



FLORIDA STATE UNIVERSITY

SWIMMING AND DIVING
2010 - 2011

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QUICK FACTS & EXECUTIVE STAFF

University

Location: Tallahassee, Fla.
 Enrollment: 39,136
 Founded: 1851
 Symbol: Seminoles
 Colors: Garnet & Gold
 President: Eric J. Barron

FSU Athletics

Affiliation: NCAA Division I
 Conference: Atlantic Coast
 Athletics Director: Randy Spetman
 Associate AD (Swimming): Rob Wilson

Sports Information

Sports Information Director: Elliott Finebloom
 Swimming & Diving SID: Layne Herdt
 Email: layne.herd@gmail.com
 SID Office Phone: 850-645-2426
 SID Fax: 850-644-3820
 SID Mailing Address: P.O. Box 2195, Tallahassee, FL 32316
 SID Shipping Address: 403 Stadium Dr. W.
 Tallahassee, FL 32316

Swimming and Diving Quick Facts

Head Coach: Neil Harper (Louisiana State '90)
 Men's Record at FSU/Yrs.: 91-37/11 (.711)
 Men's Career Record/Yrs.: 91-37/11 (.711)
 Women's Record at FSU/Yrs.: 125-35/11 (.781)
 Women's Career Record/Yrs.: 140-46/13 (.753)
 Associate Head Coach: Andy Robins (William & Mary '83)
 Diving Coach: Patrick Jeffrey (Ohio State '88)
 Assistant Coaches: Katy Peterson (Virginia Tech '05)
 Gary Taylor (Minnesota '01)

Swimming & Diving Secretary: Jennifer Collins
 Office Phone: 850-644-7665
 Home Facilities: Morcom Aquatic Center

2009-10 In Review

Men's 2009-10 Record: 6-2 (3-1 ACC)
 2010 ACC Championships: 3rd (566.5 Points)
 2010 NCAA Championships: 19th (49.5 Points)
 Final CSCAA Ranking: 15
 Men's Letterwinners R/L: 26/6
 Men's Newcomers: 11

Women's 2009-10 Record: 8-3 (3-2 ACC)
 2010 ACC Championships: 3rd (545 Points)
 2010 NCAA Championship: 44th (4 Points)
 Final CSCAA Ranking: N/A
 Women's Letterwinners R/L: 18/6
 Newcomers: 12

Guide layout and design by Jason Hendrix. Written and edited by Layne Herdt and the Florida State Sports Information staff with special contributions from C.J. Hendry. Featured photography by: Ryals Lee, Ross Obley, Mike Olivella, Wade Rowland and Michael Schwarz. Special thanks for photography from the FSU Photo Lab and Florida State swimming and diving team.



Dr. Eric Barron
President



Randy Spetman
Director of Athletics



Monk Bonasorte
Senior Associate
Athletics Director



Dr. Allison Rich
Senior Associate Athletics Director
Senior Woman Administrator



Kevin Terry
Senior Associate
Athletics Director



Rob Wilson
Associate Athletics Director
Communications/Sport Oversight



Elliott Finebloom
Assistant Athletic Director
Sports Information Director



Layne Herdt
Video Producer
Swimming & Diving SID

FSU SWIMMING AND DIVING





FSU SWIMMING AND DIVING



Round: 6 Award 93.0
JUDGES

ATLANTIC COAST CONFERENCE
WOMEN'S SWIMMING & DIVING

FLORIDA STATE

FSU SWIMMING AND DIVING



The Florida State swimming and diving team has enjoyed a terrific start to the 2010-11 season. The Seminole men got things started with an international flair as senior Rob Holderness competed in the Commonwealth Games. Holderness represented his native Wales well placing sixth in the 200 breast and ninth in the 100 breast. Both swims were personal best times for Holderness who not only hopes to compete for All-American honors in both events, but he also has aspirations of making the 2012 Olympics.

UP 'TIL NOW

Even without their top breaststroker for half the season, the men's team has raced out to a 7-1, 2-0 record. The highlights coming to end 2010 with a championship at the Georgia Tech Invite where sophomore Mark Weber swam a blistering time of 19.83 to win the 50 free and an upset of the fourth-ranked Florida Gators in the first night meet at Morcom Aquatic Center.

Meanwhile on the women's side it has been a freshman that has been making the biggest waves to begin the season. The Seminoles are 9-1, 3-0 to begin the season and have already seen a pair of school records fall, a rare occurrence for the middle of the season. At the Georgia Tech Invite, the team of freshman Tiffany Oliver and seniors Holly Mills, Brittany Selts and C.J. Hendry broke the record in the 400 free relay. Yet the best was yet to come for the Garnet and Gold as the women earned their second ever victory against rival and fourth-ranked Florida. Oliver, this time broke an individual school record in the 100 free to pace the upset win. A great start to the season for sure, but there is more to come for the Seminoles as the team prepares for the ACC and NCAA meets in February and March. Stay tuned to www.seminoles.com for all of the latest information.



FSU SWIMMING AND DIVING

WOMEN'S ROSTER

Athlete	Class	Height	Event	Hometown (Previous School)
Katherine Adham	SR	5-5	Diving	Orlando, FL (Dr. Phillips)
Corey Allison	SO	5-6	Distance Free	Bradenton, FL (Dr. Phillips)
Jamie Barrell	SO	5-4	Breast, IM	Billings, MO (Butler)
Jessica Bessire	FR	5-4	IM, Fly	Sarasota, FL (Sarasota)
Charlotte Broadbent	JR	5-4	Distance Free, IM	Sheffield, England (Tipton)
Ashley Butler	FR	5-4	Sprint Free, Fly	Nassau, Bahamas (Bolles)
Katie Coleman	SO	5-5	Fly	Palm Harbor, FL (Palm Harbor)
Kelsey Goodman	FR	5-1	Diving	Moultrie, GA (Colquitt County)
Marissa Harrington	SO	5-6	Distance Free	Bradenton, FL (Manatee)
Emily Harris	SO	5-11	Back	St. Louis, MO (Webster Groves)
C.J. Hendry	SR	5-6	Fly, Back	Evans, GA (Evans)
Julia Henkel	FR	5-10	Distance Free, IM	Roswell, GA (Roswell)
Jaq Horner	SR	5-5	Diving	Minneapolis, MN (Edina/Minnesota)
McKayla Lightbourn	FR	5-6	IM, Back, Breast	Sarasota, FL (Booker)
Sara McMahon	FR	5-9	Free	Dunwoody, GA (Dunwoody)
Holly Mills	SR	5-6	Free	Ruislip, England (St. Augustine Priory)
Tiffany Oliver	FR	5-9	Sprint Free	Southwest Ranches, FL (West Broward)
Kristine Polley	SO	5-9	Breast, IM	Marietta, GA (Sprayberry)
Tori Richmond	JR	5-4	Breast, IM	Palm City, FL (The Bolles School)
Lisi Rowland	JR	5-3	Diving	Chicago, IL (Loyola Academy)
Jessica Sabotin	JR	5-11	IM, Breast, Fly	Altamonte Springs, FL (The Trinity School)
Casey Sandlin	SO	5-9	Sprint Free	Jacksonville, FL (Bolles)
Stephanie Sarandos	JR	5-7	Back, IM	Waukesha, WI (Kettle Moranie)
Brittany Sells	SR	5-7	Fly, Sprint Free	Miami, FL (Palmetto)
Kendall Sieron	FR	5-5	Breast	Jacksonville, FL (Bolles)
Caroline Smith	SO	5-5	Distance Free, IM	Lexington, NC (South Davidson)
Katie Torres	FR	5-4	Breast	Palm Harbor, FL (East Lake)
Hannah Wilson	FR	5-4	Free, Fly	Tupelo, MS (Tupelo)

