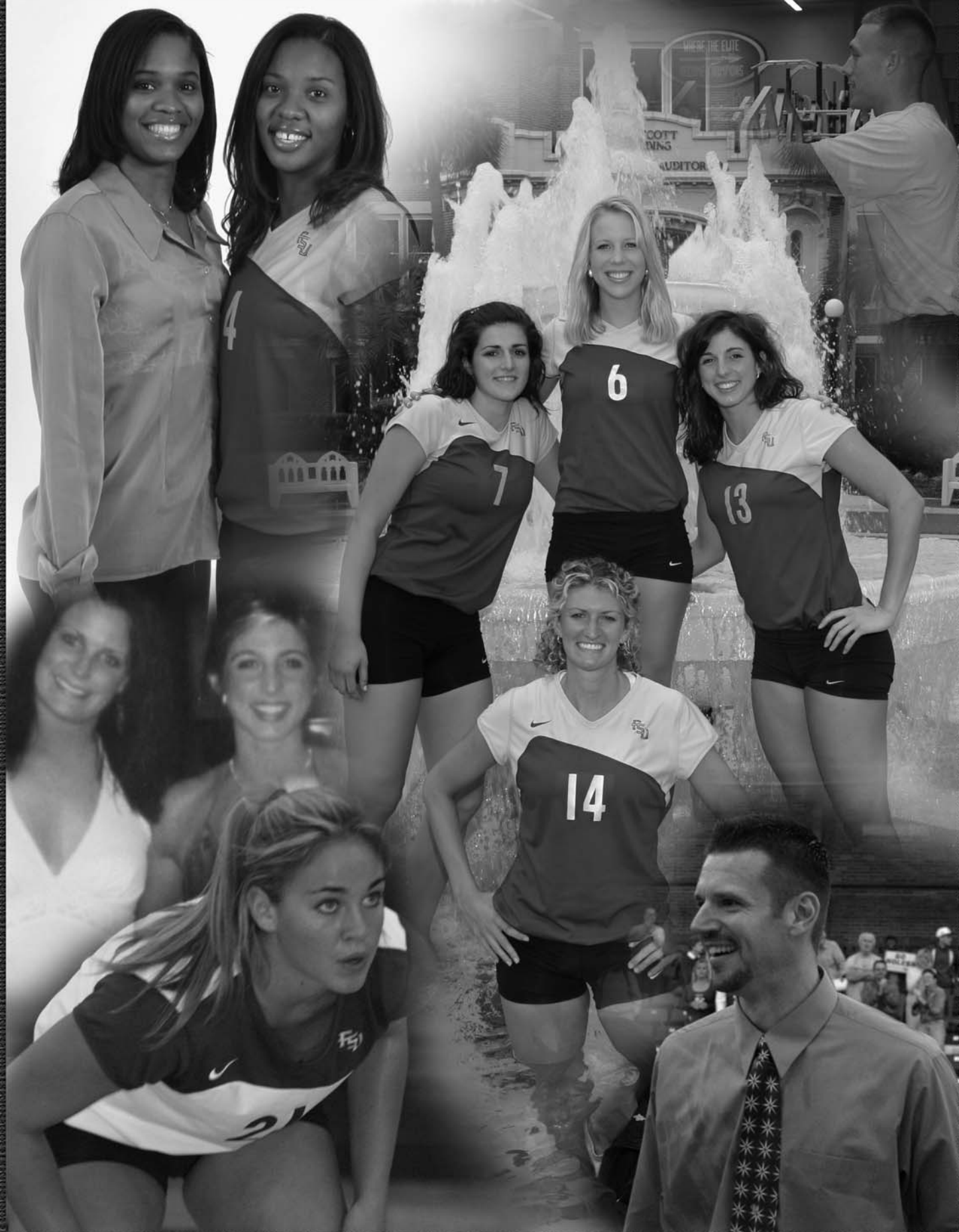
Brad Pitt - 6
 Justin Timberlake - 2
 Tai Diggs - 4



