



# Support Staff



## 2004 Track & Field



**Charlie Melton**  
Strength and Conditioning Coach

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.

This is an exciting time for the strength and conditioning program, the goal is to provide the best athletes in the nation with the best resources and tools in the nation. The athletic department is committed to excellence in every area, this includes providing our athletes with the most state of the art facility and equipment.

Charlie Melton will work with the track and field program for the second season as strength and conditioning coach. Melton joined the strength and conditioning staff at Florida State in July 2000 after serving as a graduate assistant coach for the FSU football team.

Melton develops the strength and power of the track and field squad through power development and Olympic-style weightlifting which helped to lead the men's program to back-to-back ACC Championship titles. Melton is also the strength and conditioning coach for soccer.

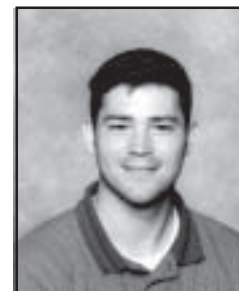
Melton and wife Crystal had their first child in late October.



**Eunice Hernandez**  
Athletic Trainer

Eunice Hernandez enters her first season with the Florida State Track and Field program. She is currently working on a masters degree in education with an emphasis on sports medicine from the University of Miami. She received her bachelor's in athletic training from Barry University in Miami Shores, Fla. in 1999.

As a graduate assistant at the University of Miami, Hernandez worked with the men's and women's swimming and diving teams. The Miami Shores, Fla., native assisted with the Hurricanes football program and spent some time working as an assistant athletic trainer with the semi-professional Miami tropics football team.



**Stuart Pearce**  
Assistant Director of Event Management.

Stuart Pearce is entering his third year with the facilities department working with the Mike Long Track Complex, Tully Gymnasium (Volleyball) and the Scott Speicher Tennis Center. Pearce coordinates home events for soccer, cross country and women's tennis

while supervising the maintenance and upkeep of the track facility on a daily basis.

The Tallahassee, Fla. native started his tenure at Florida State as an undergraduate seeking a bachelors degree in Sport Management. Pearce went on to earn his masters in Sport Administration from Florida State while working with the event management department as well as facilities. Upon graduation, Pearce spent a year working part time before being hired as the assistant director of event management.

Pearce has been married to his wife Kerri for two years.

# Academic Support



## 2004 Track & Field

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 17 Schools and Colleges with 300 undergraduate and graduate degree programs.



**Mark Meleney**  
Director, Athletic Academic  
Support Programs

Mark Meleney is in his eighth year as the Director of the Athletic Academic Support Program. He brings to the position 18 years of advising experience at FSU. Over the past eight years, Meleney has played an integral role in the development of a comprehensive program of student-athlete support, which in 1996 won an "Award of Excellence" (from Athletic Management Magazine). Meleney directs a staff of six professional counselors, two graduate assistants and an administrative assistant.

In addition to his duties directing the Academic Support Program, Meleney evaluates all recruits for their academic potential, monitors academic progress and eligibility for student athletes, and serves as a liaison to the academic community. He also serves as a member of the administrative team for both the Athletic Department and the Division of Undergraduate Studies.

A native of Iowa, Meleney began his college education at Buena Vista College, where he earned varsity letters in football and baseball. Upon transferring to Florida State University, he earned Bachelor's

degrees in Management and Finance in 1986 and received his M.S. degree in athletic administration in April 1997. A member of the National Association of Academic Advisors for Athletes (N4A), Meleney is married to the former Sarah Cawthon and they have a ten-year-old daughter, Montana Shea.



**Andi Lyons**  
Academic Advisor

Andi Lyons enters her fourth year as an academic advisor to the men's and women's track and field programs. Lyons career with Florida State track and field extends far beyond academic advising, back to 1988 when she began her college education at Florida State.

Lyons competed on the Lady Seminoles' track and field squad, collecting All-America honors as part of the 4x100m relay team in 1991 and 1992, until she graduated from the University four years later. In 1992, Lyons moved to Starkville, Miss., where she started her coaching career as an assistant with the Mississippi State University track and field program. Lyons coached hurdles and sprints, along with the field events for four years at MSU.

In 1996, Lyons returned to her alma mater to join the Seminoles' coaching staff. Lyons coached the sprints and relays as an assistant at FSU, and got an early start on her current career by working with the team's academics and compliance issues. Some of her coaching accolades include coaching the 1997 4x100m relay team to a seventh-place finish, while also coaching Tonya Carter, a future NCAA Champion, at the 1997 USA Indoor Championships. At FSU, Lyons also coached several senior football players in speed and quickness as they prepared for the NFL Draft.