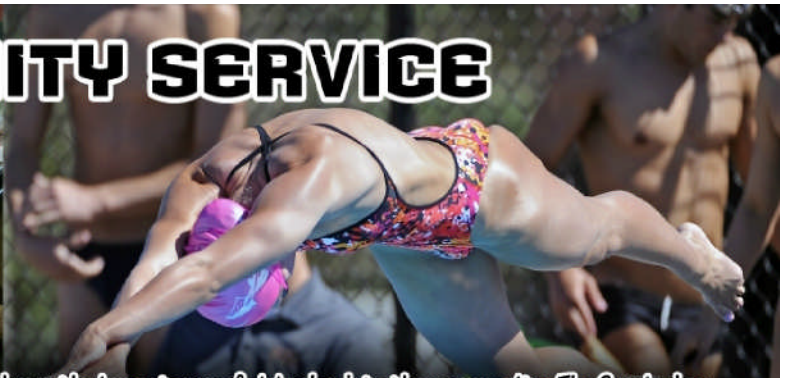


MEN'S ROSTER

Athlete	Class	Height	Event	Hometown (Previous School)
Michael Aitken	JR	6-2	Fly	Durham, NC (Northern)
Trice Bailey	SO	6-3	Sprint Free	Lake Mary, FL (Seminole)
Tyler Ball	SO	6-0	Distance Free, IM	Apollo Beach, FL (East Bay)
Mark Cox	SO	5-10	Fly	Sarasota, FL (Venice)
Mateo DeAngulo	JR	5-11	Distance Free	Cali, Colombia (Indian River State College)
Jack Deedrick	FR	6-2	Distance Free	Tampa, FL (Home-Schooled)
Alex Fernandez	SO	6-0	IM	Coral Springs, FL (Major Stoneman Douglas)
Robby Hayes	SR	6-0	Fly, IM, Free	Alpharetta, vGA (Marist School)
Rob Holderness	SR	5-10	Breast, IM	Bulleigh, Somerset, England (Millfield)
Jordan Horsley	SR	5-9	Diving	Lawrenceville, GA (Indian River State College)
Hibai Iriondo	SO	5-11	Free	Dania, FL (Fl. Lauderdale)
Nick Klein	SO	5-9	Diving	Chapel Hill, NC (East Chapel Hill)
Landon Marzullo	SR	5-8	Diving	Columbus, OH (Worthington Kilbourne/Indiana)
Brad Morrison	SO	5-11	Back	Land O' Lakes, FL (Sunlake)
Paul Murray	FR	6-1	Sprint Free, Fly	Coconut Creek, FL (American Heritage)
Mike Neubacher	SR	5-7	Diving	Windermere, FL (Olympia/LSU)
Thomas Neubacher	FR	5-9	Diving	Windermere, FL (Olympia)
Danny Nguyen	SO	5-10	Fly	Snellville, GA (Brookwood)
Stephen Pendleton	SR	6-2	Free	Northfield, IL (New Trier/Denver University)
Timothy Romano	FR	5-8	Fly, Free	Jacksonville, FL (Bolles)
Ian Rowe	SR	5-9	Distance Free, IM	Towson, MD (Towson)
Tyler Sell	FR	6-2	Distance Free	Pembroke Pines, FL (West Broward)
Matt Shead	SR	6-4	Breast, IM	Welling, Kent, England (Millfield)
James Taddeo	JR	5-10	Free	Clearwater, FL (Countryside)
Jonathan Taddeo	FR	6-2	Free, Back, IM	Clearwater, FL (Countryside)
Matt Taylor	FR	5-11	Free	Raleigh, NC (Sanderson)
Mike Thomas	FR	5-11	IM	Baltimore, MD (Calvert Hall)
Nicholas Thomson	FR	6-1	Sprint Free	Warwick, Bermuda (Mercersburg)



COMMUNITY SERVICE



Once again, the Florida State swimming and diving team has shown the importance of giving back to the community. The Seminoles enjoy taking time out of their schedule to volunteer at several locations around Tallahassee. For the second consecutive year the Garnet and Gold donned their pink caps to support Florida State's "Paint it Pink" campaign. The funds from the "Paint it Pink" campaign will enable the Tallahassee Memorial Sharon Ewing Walker Breast Health Center to reach more women with its comprehensive array of services which include digital mammography, early diagnosis breast cancer counseling, patient navigation and image recovery services.



And the team's philanthropic heart reaches outside the area as well. During their annual training trip in Naples, Fla., both the Seminole men's and women's squads also donated their time in the community. Both programs participated in lending their help at the Fleischmann Afterschool Club or the Harbor Chase Assisted Living Facility. The Fleischmann Afterschool Club was developed as an afterschool stop for children of working parents and Harbor Chase is the home to older adults who would like to enjoy the company of others, or have special needs that give them the inability to live on their own.



FSU SWIMMING AND DIVING



MORCOM AQUATIC CENTER



In 2008 Florida State opened its new \$10.5 million Morcom Aquatic Center. The state-of-the-art facility is located off-campus next to the Don Veller Seminole Golf Course. The main pool features up to 30 practice lanes and maintains a temperature of 80 degrees. FSU will be swimming in the same pool that hosted the 2005 FINA World Championships in Montreal, Canada. During those World Championships nine world records were broken. Included in the record-breaking performances were American's Aaron Peirsol (200m back), Ian Crocker (100m fly) and Jessica Hardy (100m breast).

The diving well features two one-meter and two three-meter springboards as well as one, three, five, seven-and-a-half and 10 meter platforms. The platforms are 10 feet wide making them the widest in the nation. The diving pool is kept temperature controlled at 82 degrees and also features a compression bubble used to soften a diver's impact during entry while practicing platform dives. Divers will also be able to practice their dives using the dry land equipment that includes two springboards attached to an intricate rope and pulley system and a trampoline.

Spacious locker rooms and coach's offices are located in the adjoined 10,000 square-foot building, which house the athlete's equipment and coaching staff.

In the summer of 2009 Morcom Aquatic Center earned national recognition for hosting two highly regarded diving events. In July 2009 the U.S. National Diving team used the facility to train for the World Championships in Rome, Italy. In August 2009, the Morcom Aquatic Center hosted the USA Diving National Championships. Over 100 of the nation's best divers competed on Florida State's boards for the honor of becoming a U.S. National Champion.

In the fall of 2010 the Seminoles added a state-of-the-art scoreboard. The 16'9" LED board offers a 140-degree horizontal viewing angle and is 126 lines of resolution high and 234 columns of resolution wide.



FSU SWIMMING AND DIVING

With 82 ACC Champions and 54 NCAA All-American honors and one National Champion, Neil Harper's Florida State squads are continually at the top of the ACC standings and in the running at the NCAA Championships.

Neil Harper
Head Coach
12th Year
Louisiana State, 1990

HARPER'S COACHING RESUME:

1999-present: Head Coach, Florida State University
1997-99: Head Women's Coach, Ohio State University
1994-97: Assistant Coach, Florida State University
1988-94: Assistant Coach, Louisiana State University

INTERNATIONAL SWIMMING EXPERIENCE:

1984: Great Britain Olympic Games Team (Los Angeles, USA)
1986: England Commonwealth Games Team (Edinburgh, Scotland)
1986: FINA World Championships Team (Madrid, Spain)
1988: Great Britain Olympic Games Team (Seoul, South Korea)

INTERNATIONAL COACHING EXPERIENCE:

2004: Swaziland Olympic Games Team (Athens, Greece)
2003: FINA World Championship Team Coach (Barcelona, Spain)
2002: Commonwealth Games Team Coach (Manchester, England)
2001: FINA World Championships Team Coach (Fukuoka, Japan)
2000: South African Olympic Games Team (Sydney, Australia)



Entering his 12th year in Tallahassee, his experience has helped Florida State divers re-write the ACC and Seminole record books year after year.

Patrick Jeffrey
Diving Coach
12th Year
Ohio State, 1998
Ohio State Hall of Fame, 2005

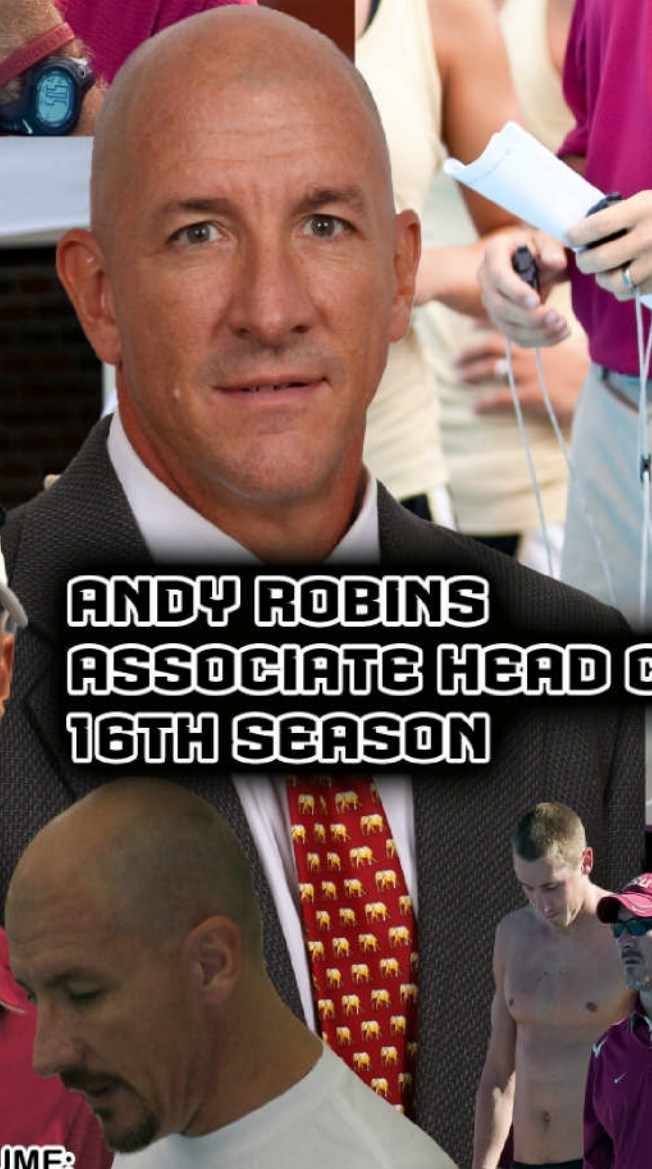
JEFFREY'S DIVING RESUME:

- 1988 United States Olympic team
- 1996 United States Olympic team
- 1996 US Olympic Trials Champion
- 5-time US National Champion
- 3-time NCAA Division I Champion
- 2-time Pan Am Bronze Medalist
- 2-time U.S. World Cup Team Member
- U.S. Good Will Games Team Member
- Many Time International

JEFFREY'S COACHING RESUME:

- 2009: World Championship Team
- 2007: World Student Games Team
- 2001: U.S. World Championship Team
- 2000: U.S. Olympic Team
- 1999 U.S. World Cup Team
- 1999-present: Diving Coach, Florida State
- 1998: Junior National Team
- 1997: US World Cup Team
- 1996-present: U.S. Senior National Team
- 1996-99: Diving Coach, Atlantic Diving Team





**ANDY ROBINS
ASSOCIATE HEAD COACH
16TH SEASON**



ROBINS' COACHING RESUME:
2002-present: Associate Head Coach, Florida State
1995-2001: Assistant Coach, Florida State
1993-97: Head Coach, ATAC
1990-91: Head Coach, Florida All-Stars
1989: Assistant Coach, Florida All-Stars
1986-91: Head Coach, Leon High School
1985-92: Assistant Coach, ATAC



ASSISTANT COACHING STAFF



Katy Peterson
Assistant Coach
3rd Year
Virginia Tech, 2005



Gary Taylor
Assistant Coach
3rd Year
Minnesota, 2001



Yahya Radman
1st Season
Indiana University, 2005



GRADUATE ASSISTANTS & VOLUNTEERS



Alison Gschwend
2nd Year Graduate Assistant
University of Iowa - 2009



Kyle Hastings
1st Year Volunteer Coach
West Virginia Wesleyan - 2003



Chelsea Ale
1st Year Graduate Assistant
North Carolina State - 2010

FSU SWIMMING AND DIVING



FSU ATHLETICS SUPPORT STAFF



Vanessa Fuchs
Associate Athletics Director
Compliance



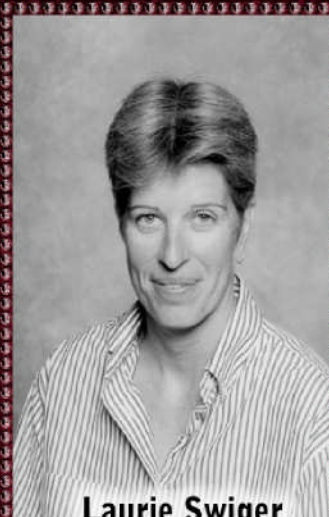
Sarah Griffin
Accounting Specialist



Cathy Badger
Academic Coordinator



Kim Hinckley
Aquatics Coordinator



Laurie Swiger
Facilities Director



Bryn Musser
Marketing Assistant



Brandi Stuart
Assistant Athletics Director
Student Services



FSU SWIMMING AND DIVING

SWIM AND DIVING SUPPORT STAFF



Jen Collins

Swimming & Diving Secretary



Myra Atwell

Equipment Manager



Meredith Martelle

Manager



Elysia Moreland

Manager



Stevi Steinhauer

Manager



Andy Hodgson

Manager



Shannon McClellan

Manager

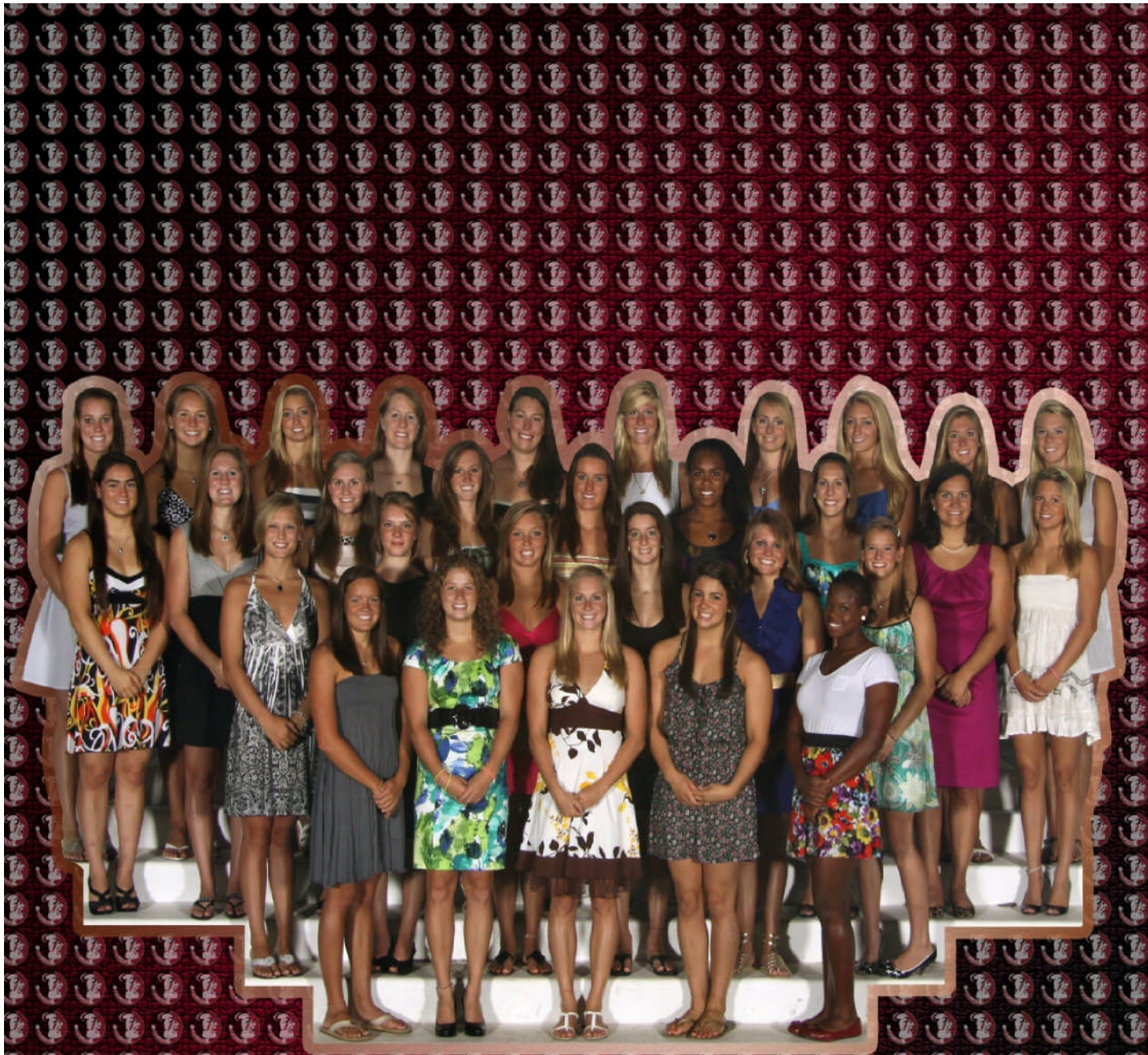


Kyle Epting

Manager

FSU SWIMMING AND DIVING





FLORIDA STATE UNIVERSITY WOMEN'S SWIMMING AND DIVING



WOMEN'S BIOGRAPHIES



Katherine Adham
Diving
Senior

Three-Time NCAA Zone Qualifier
All-ACC Performer
Two-Time All-ACC Academic Team
Three-Time ACC Academic Honor Roll
CSCAA Honorable Mention
Scholar All-American



C.J. Hendry
Fly, Back
Senior

School Record Holder



Jacqueline Horner
Diving
Senior

All-ACC Academic Team
ACC Honor Roll



Holly Mills
Free
Senior

All-ACC Academic Team
Three-Time ACC Honor Roll
School Record Holder



Brittany Selts
Fly, Free
Senior

School Record Holder



Charlotte Broadbent
Back, Free
Junior

NCAA Qualifier
All-ACC
School Record Holder

WOMEN'S BIOGRAPHIES



Elysse Rowland
Diving
Junior

All-ACC Academic Team
Two-Time ACC Academic
Honor Roll
CSCAA Scholar Athlete
Honorable Mention All-American



Jessica Sabotin
IM, Fly, Breast
Junior

All-ACC Academic Team
Two-Time ACC Academic
Honor Roll
School Record Holder
CSCAA Scholar Athlete
Honorable Mention All-American



Stephanie Sarandos
Backstroke
Junior

Two-Time NCAA Qualifier
NCAA Finalist
All-ACC
All-ACC Academic Team
CSCAA Scholar Athlete All-American
Two-Time ACC Academic Honor Roll
School Record Holder



Corey Allison
Distance Free
Sophomore



Jamie Barrett
IM
Sophomore



Katie Coleman
Fly
Sophomore



WOMEN'S BIOGRAPHIES



Marissa Harrington
Distance Free
Sophomore

NCAA Qualifier
All-ACC Academic Team
ACC Academic Honor Roll
School Record Holder