FLORIDA STATE



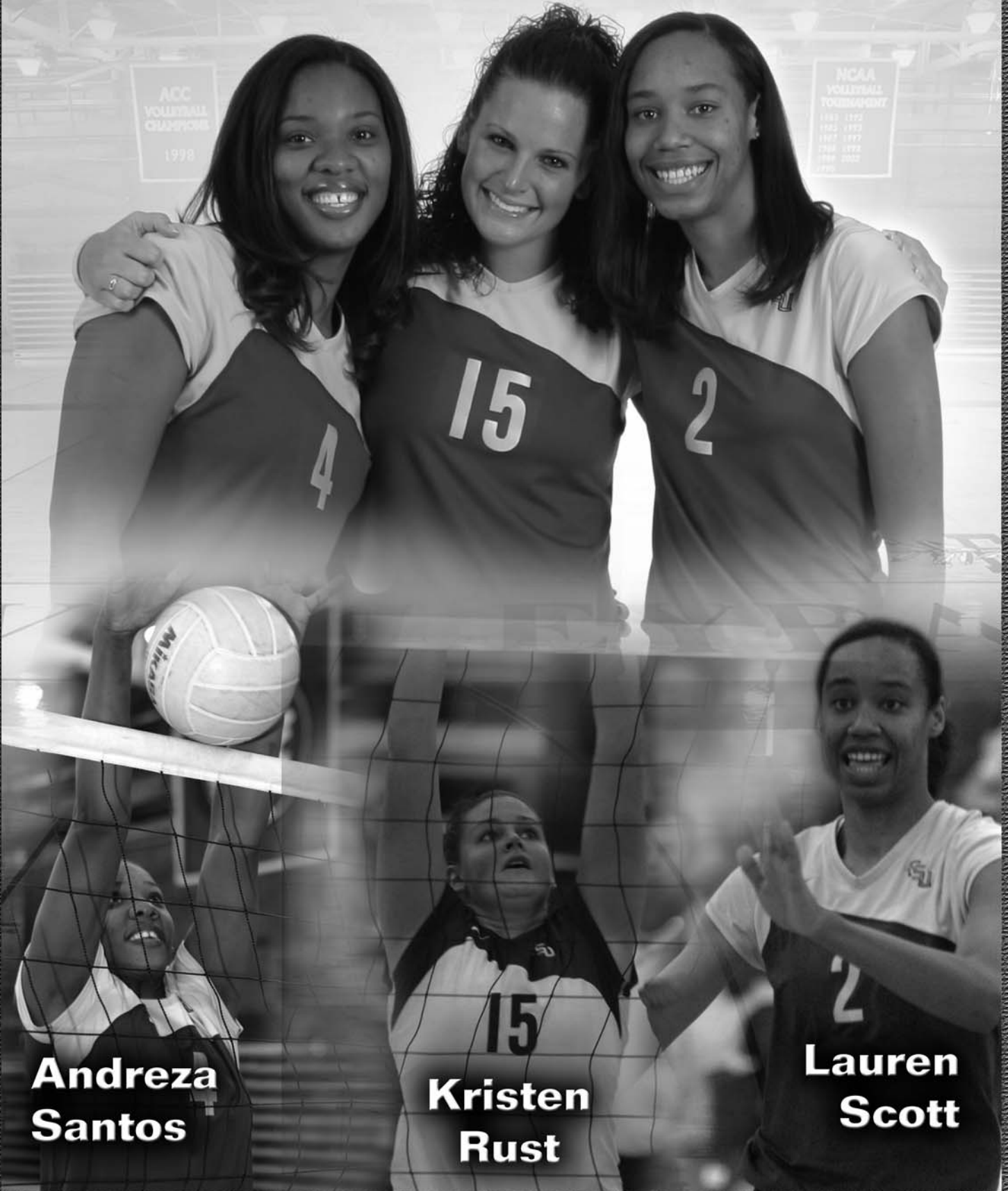
VOLLEYBALL 05



FLORIDA STATE

2005 Seniors

SENIORS



Andreza Santos

Kristen Rust

Lauren Scott