In addition to her advising responsibilities, Lyons works with all prospective student-athletes during the pre-enrollment process. Lyons works with the coaches, prospective student-athletes and the university from their first on-campus visit, where admission requirements are discussed, until the first day of orientation at FSU. Additionally, Lyons has spent the past three years as the liaison between the university and the NCAA Clearinghouse for Florida State Athletics.

Lyons received her bachelor's degree from Florida State in communications in 1992, and earned a master's degree in sports administration from Mississippi State in 1996. Lyons is presently working on her Ph.D. in sport management.



# NCAA Compliance

## 2004 Track & Field

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.



**BOB MINNIX**  
Associate AD for Compliance



**BRIAN BATTLE**  
Director of Compliance Services



**HEATHER McATEE**  
Compliance Coordinator

### 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 assess 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 and 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 post cards 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 that may be provided prior to your junior year
- Summer camp brochures, which may be provided prior to your junior year.

### Alumni and Boosters Do's and Don'ts

**You may** forward information about prospective student-athletes to the appropriate coaches.

**You may** have contact with a prospect regarding permissible pre-enrollment activities such as summer employment, provided the prospect has already signed a National Letter of Intent and the Compliance Office is aware that you are making these contacts in regard to employment.

**You may** have a telephone conversation with a prospect only if the prospect initiates the call. Such a call may not be prearranged by an institutional staff member and you are not permitted to have a recruiting conversation, but may exhibit normal civility. You must refer any questions about our athletics programs to an athletics department staff member/coach.

**You may** view a prospect's contest at your own initiative provided you do not contact the prospect or his/her parents. In addition, you may not contact a prospect's coach, principal, or counselor in an attempt to evaluate the prospect.

**You may** continue established family relationships with friends and neighbors. Contacts with sons and daughters of these families are permitted as long as they are not made for recruiting purposes or encouraged by Florida State University coaches.

**You may not** become involved in making arrangements to receive money or financial aid of any kind for a prospect or the prospect's family and friends.

**You may not** make contact with a prospective, student-athlete and his/her parents when the prospect is on campus for an official or unofficial recruiting visit.

**You may not** transport, pay or arrange for payment of transportation costs for a prospect, and his/her relatives or friends to visit campus (or elsewhere).

**You may not** pay or arrange for payment of summer camp registration fees for a prospect.

**You may not** provide anything to a prospect, the prospect's family or friends without prior approval from the athletics' Compliance Office.

# Student Development & Life Skills



## 2004 Track & Field

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

#### New Opportunity for Leadership, Education and Service

Developed by the Florida State University Department of Athletics, the NOLES program represents a commitment to the total growth and development of the student-athlete. This program establishes an administrative commitment to academic and athletic excellence. Those efforts will be supported with programs and services in personal development, career development and community service.



**Pam Overton**  
Associate Athletic Director  
for Student Services

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.



**John Lata**  
Coordinator

Serving the community is the focus of our Seminole Spirit program. Student-athletes are challenged to give service to our community and individuals who are in need. With a clearly defined program of service, student-athletes are given the opportunity to develop the foundation for a lifelong commitment to volunteerism. The Seminole Spirit Student-

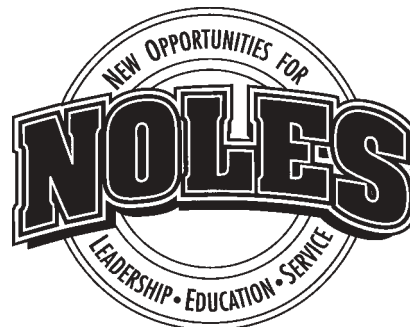
Athlete Speakers' Bureau enables student-athletes to improve their speaking skills, develop effective communication and impact the lives of others through their service as role models in our community.

### LEADERSHIP DEVELOPMENT

The Florida State University Department of Athletics is committed to developing programs of excellence that foster leadership development. The foundation of the leadership development program is 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 programming and serves as a liaison between student-athletes and the athletic 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.