Emily Harris
Back
Sophomore



Kristine Polley
Breast
Sophomore

All-ACC Academic Team
ACC Honor Roll



Casey Sandlin
Free
Sophomore

ACC Honor Roll



Carolina Smith
Distance Free
Sophomore

ACC Honor Roll
School Record Holder



Jessica Bessire
IM, Fly
Freshman

WOMEN'S BIOGRAPHIES



Ashley Butler
Sprint Free, Fly
Freshman



Kelsey Goodman
Diving
Freshman



Julia Henkel
Distance Free, IM, Fly
Freshman



Ashley Hicks
Back, Free, IM
Freshman



McKayla Lightbourn
IM, Back, Distance Free
Freshman



Sara McMahon
Free
Freshman



WOMEN'S BIOGRAPHIES



Tiffany Oliver
Sprint Free
Freshman



Kendall Sieron
Breast
Freshman



Katie Torres
Breast
Freshman



Hannah Wilson
Fly, Free
Freshman



Katrina Young
Diving
Freshman



Tori Richmond
Breast, IM
Junior



FLORIDA STATE UNIVERSITY MEN'S SWIMMING AND DIVING



MEN'S BIOGRAPHIES



Robby Hayes
Fly, IM, Free
Senior

NCAA Honorable
Mention All-American
NCAA Qualifier
Two-time School Record Holder
Two-Time All-ACC Academic Team
Two-Time ACC Honor Roll



Rob Holderness
Breast, IM
Senior

NCAA Honorable
Mention All-American
ACC Champion
NCAA Qualifier
Four-Time All-ACC
CSCAA Scholar Athlete All-American
All-ACC Academic Team

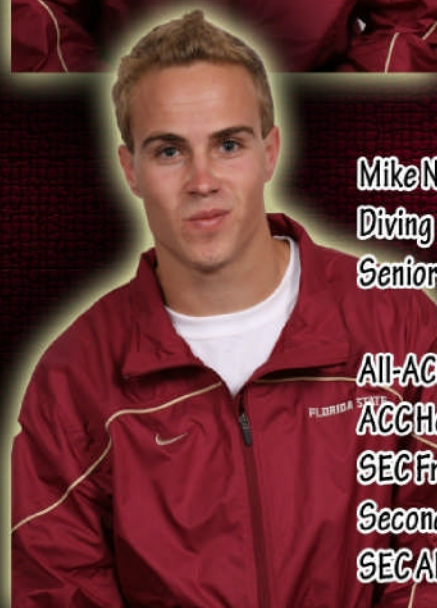


Jordan Horsley
Diving
Senior



Landon Marzullo
Diving
Senior

Two-Time All-American
Five-Time Honorable
Mention All-American
All-ACC
2008 Big Ten
Diver of the Year



Mike Neubacher
Diving
Senior

All-ACC
ACC Honor Roll
SEC Freshman Diver of the Year
Second Team All-SEC
SEC All-Freshman Team



Stephen Pendleton
Free
Senior

NCAA Honorable
Mention All-American
NCAA Qualifier
School Record Holder



MEN'S BIOGRAPHIES



Ian Rowe
Distance Free, IM
Senior

NCAA Honorable
Mention All-American
All-ACC
NCAA Qualifier



Matt Shead
Breast
Senior

Two-Time ACC
Honor Roll



Michael Aitken
Fly
Junior



Mateo DeAngulo
Distance Free
Junior

2010 NJCAA
Swimmer of the Year



James Taddeo
Free
Junior



Trice Bailey
Free
Sophomore



FSU SWIMMING AND DIVING

MEN'S BIOGRAPHIES



Tyler Ball
Distance Free, IM
Sophomore



Mark Cox
Fly
Sophomore



Alex Fernandez
IM
Sophomore

ACC Academic Honor Roll



Hibai Iriondo
Free
Sophomore

ACC Honor Roll



Nick Klein
Diving
Sophomore

All-ACC Academic Team
ACC Academic Honor Roll



Brad Morrison
Back
Sophomore

FSU SWIMMING AND DIVING



MEN'S BIOGRAPHIES



Daniel Nguyen
Fly
Sophomore



Mark Weber
Free
Sophomore



John Deedrick
Distance Free
Freshman



Paul Murray
Sprint Free, Fly
Freshman



Thomas Neubacher
Diving
Freshman



Tim Romano
Fly, Free
Freshman



MEN'S BIOGRAPHIES



Tyler Sell
Distance Free
Freshman



Robert Swanbeck
Back, Free
Freshman



Jonathan Taddeo
Free, Back, IM
Freshman



Matt Taylor
Free
Freshman



Mike Thomas
IM
Freshman



Nicholas Thomson
Sprint Free
Freshman

WOMEN'S 2009 - 2010 REVIEW

Women's 2009-10 Record: 8-3 (3-2 ACC)
ACC Championships: 3rd (545 Points)
2010 NCAA Championships: 44th (4 Points)

All-Americans

Stephanie Sarandos- Honorable Mention 200 Back

All-ACC

Katherine Adham- 3rd-place One-Meter
Charlotte Broadbent- 3rd-place 1650 Free
Aleia Monden- 2nd-place Platform
Stephanie Sarandso- 3rd-place 200 Back
Katie Sirounis- 3rd-place Three-Meter

School Records

Charlotte Broadbent- 1650 Free
Marissa Harrington- 1000 Free
Stephanie Sarandos- 100 & 200 Back
Caroline Smith- 500 Free
400 Free Relay- Holly Mills, C.J. Hendry, Stevi Steinhauer, Jocelyn Phillips
800 Free Relay- Mills, Hendry, Sarandos, Phillips

All-ACC Academic Team

Katherine Adham
Marissa Harrington
Holly Mills
Aleia Monden
Kristine Polley
Jaq Horner
Katie Sirounis
Stevi Steinhauer



FSU SWIMMING AND DIVING

MEN'S 2009 - 2010 REVIEW

Men's 2009-10 Record: 6-2 (3-1 ACC)
2010 ACC Championships: 3rd (566.5 Points)
2010 NCAA Championships: 19th (49.5 Points)

All-Americans

Terry Horner- One and Three-Meter
Andy Hodgson- Honorable Mention 200 Back
Rob Holderness- Honorable Mention 200 Breast
Landon Marzullo- Honorable Mention One and Three-Meter

All-ACC

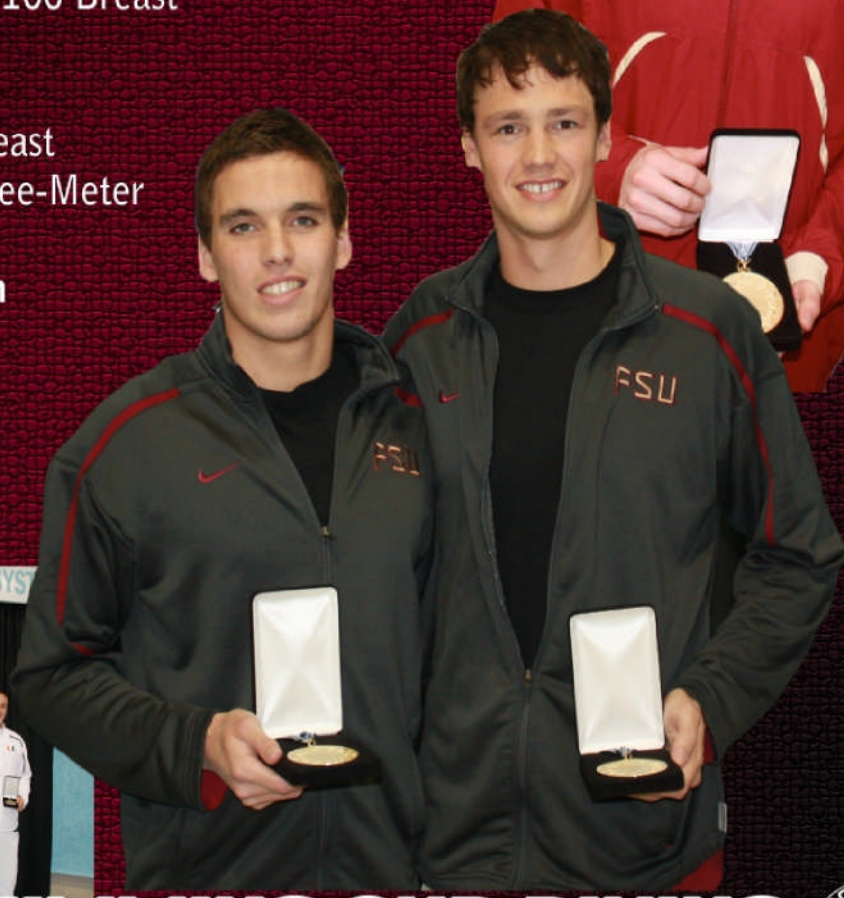
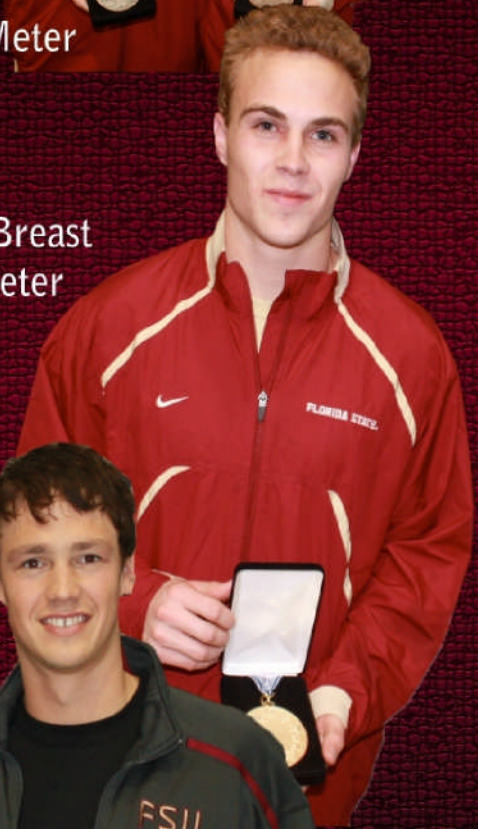
Andy Hodgson- 1st-place 200 Back
Rob Holderness- 1st-place 200 Breast, 2nd-place 100 Breast
Terry Horner- 1st-place Three-Meter, 2nd-place One-Meter
Landon Marzullo- 3rd-place One-Meter
Mike Neubacher- 3rd-place Platform
Scott Thacker- 1st-place 100 Breast

School Records-

Rob Holderness- 200 Breast
Terry Horner- One & Three-Meter

All-ACC Academic Team

Robby Hayes
Rob Holderness
Glenn Kalata
Nick Klein



FSU SWIMMING AND DIVING



NATIONAL CHAMPIONS

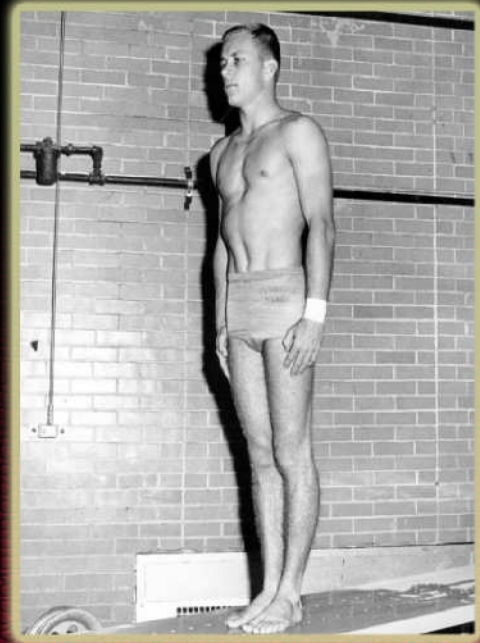
Since the inception of the program in 1949, Florida State swimming and diving has had their share of All-Americans. The Seminoles have racked up a combined 182 All-American certificates in 58 years. In addition to the All-American accolades, FSU boasts six National Champions, at least one every decade since 1960. A sure sign that Florida State is on their way to being on of the elite programs in the country.

CURT GENDERS - ONE-METER DIVING (1961)

Before Dave Cowens, Deion Sanders or Charlie Ward, Curt Genders was considered to be "Possibly the greatest athlete in Florida State history" in the 1964 swimming and diving media guide.

The moniker was well earned as Genders became the first swimmer or diver to ever earn All-America honors in three different seasons as he picked up the award from 1959-61 on the one-meter board as well as three-meter board or "high board" as it was called back in the 1960's.

A native of Sarasota, Genders saved his best NCAA meet for his last. During the 1961 competition, he defeated a pair of Olympians on his very last dive to claim the title on the one-meter board, a first for Florida State swimming and diving.



PHIL BOGGS - ONE-METER DIVING (1971)

Ten years after Curt Genders brought home the program's first national championships and once again it was on the one-meter diving. While most of the swimmers and divers recruited by Florida State today have national accolades, Boggs was not well known outside of his hometown of Akron, Ohio.

Despite standing in at just 5-foot-5, Boggs was actively involved in diving, football, baseball and track, but it wasn't until his junior year that he fully turned his attentions to the springboard. Working with FSU graduate Dick Wells at Firestone High School, he began his journey to national recognition and eventually an Olympic gold medal.

Following a satisfactory freshman season, instead of returning to Ohio, Boggs spent the summer in Ft. Lauderdale, training with coach Bill Barton. Barton's work that summer had a tremendous impact as the very next season Boggs placed fourth on the one-meter board at the 1969 NCAA Championships. His All-America certificate was the first by a Seminole diver since Genders in 1961. "It was fun," Boggs said of his summer under Barton's tutelage. "He was the first person to tell me that I had the opportunity to compete on the national level."

The improvement continued the next as he moved up two spots on the one-meter board while adding All-America recognition during the three-meter competition. His final season Boggs climbed to the top of the diving mountain with a national championships on the one-meter. At the time, Boggs' five All-America awards tied him with Genders for the most in the program's history and the diving duo currently rates third. Five years after winning the national championships for the Seminole, Boggs went on to claim a gold medal on the one-meter board at the 1976 Olympics in Montreal.



WOMEN'S 200 FREE STYLE & 200 MEDLEY RELAYS (1982)

The women's program went out on a high note in its last AIAW Championships as it won a pair of relay titles. The Seminoles finished second to Texas in the team standings thanks to championships in the 200 freestyle and medley relays.

Getting Florida State's first women's national championship in swimming was the quartet of Meg McCully, Sharon Spuler, Laurie Lehner and Simone Kusseling in the 200 medley relay. The foursome set a new school record with a winning time of 1:42.86. Up next was a title in the 200 free relay as Spuler, Lehner and Kusseling were joined by Lenore Gribble to post a top time of 1:33.50 to set another Seminole standard.

A tribute to the talent on that year's team, both relay marks would stand for more than 15 years. It wasn't until 1999 that the 200 free relay record was taken down and on the 20th anniversary of the 200 medley relay title, the record was finally broken. The 200 medley and free relays were the centerpiece of one of the most successful years in the program's history. Eight different swimmers came home with All-America certificates, including five that amassed 12 individual awards to go along with accolades in four of the five relays. The following year Florida State competed at its first Women's NCAA Championships after the national governing body began sponsoring the sport the year before.



FSU SWIMMING AND DIVING

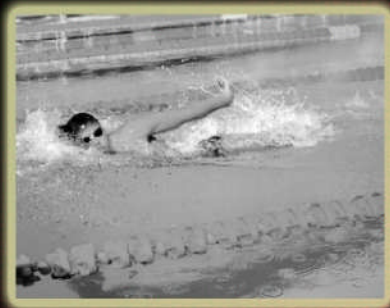
NATIONAL CHAMPIONS

STEPHEN PARRY - 200 BUTTERFLY (1997)

Within the first 23 years of the program, Florida State had a pair of national champions, but after Phil Boggs in 1971, it would be another 36 years before a Seminole stood on top of the podium at the NCAA meet. Florida State returned to men's swimming and diving glory in 1997 when Stephen Parry put the program back on the map. Parry trained in crowded pools and limited facilities in Liverpool, Great Britain, but from that setting came great accomplishments.

He was the 1994 Junior European Champion and the 1995 England National Champion in the 200-f y. Parry found his first year at FSU to be a challenge, having to adjust to a new training program, a new school and new country all together. But it was after the British Trials that he knew he had to change something. He returned to FSU with a new ambition — a team victory at the Atlantic Coast Conference Championships and a top five finish in the NCAA. He took advantage of the training facilities and started working harder and longer.

At the 1997 NCAA championship meet in Minneapolis, Minnesota, Parry and his teammates achieved several honors. Dedekind became the first FSU swimmer to achieve three All-America finishes and all five Seminole relay teams scored for the Seminoles. But perhaps the greatest accomplishment came on the night of March 29th when Parry, who was seeded first in the 200-f y going into the finals, won the first national championship for swimming in FSU history. His pool record time of 1:44.28 won him the title and helped etch his name in the Seminole record books. "I wasn't really thinking about it (the championship) at the time," Parry said. "Going into the race seeded first, there was some pressure but I wasn't expecting to win. It was more of a shock than anything else. I just swam the race the way coach planned it out. It really didn't hit me until I got back to Tallahassee that I had won a national championship. And it wasn't even until this summer that I realized I'm as good as the best swimmers in the nation."



BRENDON DEDIKIND - 50 FREE (1997)

100 BREASTSTROKE (1998)

Swimming in a lane with six and seven people is not the ideal training conditions for an Olympic swimmer. But for Brendon Dedekind, it was the starting point for what would soon become a successful career in collegiate and international competition. After the 1992 South African Nationals, he began to pursue that dream. Dedekind sent out 32 applications to United States universities and received many prospect questionnaires, but no scholarships materialized. So in 1993 he enrolled in engineering classes in South Africa and gave up on the dream. In 1993 the tables began to turn for Dedekind and he started to see the dream becoming a reality. Neil Harper, an assistant coach at FSU at the time, received a phone call from former

LSU teammate, Darryl Cronje, a fellow South African swimmer, telling him about a South African who could be an asset to the team. Not too long after, Dedekind received a call from then assistant head coach Neil Harper offering him a scholarship.

As a freshman in 1995, he qualified for the NCAA Championships at the University of Texas. Although he made the consolation finals in the 50-free and won the heat finishing ninth, he was still overwhelmed by the facility and the stronger, faster swimmers. This gave him more incentive to train and work harder for the next season. The following March, Dedekind started to make his mark in FSU swimming history. With one NCAA meet under his belt, Dedekind felt more relaxed and less overwhelmed by the enormity of the competition at the 1997 Championships at Minnesota. That year he became the first swimmer in FSU history to garner All-America honors in three events as he finished in the top five of the 50 and 100 freestyle—including the fastest 50 free heat in NCAA history—as well as the 100 breaststroke.