### THE STUDENT ATHLETE ADVISORY COUNCIL

Jennifer Anderson	Volleyball	Paul-Alvin Irons	Football
Shawn Allen	Track	Garrett Johnson	Track
Mike Averett	Swimming	Michael Joiner	Basketball
Kristin Boyce	Soccer	Latoya Legree	Track
Lauren Bradley	Basketball	Amy Lo	Swimming
Carly Brieske	Softball	Brandon Manasa	Baseball
Tamara Campbell	Track	Ashley Meyer	Volleyball
Aaron Cheesman	Baseball	LaQuinta Neely	Basketball
Anne Clinton	Cross Country	Jez Ratliff	Soccer
Matthew Cloer	Tennis	Dominic Robinson	Football
Alison Curdt	Golf	Lorne Sam	Football
Lindsay Deason	Tennis	Mark Sestillo	Golf
Emma Dutton	Swimming	Amberly Tantee	Tennis
Tatiana George	Softball	Jim Van Veen	Cross Country
Amy Harris	Golf	Adam Waleskowski	Basketball
Natalie Hughes	Cross County	Adam Wallace	Golf
		Matthew Wheeler	Swimming





# This Is Tallahassee



## 2004 Track & Field

Among low, rolling hills, down moss-draped canopy roads, within picturesque historical districts, and across seas of flowering azaleas lies a magical part of the Sunshine State Tallahassee, Florida's capital city. With its intriguing combination of power-play politics and classic character splashed with a twist of Southern beauty and charm, Tallahassee is a side of Florida few expect to find. With the Gulf of Mexico just 25 miles south and the Georgia border only 14 miles north, Tallahassee rests between the foothills of the Appalachian Mountains and the juncture of Florida's panhandle and peninsula in an area known as "The Big Bend." Nearer in miles to Atlanta than to Miami, Tallahassee more closely resembles its Georgia neighbor than Florida in topography, climate and lifestyle.

Like the city itself, the story of how Tallahassee was chosen as the state capital is rich in history. In 1823, two explorers set out — one on horseback from St. Augustine and the other by boat from Pensacola — to establish a permanent, central location for the seat of government. The two met at a beautiful site that the Creek and Seminole Indians called "tallahassee" — derived from the words "talwa," meaning town, and "ahassee," meaning old. This historic meeting place remains Florida's capital today.

Boasting more than 145 properties listed on the National Register of Historic Places, Tallahassee is a living showcase of Florida history and heritage. The crowning jewel of Florida's historic "Capitol Hill" is the Old Capitol, beautifully restored to its 1902 splendor complete with the red-and-white striped awnings, a dome adorned with stained glass, antique furnishings and political memorabilia. The 22nd floor observatory of the New Capitol Building offers a breathtaking view of this surprising Southern city, awash in flowering azaleas, snowy dogwoods, towering pines, fragrant magnolias, and hundreds of lakes, springs, swamps, rivers and sink holes.

Charming downtown historic districts graced with lush linear parks lead visitors to the Knott House Museum, The Columns, First Presbyterian Church, John G. Riley House Museum and Old City Cemetery. Free walking tours and replica turn-of-the-century street cars carry passengers to antebellum mansions, picturesque churches and other downtown delights. Minutes from downtown lies the lush 52-acre natural habitat and 1880s farm of the Tallahassee Museum of History and Natural Science, home to the rare Florida panther and other furry "natives."

The area surrounding Tallahassee reveals numerous other historic and archaeological treasures, such as De Soto State Archaeological and Historical Site, Lake Jackson State Archaeological Site, Mission San Luis, Natural Bridge Battlefield and San Marcos de Apalache. Visitors can explore prehistoric

Florida at the Museum of Florida History, where they are greeted by a giant 12,000-year-old mastodon pulled from nearby Wakulla Springs. On the shores of Wakulla Springs, alligators still laze under the watchful eyes of "snake birds" perched on twisted cypress trees. The site of many underwater scenes in "Tarzan" movies, it's one of the world's deepest freshwater springs. Glass bottomed boat tours across these mystical waters are available. Other sightseeing favorites include the floral masterpiece of Alfred B. Maclay State Gardens; Bradley's Country Store; FAMU Black Archives; and the Tallahassee Antique Car Museum. Nearby small towns offer fascinating excursions to places such as Pebble Hill Plantation, Florida Caverns State Park, Monticello Opera



## OUR HISTORY

*Tallahassee, Florida*

In 1823, the first civilian governor, William Pope DuVal, desired a central location for the legislature to meet. He sent one explorer on horseback from St. Augustine and another by boat from Pensacola — their rendezvous point was declared Florida's capital. Nestled among the rolling foothills of the Appalachian Mountains and located in a region of the Gulf of Mexico known as the Big Bend, the Capital region is known for its Southern characteristics, gracious hospitality and lush topography.

# This Is Tallahassee



## 2004 Track & Field

House and St. George Island.

Tallahassee is almost as rich in cultural treasures as it is in history. A widely-acclaimed collection of art, science and history museums and galleries, year-round festivals and non-stop entertainment at the 14,000-seat Tallahassee-Leon County Civic Center, feed a variety of cultural appetites.