In the 1998 NCAA meet at Auburn, his 19.17 qualifying time in the 50 free set a new pool record and gave him the top seed going into the evening competition. That night, Dedekind dominated the competition and became only the second swimmer in FSU history to win an individual title, taking first in the 50 free. "I took the race as just another race," Dedekind remarked. "It was really exciting to win the 50-free, but I was still not satisfied with my time. I think I could have swam faster that night."

Satisfaction came in his senior year, but not in the 50 free. Dedekind entered the 1999 NCAA Championships qualified in the 50 and 100 free and the 100 breaststroke. He walked away with yet another title, but this time it was in the 100-breast.

A participant in the 1996 and 2000 Summer Olympic Games, Dedekind's Florida State career will come full circle in the fall of 2004. Dedekind became the eighth Seminole from the swimming and diving team to be elected to the Florida State Hall of Fame.

TERRY HORNER - ONE-METER DIVING (2007)

After taking home two diving National Titles in 10 years it would be another 36 until FSU would once again have a diver atop the podium. Not only did Terry Horner bring home the Seminoles first diving championship in more than three decades, he became the first freshman swimmer or diver to do so. Horner's 6 dive total of 399.35 put the freshman from Orlando in elite company. He, along with Seminole sprinter Walter Dix are the only FSU athletes to ever win an individual National Championship as freshmen.

Horner was able to pull away early when his second dive of the finals scored a 9.0 from all seven judges. He was able to seal the deal on his final dive where he received four more 9.0 scores. Horner now joins Seminole legend Curt Genders and Olympic Gold Medalist Phil Boggs as diving National Champions. Horner finished his career as a six-time All-American and two-time honorable mention All-American and will no doubt be part of the Florida State Hall of Fame class of 2020.



FSU SWIMMING AND DIVING



HISTORY AND RECORDS



ACC CHAMPIONS



ALL-AMERICANS

**TOP
10**

ALL TIME TOP 10



FSU ALL-TIME RECORDS



FSU SWIMMING AND DIVING

INTERNATIONAL COMPETITION

When the collegiate careers of Florida State University swimmers and divers are finished, it doesn't necessarily mean they are done in the water. Over the last ten years current and former Seminoles have made a name for themselves on the international scene. Representing ten different countries, Florida State athletes have competed at the top level of swimming and diving in biggest events on the planet, including the Olympics and World Championships.

2010 Commonwealth Games

Senior Rob Holderness began his final season at Florida State in Dehli, India, competing in the Commonwealth Games. Holderness represented his native Wales in style placing sixth in the 200 breast and ninth in the 100 breast. The Honorable Mention All-American hopes that this meet will be a stepping-stone to the 2012 Olympics in London.

2009 World Diving Championships

Florida State diver Terry Horner accomplished many things as a Seminole, but perhaps one of his greatest achievements was representing his country at the 2009 World Championships in Rome, Italy. The NCAA Champion qualified for the event on the one-meter and earned the opportunity to compete against the worlds elite on one of the events biggest stages.

2008 FINA World Junior Swimming Championships

Sophomore Rob Holderness competed against some of the world's best young swimmers and placed third in the 200 breast at the 2008 FINA World Junior Swimming Championships in Monterrey, Mexico. Holderness touched the wall in 2:15.67 to earn a bronze medal.



2008 U.S. National Diving Championships

Florida State divers turned in a tremendous performance at the U.S. National Diving Championships in Pasadena, Calif. Junior Terry Horner won the National Championship on the one-meter board with a score of 360.80. Horner followed up his national title with a third-place finish on the three-meter with a career best score of 435.20. Senior Dan Frebel finished seventh on the platform scoring 321.05 points and teamed with fellow senior Scott Derner to finish fourth in the three-meter synchro competition (341.07). Junior Aleia Monden also had a great showing placing third in the platform synchro event with partner Jacqueline Schroeder (241.44).

2008 U.S. Open

Several Seminoles made the trip to Minneapolis, Minn. to compete in the 2008 U.S. Open. Red-shirt senior Kyle Young made the most of his opportunity placing second in the 800 free (8:03.91), eighth in the 1500 free (15:30.85) and 11th in the 400 free (3:55.61). Junior Nick Graves also had an outstanding meet finishing fifth in the 800 free (8:10.44), seventh in the 1500 (15:30.47) and 24th in the 400 free (3:59.54). Senior Georgia Holderness competed in the 200 breast finishing 21st (2:35.68) and the 200 IM placing 48th (2:22.52)

2007 World University Games

In 2007 three Florida State athletes competed in the World University Games in Bangkok, Thailand. Jarryd Botha, Dan Frebel and Terry Horner competed against the world's best swimmers and divers with Horner coming away with the group's best finish a seventh place mark on the 1m board. Horner was the highest American finisher in the event.

FSU SWIMMING AND DIVING



INTERNATIONALE COMPETITION

Stephen Parry

- Represented England in many major competitions around the world
- Won the bronze medal in the 200 butterfly at the 2004 Athens Olympics.
- Placed fourth at the 2003 World Championship in the 200 meter fly.
- Finished sixth in the 200-fly at the 2000 Sydney Olympics
- Finished fifth in the 200m fly at the 1999 European Championships in Istanbul, Turkey
- Finished sixth in the 200-fly at the 1995 World University Games at Tokyo
- British National Champion in the 100- and 200-fly in 1996 and the 200-fly in 1994 and 1995
- Finished third at the European Championships in the 200-fly in 1997
- Was fourth in the 200-fly at the 1997 World University Games
- Finished sixth in the 200-fly and competed in the 100-fly at the 1998 World Championships in Perth, Australia
- Finished third in the 200-fly at the 1998 Commonwealth Games
- Was a member of the 1998 gold medal World All Star team at the Goodwill Games in New York

Rob Braknis

- Competed for Canada at the 1996 Olympics in Atlanta
- Finished 16th in the 100-back and was a member of the 12th place 400-medley relay

Brendon Dedekind

- Represents South Africa in many major competitions around the world
- Finished ninth in the 50m free at the 2000 Sydney Olympics
- Finished second in the 50m free and 50m breast at the 2000 World Short Course Championships in Athens, Greece
- Won the 50m free at the 1999 Pan-Pacific Championships in Sydney, Australia
- Finished fifth in the 50 free and 26th in the 100 free at the 1996 Olympics in Atlanta
- Finished fourth in the 50-free at the 1997 Pan-Pacific Games
- Finished third in the 50-free at the 1997 World University Games
- Placed 6th in the 50-free and competed in the 100-free at the 1998 World Championships this summer
- Member of the 1998 gold medal World All-Star team at the Goodwill Games in New York
- Silver medalist at the 1998 Commonwealth Games this September

Tanya Gurr

- Represents Zimbabwe in international competition
- Competed in the 1999 All-African Games



Greg Main-Baillie

- Represents South Africa in international competition
- Finished 12th in the 50-free and 15th in the 100- free at the 1999 Pan-Pacific Championships in Sydney, Australia

Nelson Mora

- Represents Venezuela in international competition
- Was a finalist at the 1999 Pan-American championships in the 200-fly and was on the 4th place 400- free relay
- Received a bronze medal in the 200-fly at the 1999 Latin Cup
- Gold medalist in the 200m fly at the 1995 Pan-American games
- Finished 20th in the 200m fly at the 1996 Summer Olympics in Atlanta

Wickus Nienaber

- Represents Swaziland in international competition
- Swam the 100 meter breaststroke at the 2004 Olympic Games in Athens
- Swam the 100 meter breaststroke at the 2000 Olympic Games in Sydney
- Holds nearly every Swaziland national record.
- Competed at the 2003 World Championship and All-Africa Games.

Brett Petersen

- Represents South Africa in international competition
- Finished seventh in the 100-breast at the 2000 Sydney Olympics
- Finished fourth in the 100-breast and was on the fourth place 400-free relay at the 1999 Pan-Pacific Championships
- Finished fifth in the 100-breast with a time of 1:03.28 in the 1998 Commonwealth Games

Julio Santos

- Represents Ecuador in international competition.
- Swam the 50 freestyle at the 2004 Summer Olympics in Athens
- Participated in the 2003 World Championships
- Swam at the 1996 and 2000 Summer Olympics in Atlanta and Sydney
- Was a member of the 400-free relay



FSU SWIMMING AND DIVING

'NOLES IN THE OLYMPICS

Florida State's Swimming & Diving Olympic Heritage

For an athlete, the highest honor a nation can bestow upon them is to have them represent their country in the Olympic Games. Since the 1976 Games in Montreal, Canada, the Summer Olympics have had a Garnet and Gold feel to them. All told, 13 current and former Florida State swimmers and divers have represented 11 different countries.

Dating back to Florida State's first Olympic representative in the pool, diver Phil Boggs at the 1976 Games, the Seminoles have had at least one representative in all but two of the last eight Olympics. At the 2004 Games in Athens, Greece, Florida State had five representatives – the second highest total in school history – and former Seminole Parry produced the school's second medal in the pool as he took the bronze in the 200-meter butterfly.