Visitors with a hunger for the great outdoors will find Tallahassee ideal for all types of outdoor recreation—from canoeing down dark, cypress-lined rivers and biking up steep slopes to exploring backcountry wildernesses and hunting for bobwhite quail. Area lakes, rivers, ponds and the Gulf — just 30 minutes away — offer a paradise for boating and fishing. Lakes Jackson and Talquin are renowned in the bass fishing world for yielding the “big ones.” Local wildlife areas, such as the St. Marks National Wildlife Refuge and Apalachicola National Forest, are perfect spots for camping, picnicking, swimming, biking and exploring.

And while Tallahassee also features eight golf courses and plenty of places to raise a racquet, it’s a wild array of spectator sports that leave the crowds screaming for more. The Florida State Seminoles and Florida A&M Rattlers will provide plenty of collegiate action. And always a sure bet are the nearby greyhound races.

For another favorite “sport” — shopping — two large regional malls and many specialty centers offer an array of “playing options,” from popular chains to curiosity and antique shops. Unique shopping locales include downtown parks, lakeside cottages and small Southern towns. Tallahassee serves a scrumptious selection of tantalizing restaurants ranging from fast food to five-star. Local specialties include homemade country sausage, melt-in-your-mouth steaks, wild game and succulent seafood fresh from the Gulf.

From luxury to economy, accommodations are plentiful and include restored bed and breakfast’s, rustic “gentlemen” lodges, beachside escapes and comfortable chain hotels. For those who choose to follow in the footsteps of early travelers, Tallahassee also boasts 15 beautiful campsites. Continuous air service, Amtrak and four major highways make it easy for visitors to get to Tallahassee. But no matter how you arrive, the history and hospitality of Tallahassee make it difficult to ever leave for long.

### Tallahassee-Leon County Civic Center

It is easy to understand why over one million people a year flock to the Tallahassee-Leon County Civic Center, what with the varied array of attractions it offers. Consider: a \$33.8 million versatile, contemporary complex with excellent facilities and a cooperative and efficient staff that knows its business. The Civic Center hosts a wide variety of concerts, family shows, Broadway shows, ice



### POPULATION

<i>City</i> . . . . .	<i>148,400</i>
<i>County</i> . . . . .	<i>243,300</i>

shows and sporting events Some people come to the Civic Center to enjoy the sounds of rock, country, pop and urban concerts. Some come for the thrills of basketball, ice hockey, rodeos, arena football and three-ring spectaculars.

### Climate

Tallahassee has the mild, moist climate characteristics of the Gulf States and experiences a subtropical summer similar to the rest of Florida. In contrast to the Florida peninsula, however, the panhandle, of which Tallahassee is a part, experiences four seasons.





# This Is Tallahassee



## 2004 Track & Field

### PHYSIOGRAPHY

Tallahassee's rolling landscape, typical of regions further north, is unique among the major cities of Florida. Some areas of the county, including the downtown ridge encompassing the Capitol complex, City Hall and the County Courthouse, exceed elevations of 200 feet. The highest elevation in Leon County is 288 feet, found in the northern part of the county. To the south of the city, the hills yield to the flat terrain that is typical throughout the peninsula of Florida.



### Museums and Culture

The federal Institute of Museum and Library Services (IMLS) named the Tallahassee Museum of History and Natural Science as one of the nation's exemplary museums on September 19, 2000. The Tallahassee Museum, along with 176 other museums, was selected out of a field of 823 applications from museums throughout the nation in a highly competitive competition. The museum features a 52-acre natural habitat zoo, nature trails, authentic 1880s farmstead, hands-on Discovery Center, birds of prey aviary, reptile exhibits, annual events and more!

### Other points of interest include:

#### The Mary Brogan Museum of Art & Science

Three floors of hands-on science and world class art exhibits.

#### Mission San Luis

Site of Spanish/Indian village settled from 1656-1704. Ongoing excavations/exhibits/ reconstructions.

### Museum of Florida History

Permanent exhibits include a nine-foot mastodon, Spanish galleon treasures, Civil War memorabilia, reconstructed steamboat and Prehistoric Florida plus traveling exhibits.

### Old Capitol Museum

Restored to 1902 appearance featuring red candy-striped awnings, stained glass dome, House and Senate Chambers, Supreme Court and Governor's office.

### Maclay State Gardens

Enchanting floral architecture surrounds 1930s home of NY financier Alfred B. Maclay. Impressive grounds feature 200+ floral varieties plus hiking, biking and nature trails, swimming, fishing and boating.