The last three Olympic Games have been especially bountiful for Florida State representation at the aquatics center. Eleven of the Seminoles' 13 Olympians took part in either the Atlanta, Sydney or Athens Games. The 2000 Sydney Olympics saw FSU's highest participation as six former Seminoles competed at the event. In the last two Games, Florida State has had eight different participants.

Success was immediate for the Seminoles the first time they had an athlete in the pool at the Olympics. Diving for the United States, Boggs captured the school's first medal when he won gold during the springboard event in Montreal. It would be another 28 years before a Seminole would appear on the medal stand after Great Britain's Stephen Parry captured the bronze in the 200-meter butterfly.

While Parry ended Florida State's 28-year medal drought, a different dry spell of almost equal length was halted as well in Athens. In 1980, Wendy Fuller became the first female FSU swimmer or diver, and only the second overall, to compete in the Olympics when she dove for her native Canada. It wasn't until 2004 when the Seminoles had their second female in the water as Golda Marcus, competing for El Salvador, swam in the 400 and 800-meter freestyle.

Besides being only the second female Olympian in the program's history, Marcus is part of another elite group. She and teammate Chris Vythoukias—a member of this year's Bahaman team—are two of only four FSU swimmers to ever compete in the Olympics while still part of the active roster. The first pair of current Seminoles to compete in the Games was South African Brendon Dedekind and Rob Braknis of Canada when they swam in the 1996 Atlanta Games.

Up until this year, no Seminole had participated in more than two Olympic Games. All of that changed in 2004 as Julio Santos made his third appearance in the games for Ecuador. A two-year All-American, Santos made his first trip to the Games in 1996 then returned in 2000. All told, five Florida State swimmers and divers have participated in more than one Olympics.

Florida State has been well represented on the pool deck by a pair of coaches. Head coach Neil Harper, an Olympian himself in 1984 and 1988, served as the head coach for South Africa in 2000, while returning in 2004 as a member of the Swaziland coaching staff. Diving coach Patrick Jeffrey made the trip to Atlanta in 1996 as member of the US coaching staff.



FSU SWIMMING AND DIVING



'NOLES IN THE OLYMPICS

Florida State Swimming and Diving Olympic Timeline



Phil Boggs
United States
1976 – Montreal
Gold – 1 Meter Diving



Stephen Parry
Great Britain
2000 – Sydney
2004 – Athens
Bronze – 200 Butterfly



Wendy Fuller
Canada
1980 – Moscow
1988 – Seoul



Brett Peterson
South Africa
2000 – Sydney



Keam Ang
Malaysia
1996 – Atlanta



Tal Stricker
Israel
2000 – Sydney



Rob Braknis
Canada
1996 – Atlanta



Golda Marcus
El Salvador
2004 – Athens



Brendon Dedekind
South Africa
1996 – Atlanta
2000 – Sydney



Chris Vythoulkas
Bahamas
2004 – Athens



Nelson Mora
Venezuela
1996 – Atlanta



Head Coach Neil Harper
1984 – Los Angeles
(Great Britain - Athlete)
1988 – Seoul
(Great Britain – Athlete)
2000 – Sydney
(South Africa – Coach)
2004 – Athens
(Swaziland – Coach)



Julio Santos
Ecuador
1996 – Atlanta
2000 – Sydney
2004 – Athens



Wickus Nienaber
Swaziland
2000 – Sydney
2004 – Athens



Diving Coach Patrick Jeffery
1996 – Atlanta
(United States – Coach)



FSU SWIMMING AND DIVING

ATHLETIC TRAINING

One of the most important aspects of a top athletic program is the quality and experience of its athletic training staff. FSU's sports medicine staff is one of the best in all of college athletics.

The athletic training staff includes 10 full-time and six graduate assistants that are Nationally Certified Athletic Trainers.

FSU oversees an Undergraduate Athletic Training Education Program which is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). The program includes 50 graduate and undergraduate students in the Athletic Training program.

FSU provides on-site Team Physician examinations for general medical and orthopedic issues, while working in conjunction with physicians at the Tallahassee Orthopedic Center in successfully rehabilitating athletes after injuries.

Prior to competition, all FSU student-athletes undergo screening in order to detect potential injuries. If problems are detected, the athlete will be placed on a prevention care system including a variety of treatment ranging from icing to exercising followed by rehabilitation.

Nutrition counseling and drug testing are also responsibilities assumed by the athletic training staff at FSU in providing the best care possible for all student-athletes.



The Don Fauls Athletic Training Room

- 15,000 square-foot Athletic Training Facility
- 24 treatment tables, 18 taping benches
- 4,000 square-foot Rehabilitation Area equipped with Biodex System 3
- Two physician examination rooms complete with in-house pharmacy and x-ray machine
- Hydrotherapy Room with 8'x40' in-ground workout pool with underwater treadmill, one 9'x16' in-ground cold whirlpool and one 9'x16' in-ground warm whirlpool



FSU SWIMMING AND DIVING



STRENGTH AND CONDITIONING

TOTAL ATHLETIC DEVELOPMENT

The Florida State University Strength & Conditioning Program is dedicated to pursuing excellence. The staff is committed to developing the finest strength and conditioning program in the nation. This includes developing the best professional staff, facilities, and administering the most comprehensive, efficient and effective collegiate program.

Each program is designed to improve athletic performance through an individualized regimen of stretching, lifting, speed, power, agility, flexibility, nutrition and conditioning drills.

The goal is to maximize the athletic potential of each student-athlete by:

- Providing an expert staff educated in and determined to render the most up-to-date and effective strength and conditioning procedures to FSU athletes.
- Developing individualized programs based on scientifically proven principles tailored to enhance each athlete's needs.
- Administering comprehensive programs which address: strength, power, acceleration, speed, agility, core development, flexibility, conditioning, nutrition and are designed to develop the total athlete.
- Monitoring team and individual progress on a daily basis.
- Reduce the risk of injury by strengthening weaknesses and working closely with team doctors and trainers through the rehab process.
- Enhance each student-athlete's self-confidence, sense of well-being and overall physical health, while instilling a strong work ethic which will carry over during competition and in life.

NUTRITION

Laurel Wentz, RD and FSU Sports Dietitian, provides each student-athlete with a plan that specifically outlines their needs of calories, protein, vitamins and minerals.



ROGER HOLLER CHAMPIONS TRAINING COMPLEX

- Lifting area of 14,000 square feet
- More than 20,000 pounds of free weights
- 20,000 square feet of functional training space
- Custom-built FSU equipment, platforms and weights
- 24 self-contained powerlift work stations each containing 500 pounds of free weights



FSU SWIMMING AND DIVING

FLORIDA STATE UNIVERSITY

One of the nation's elite research universities, Florida State University — with the Carnegie Foundation's highest designation:

Doctoral/Research University-Extensive — offers a distinctive academic environment built on its cherished values and unique heritage, a welcoming campus on the oldest continuous site of higher education in Florida, championship athletics, and a prime location in the heart of the state capital.

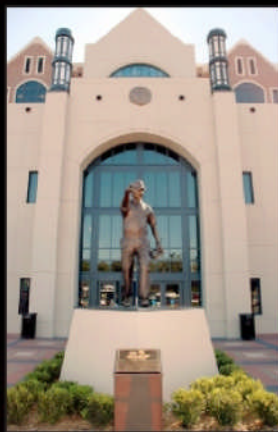
Combining traditional strength in the arts and humanities with recognized leadership in the sciences, Florida State University provides unmatched opportunities for students and faculty through challenging academics, cultural discovery and community interaction.

Underlying and supporting the educational experience at Florida State University is the development of new generations of citizen leaders, based on the concepts inscribed in our seal: *Vires, Artes, Mores* — Strength, Skill and Character.

Epitomized by recently named Rhodes Scholars Garrett Johnson and Myron Rolle — elite athletes and scholars committed to public service — and Joseph O'Shea — a campus and community leader as well as a top scholar — Florida State's 40,000 students are dedicated to academic excellence and providing leadership in our complex world.

Florida State University's 15 colleges offer more than 275 undergraduate, graduate, doctoral, professional and specialist degree programs, including medicine and law, covering a broad array of disciplines critical to society today. Each year the University awards over 2,000 graduate and professional degrees.

With its impressive breadth of leading graduate, professional and undergraduate programs, Florida State University is a demanding, intellectually stimulating, yet warm and caring environment for students and faculty.



Recognized nationally for its commitment to diversity, Florida State University is a national leader in the number of doctorates awarded to African-American students and in the graduation rate of African-American undergraduates. Its College of Medicine and College of Law are ranked in the nation's Top 10 for Hispanic students.

Florida State University's arts programs — dance, film, music and theatre — rank among the finest in the world, offering an arts education comparable to leading conservatories. Its creative writing program is ranked among the nation's best and is home to the most consistently honored and published student body in the United States. Florida State is responsible for governance of the John and Mable Ringling Museum of Art and associ-



ated arts programs, one of the largest museum/university complexes in the nation.

Other programs consistently included in the top public university list include physics, chemistry, political science, psychology, crim-



inology, public administration, library science, information, human sciences, business and law.