### Tallahassee Antique Car Museum

Impressive showroom features award winning Chevys, one-of-a-kind Ford Roadster, 1913 CarNation Tourer, 1931 Duesenberg, 1956 T-Bird, Delorean, Cadillacs, Corvettes and more. Plus two original Bat Mobiles.

### The Capitol

One of 5 tower Capitols in the U.S. features panoramic view from 22-floor observatory/art gallery, House and Senate viewing galleries.

### Where's The Beach?

Where sunny days are filled with the great outdoors...where time is measured by tides and life's rhythms move with the surf...beaches are just a short drive from Tallahassee.

### Alligator Point

Natural dune public beach, 45 miles south of Tallahassee

### Carrabelle

Coarse public beach, featuring swimming and shelling, 60 miles southwest of Tallahassee

### Dekle Beach

Pristine sandy beach, clear water featuring boating, swimming, picnicking and more, 70 miles east of Tallahassee

### Mashes Sands Beach

Public beach, shallow bay water featuring swimming and crabbing, 40 miles southwest of Tallahassee

### St. George Island

Pristine 29-mile barrier island beach, clear water, featuring swimming, shelling, boating, and fishing, 80 miles southwest of Tallahassee

### Shell Point

Lovely, small peninsula surrounded by St. Marks Wildlife refuge. Secluded beach and clear water that is popular for sailing and windsurfing, 25 miles south of Tallahassee

# This Is Tallahassee



2004 Track & Field

## CANOPY ROADS

The abundance of trees and timber is a resource uncommon to many other areas of the state. The beauty of the local trees is exemplified in Maclay Gardens State Park, which is the site of several of Florida's champion trees including the flowering Dogwood, the Hawthorn tree, the Horsesugar tree, the Sweetbay Magnolia and the Silverbell tree. These trees and others often extend their branches over the roadway to create a canopied effect, a feature that is held in high esteem by local residents and visitors.



## CHALLENGER LEARNING CENTER



observatory, distance learning classroom, exhibit hall, and worlds more! The mission of the Challenger Center is to inspire, to explore, and to teach.

The Challenger Learning Center of Tallahassee is a 32,000 square foot facility located on beautiful Kleman Plaza in downtown Tallahassee. The Challenger Learning Center is the K-12 outreach facility of the Florida A&M University Florida State University College of Engineering and a visitor destination. The Challenger Learning Center is an amazing living testimony to the dream of the STS 51L Challenger crew of 1986. This facility features a state-of-the-art space mission simulator, an IMAX theatre, planetarium and laser theatre, an



# This Is Florida State

## 2004 Track & Field

Florida State University, a graduate research institution, stands among the nation's elite in both academics and athletics.

Located on the oldest continuous site of higher education in Florida, the university is situated in the heart of the state's capital city. The university's main campus blends Jacobean Revival and modern styles of architecture with the oaks, pines, dogwoods and azaleas of North Florida.

As the university has progressed and grown — from its pre-Civil War beginnings as the Seminary West of the Suwannee, to the Florida State College for Women and, finally, returning to coeducational status as a university in 1947 — it has developed into an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and a standard-setter in the basic sciences and the performing arts.

The university has entered the 21st century with excellence in all areas of its mission — teaching, research and public service, including many noteworthy milestones.

- Beginning in fall 2003, the College of Law will offer its first graduate level law degree program, an LL.M. program for foreign lawyers to gain a better understanding of the United States' legal system.
- In March 2003, the department of dance joined the Association for Dance and Performance Telematics (ADaPT), the nation's only interdisciplinary association that uses video and digital technology to expand the creative possibilities of dance performance into the virtual world.
- In February 2003, the School of Motion Picture, Television and Recording Arts won the first, second and third place awards in the comedy category of the 24th annual Academy of Television Arts and Sciences Foundation College Television Awards. The sweep was a first in the history of the annual student competition.
- In February 2003, FSU and the city of Pembroke Pines entered into a first of its kind agreement to establish a charter school to open in August 2003 that will serve 550 kindergarten through fifth grade students and 50 autistic students.
- In February 2003, English Professor Mark Winegardner was chosen by Random House Publishers over several authors from around the world to write the sequel to Mario Puzo's "The Godfather." Winegardner hopes to have the book written by the end of 2004.
- In January 2003, the College of Medicine's Center for Health Equity announced the opening of its Gadsden County office, which will focus on racial and ethnic disparity in maternal and child health issues there.
- During the fall 2002 semester, the Office of Graduate Studies began the pilot phase of the university's Electronic Theses/Dissertations Project that will eventually store all such scholarly work digitally in both the FSU University Libraries and the UMI/ProQuest Dissertation

Archive, an off-site Library of Congress repository.

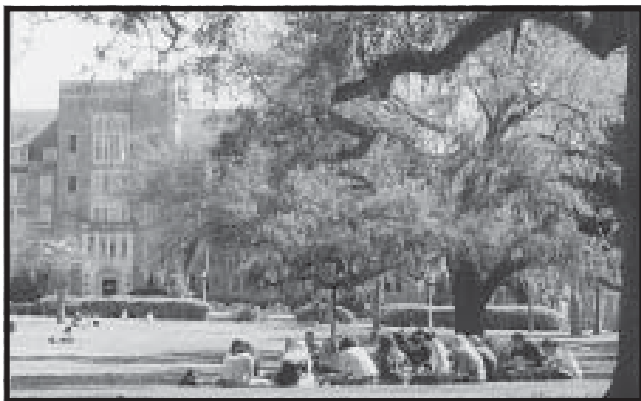
- In October 2002, the College of Medicine became the first new allopathic medical school in the country since 1982 to receive the approval of the Liaison Committee on Medical Education — the nationally recognized accrediting authority for education programs leading to the M.D. degree — by being granted initial provisional accreditation.
- In September 2002, FSU installed the IBM eServer p690, nicknamed Eclipse, which is the second phase of a computing system that can now perform 2.5 teraflops (2.5 trillion calculations per second) and is ranked No. 34 among all government, industry and academic supercomputers in the world (ranked by the University of Tennessee and the University of Mannheim in Germany, [www.top500.org](http://www.top500.org)).
- During the fall of 2002, FSU had 204 National Merit Scholars, 74 National Achievement Scholars and 203 Hispanic Scholars enrolled.
- In April 2002, the National Weather Service opened its 121st Weather Forecast Office in a four-story addition to the James J. Love Building, home of the FSU department of meteorology. It is the 14th WFO to be collocated on a university campus and will give FSU meteorology students first-hand experience observing and working with professional meteorologists.
- In April 2002, WFSU-TV was among nine public television stations praised for their involvement with the PBS Ready To Learn service and early childhood literacy by President George W. Bush and First Lady Laura Bush during a White House ceremony.
- In February 2002, Florida Gov. Jeb Bush announced the creation of a \$2.5 million FSU center that will develop the best methods to teach reading, to be headed by Joseph K. Torgesen,



# This Is Florida State



## 2004 Track & Field



the FSU Robert M. Gagne Professor of Psychology and Education who is the nation's leading expert on how children learn to read. The center, which will collaborate with the University of Central Florida, will train teachers in what works.

- In October 2001, FSU began its second capital campaign for private funds. The \$600 million FSU Connect campaign surpassed the halfway mark with \$306 million in May 2002. The university's first capital campaign, An Investment in Learning, closed in January 1998 with \$301 million, surpassing its original \$200 million goal.
- From October to November 2001, Pulitzer Prize-winning author Robert Olen Butler, an FSU Francis Eppes Professor who holds the Michael Shaara Chair in Creative Writing, was the first author ever to write a short story live on the Internet. Butler allowed the world to watch him write an original short story, keystroke for keystroke, two hours a day for 19 days.
- In June 2001, NBC Nightly News anchor Tom Brokaw donated more than 5,000 collections of World War II memorabilia that had been sent to him as the result of his three-book series on "The Greatest Generation" to the FSU Institute on World War II and the Human Experience. FSU created the institute in 1998 to "save the memories of those who saved the world" by collecting letters, diaries, memoirs and photos from participants in the war effort, in order to preserve the materials for classroom teaching, scholarly research and public viewing.
- In May 2001, FSU welcomed the charter class of its College of Medicine.
- In March 2001, FSU opened the Center for the Advancement of Human Rights that trains undergraduate students from nine FSU colleges and schools to be human rights advocates so they can be placed with international human rights organizations.

■ In the blackenterprise.com 2001 "Top Fifty Colleges for African Americans" rankings, FSU was rated 23rd in the nation, up from 26th in 1999.

■ In the March-April 2001 issue of National Jurist that rated the nation's "most wired" law schools, the FSU College of Law was ranked 13th.

■ At more than \$343.7 million, FSU's endowment has been ranked

127th in the nation by the National Association of College and University Business Officers, the benchmark of higher education fundraising success, in 2001.

- In 1994, the Carnegie Foundation classified FSU as a "Research University I," placing it among the nation's top research universities. In 2000, the distinction was renamed "Doctoral/Research University-Extensive."