At the Ph.D. level, interdisciplinary programs draw on notable research faculty strengths that transcend the traditional disciplines, including neuroscience, molecular biophysics, computational science, materials science and research at the National High Magnetic Field Laboratory—home to the world's most powerful magnets.

Based on forward-thinking research through innovative interdisciplinary academic clusters, the campus-wide Pathways of Excellence initiative, a plan adopted in 2005, characterizes the university's aspirations and commitment to the future.



FSU SWIMMING AND DIVING



CITY OF TALLAHASSEE

Tallahassee through time weaves a fascinating tapestry of politics and cultures, agriculture and innovation, higher education and religion, and liberty and justice. You don't have to be a history buff to experience and appreciate the depth and diversity of Tallahassee's history and heritage.

After Florida became a territory of the United States in 1822, both St. Augustine and Pensacola competed to become the State Capital. Unable to come to an agreement, it was decided to locate the Capital at a point between the two cities.

Tallahassee's beauty attracted the search party and in 1824 the City of Tallahassee was created with a log cabin as the first Capitol building.

The Tallahassee area, long known as "the red hills" region, was a land of rich agriculture and consequently many large plantations were built with crops primary of cotton, corn and sweet potatoes. In fact, America's largest concentration of original plantations - 71 plantations, 300,000 acres - exists between Tallahassee and Thomasville, Ga., just 28 miles away, and several are open to the public.

During the Civil War, a small battle was waged at Natural Bridge, south of Tallahassee, where a makeshift army of locals fought off an attack by Union troops. Tallahassee was the only Confederate city east of the Mississippi that did not fall to Union troops.

Higher learning has long been a jewel in the crown of Tallahassee. Florida State University had its early beginning in 1851, became Florida State College for Women in 1909 and finally Florida State University (FSU), again co-ed, in 1947. Established in 1887 as the Florida State Normal College for Colored Students, Florida Agricultural and Mechanical University (FAMU) is the oldest historic black public university in Florida.

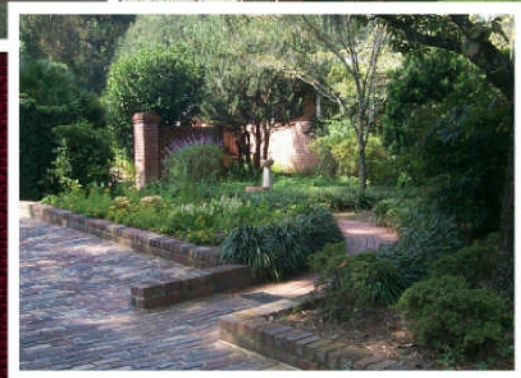
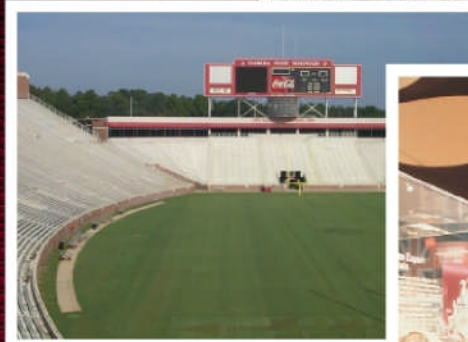
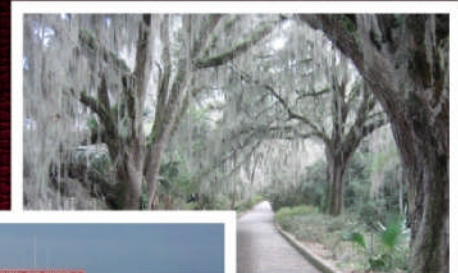
The Capital area's beautiful environment is a continuous inspiration for the many visual arts that call Tallahassee home:

- Arrive on a First Friday and you can join the monthly Gallery Hop at the eclectic world called Railroad Square. Begin at the sculpture garden and walk your way through and see artists working in their studios and tending their exhibits to visitors.
- In the northeast, visit the galleries and shoppes clustered around Market Street.
- Up and coming Midtown is an exciting area with an array of galleries to explore and an array of cafes, restaurants and wine bars to socialize at with friends.
- Downtown is filled with history, government and museums. The Museum of History and Mary Brogan Museum of Arts & Sciences, host exhibits of regional and national prominence and historical significance.
- Our colleges all provide theatre seasons with a chance to see soon-to-be stars' first performances right here in Tallahassee. A year's worth of touring theatre packs a busy calendar at the local civic center.

As cool, crisp air give way to warm summer days, Tallahassee buzzes with electricity. Festivities such as the Downtown Get-Down jumpstart the sporting season with a helping heap of team spirit.

From colorful celebrations of the spectacular spring to festive incarnations of football spirit, Tallahassee is the center of amusement year round. Amid a dazzling panorama of fiery azaleas and lush landscaping, Tallahassee and the Capital Region indulge in a spring season abloom with cheerful events and lively diversions.

TALLAHASSEE BOASTS DIVERSE HERITAGE AND IS FLOURISHING WITH MANY CULTURES, RHYTHMS AND FLAVORS. MUSEUMS, FESTIVALS, CUISINE, ARTS AND CRAFTS, AND YEAR-ROUND EVENTS HONOR AND CELEBRATE A DIVERSITY OF HERITAGE IN THE TALLAHASSEE AREA. FLORIDA'S CAPITAL CITY PLAYED A BIG ROLE IN THE STORY OF FLORIDA, AND IN AMERICAN HISTORY AND WE ARE STILL MAKING HISTORY TODAY.



FSU SWIMMING AND DIVING

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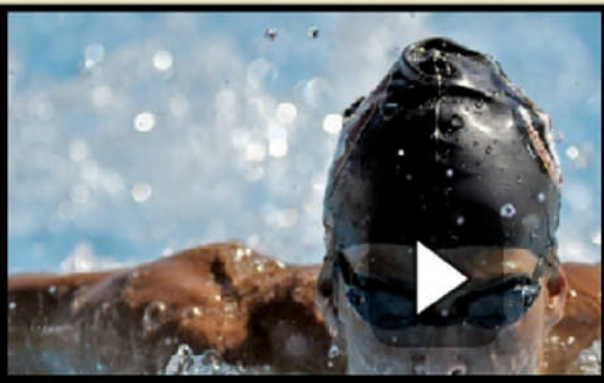
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Senior Day Showdown

The Florida State swimming and diving team will host its final home meet of the season on Saturday, January 15, at the Bobby E. Leach Center. The Seminoles will square-off against ACC foe Clemson at 11:00 a.m., on senior day.



MORE SWIMMING & DIVING NEWS

- > Noles Return To Competition
- > Holiday Training Trip
- > FSU Signs 13
- > Getting to Nole You Vol. 2
- > FSU vs. UF Highlights
- > Oliver, Holderness Earn ACC Honors
- > Seminole Shocker
- > Under The Lights

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The Official Athletics Website of Florida State University

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Mobile Site



Merchandise



Tickets



FLORIDA STATE

<u>Date</u>	<u>Opponent</u>	<u>Location</u>	<u>Time</u>
Jan. 8	Georgia Tech, UNC-Wilmington	Tallahassee, Fla.	1:00PM ET
Jan. 15	Clemson	Tallahassee, Fla.	11:00AM ET
Jan. 22	Alabama	Tuscaloosa, Ala.	11:00AM ET
Feb. 16	Women's ACC Championships	Atlanta, Ga.	All Day
Feb. 17	Women's ACC Championships	Atlanta, Ga.	All Day
Feb. 18	Women's ACC Championships	Atlanta, Ga.	All Day
Feb. 19	Women's ACC Championships	Atlanta, Ga.	All Day
Feb. 23	Men's ACC Championships	Atlanta, Ga.	All Day
Feb. 24	Men's ACC Championships	Atlanta, Ga.	All Day
Feb. 25	Men's ACC Championships	Atlanta, Ga.	All Day
Feb. 26	Men's ACC Championships	Atlanta, Ga.	All Day
Feb. 26	NCAA Last Chance Meet (W)	TBA	All Day
Feb. 27	NCAA Last Chance Meet (W)	TBA	All Day
March 5	NCAA Last Chance Meet (M)	Auburn, Ala.	All Day
March 6	NCAA Last Chance Meet (M)	Auburn, Ala.	All Day
March 11	Club Seminole Spring Invite	Tallahassee, Fla.	All Day
March 11	NCAA Diving Zone Qualifier	Athens, Ga.	All Day
March 12	Club Seminole Spring Invite	Tallahassee, Fla.	All Day
March 12	NCAA Diving Zone Qualifier	Athens, Ga.	All Day
March 13	Club Seminole Spring Invite	Tallahassee, Fla.	All Day
March 13	NCAA Diving Zone Qualifier	Athens, Ga.	All Day
March 17	Women's NCAA Championships	Austin, Tx.	All Day
March 18	Women's NCAA Championships	Austin, Tx.	All Day
March 19	Women's NCAA Championships	Austin, Tx.	All Day
March 24	Men's NCAA Championships	Minneapolis, Minn.	All Day
March 25	Men's NCAA Championships	Minneapolis, Minn.	All Day
March 26	Men's NCAA Championships	Minneapolis, Minn.	All Day