Under the leadership of FSU's 13th president, T.K. Wetherell, who took office in January 2003, and its 13-member Board of Trustees, the university continues to build on the foundation of its history of excellence in scholarship, research and service. The trustees are: Chairman John Thrasher of Orange Park; Harold Knowles, J. Stanley Marshall and Jim Smith, all of Tallahassee; Emily "June" Duda of Oveido; David Ford of Rosemont, Pa.; Dr. Jessie Furlow of Quincy; Manuel "Manny" Garcia III of Winter Springs; William "Andy" Haggard of Coral Gables; E. Ann McGee of Winter Springs; Derrick Brooks of Tampa; FSU Faculty Senate President Valliere Richard Auzenne and Student Government Association President Patrick Sullivan.

A senior member of the State University System, FSU was founded as an institution of higher learning in 1851 by legislative act. It began in Tallahassee with its first class of male students in 1857 and added women in 1858.

FSU's operating budget is \$808 million. Faculty and administrators generate more than \$150 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the university: the Seminole Boosters, the FSU Alumni Association and the FSU Foundation.

The main campus is spread over 463.4 acres in Tallahassee; FSU, which has one of the smallest campuses in the SUS, has been actively acquiring land in the 1990s. FSU encompasses 1,423.2 acres in Leon, Bay, Franklin, Gadsden and Sarasota counties.

Within the state, the university maintains facili-

ties at its 25-acre campus in Panama City, its Marine Laboratory at Turkey Point on the Gulf of Mexico, the Appleton Museum in Ocala and the Asolo Performing Arts Center in Sarasota. The Center for Professional Development and Public Service, housed in the Augustus B. Turnbull III Florida Conference Center on the edge of the campus, provides extensive credit and non-credit continuing education programs statewide.

For years, FSU has reached far beyond Florida through international programs in Switzerland, France, Panama, Costa Rica, Spain, Russia, Vietnam, the Czech Republic, Greece, Croatia, Ireland, South Africa, Ghana and the Caribbean. FSU's student centers in Florence, Italy, and London, England, are considered by many to be the nation's best in Europe.

Florida State offers 300 graduate and undergraduate degree programs through its nine colleges — Arts and Sciences; Business; Communication; Education; Engineering (operated jointly with Florida A&M University); Human Sciences; Law; Medicine; and Social Sciences (which also incorporates the Reubin O'D Askew School of Public Administration and Policy) — and eight schools — Criminology and Criminal Justice; Information Studies; Motion Picture, Television and Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts and Dance.

With 2,043 members, the FSU faculty has included 10 National Academy of Sciences elected members, four American Academy of Arts and Sciences members and five Nobel laureates. It is backed by 5,262 administrative and support staff members.

Library holdings at Florida State include 2.5 million book titles and 6.8 million microforms. The main library facility, the Robert M. Strozier Library, is linked by computer to other state university and national research libraries. The Paul A.M. Dirac Science Library is located at the heart of the university's science research complex. FSU also maintains music, library science and law libraries, and the Mildred and Claude Pepper Library.

FSU's 6,605 graduate students pursue advanced degrees in fields as diverse as business administration and theoretical particle physics. A majority of research done at FSU is the direct result of student effort, culminating in numerous books, monographs and journal articles relating to the whole spectrum of intellectual interests and the practical needs of society.

Of FSU's 36,683-student population, 56 percent are female, 44 percent are male, 23.5 percent are minorities, and 4 percent are foreign students.



# This Is Florida State

## 2004 Track & Field

**BACKGROUND:** The Florida State University is one of eleven units of the Division of Colleges and Universities of the Florida Board of Education...It was established as the Seminary West of the Suwannee by an act of the Florida Legislature in 1851 and first offered instruction at the postsecondary level in 1857...Its Tallahassee campus has been the site of an institution of higher education longer than any other site in the state...In 1905, the Buckman Act reorganized higher education in the state and designated the Tallahassee school as the Florida Female College...In 1909, it was renamed Florida State College for Women...In 1947, the school returned to co-educational status, and the name was changed to The Florida State University...It has grown from an enrollment of 2,583 in 1946 to an enrollment of 35,562 in the Fall Semester 2001.

**ENROLLMENT (FALL, 2002):** Total, 36,683...76.5% undergrad, 17.8% grad, 5.7% unclassified...74.7% in-state...93.2% from the United States... students from all 50 states and the District of Columbia are in attendance...19 states contributed over 100 students each...12 foreign countries contributed over 50 students each...male, 44%...female, 56%...minority, 23%...international, 4%.

**ACREAGE:** Main Campus: 463.4 acres in Tallahassee, Leon County (main campus)...Panama City Branch: 25.6 acres in Panama City, Bay County...The university owns a total of 1,423.2 acres in Leon, Bay, Franklin, Sarasota, & Gadsden counties...Sites are leased in Marion and Leon counties in Florida, and other locations overseas.

**COLLEGES/PROGRAMS:** FSU has 17 major academic divisions: the Colleges of Arts and Sciences, Business, Communication, Education, Engineering, Human Sciences, Law, Medicine, and Social Science; and the Schools of Criminology and Criminal Justice, Film (Motion Picture, Television, and Recording Arts), Information Studies, Music, Nursing, Social Work, Theatre, and Visual Arts and Dance.

**OPERATING BUDGET (2002-03):** \$808,667,563

**DEGREE PROGRAMS:** As of November 2001, the university offers: 96 degree programs at the Bachelor's degree level; 100 degree programs at the Master's degree level; 30 degree programs at the Advanced Master's/Specialist level; 72 degree programs at the Doctoral degree level; 2 degree programs at the Professional level.

**DEGREES AWARDED FOR 2001-02:** Bachelor, 5,912...Masters, 1,553...Doctorate, 248...Specialist, 94...Judge Doctorate, 227, Total, 8,034

**ENTERING FRESHMAN FACTS (FALL, 2001):** The middle 50 percent High School GPA, 3.5-4.1; SAT score 1110-1290, ACT score 23-28.

**RETENTION RATE:** First year, 100%...second year, 83.5%...third year, 72.9%...fourth year, 69.6%.

**FACULTY/STAFF:** Full time ...Part time ...Total 2,043...FSU's faculty includes some past graduates, such as former astronauts Dr. Norm Thagard, who teaches Electrical Engineering, and Winston Scott who serves as Vice President of Student Affairs...FSU's faculty has included five dynamic Nobel Laureates: 10 members elected to National Academy of Sciences...four members of the American Academy of Arts and Sciences.

**EDUCATIONAL ADVANTAGES:** Florida State University has a uniqueness in providing programs that are consistent in excellence across the board, from fine arts and humanities to the hard sciences...The balance of programs is based on FSU's long tradition as a leading liberal arts institution combined with its position as one of the top 10 universities in generating research-based revenues...FSU is the most wired campus in Florida, and has been recently ranked 18th most connected university in the nation by Yahoo! Internet Life...In 1998, IBM hired 29 FSU graduates and not just business graduates but also English majors for help in web development and design...Revlon, which recruits primarily at five schools nationwide, expanded in 1998 to include FSU as its sixth school.

**EDUCATIONAL OPPORTUNITIES ABROAD:** FSU is the recognized leader in international education within the State University System of Florida...FSU gives students the opportunity to see the world, while still attaining their college education...FSU's International programs allow students to travel overseas to participate in formal programs in places like Europe, South America, and Asia.

**EXTRACURRICULAR ACTIVITIES:** FSU has nearly 300 student organizations that allow students to find their own niche.

**FINANCIAL AID:** FSU offers two types of financial assistance: need-based and merit-based...Over \$160 million is given away for financial assistance each year.

**STUDENT/FACULTY RATIO:** 23-1...Many of the general education classes are large lecture classes, however, over 80 percent of major classes have less than 40 students.

**RESEARCH:** Florida State University has built a reputation as a strong research institution in both the sciences and the humanities...Private foundations, industries, and government agencies all provide funding to support research at FSU...In 1994, Florida State was accorded the status of Research I University by the Carnegie Foundation for the Advancement of Teaching, an elite distinction that recognizes the university's strengths in doctoral programs and federal funding.

**SPONSORED RESEARCH (2001-02):** \$149,133,787

**LIBRARY HOLDINGS:** The Libraries of Florida State are: Strozier Library, Dirac Science Library, Warren D. Allen Music Library, Harold Goldstein Teaching Laboratory Library, Pepper Library, and the FSU Law Library...The Number of Volumes, 2,522,954; Current Serials, 19,309 Microforms Held, 6,872,780; Government Documents, 962,265; Computer Files, 14,837; Manuscripts and Archives (linear feet), 4,352.

### 10 LEADING STATES OF ORIGIN

(Enrollment)

Florida .....	27,933
Georgia .....	977
Virginia .....	410
Texas .....	401
New York .....	313
Pennsylvania .....	383
North Carolina .....	263
Illinois .....	244
Alabama .....	241
California .....	203

#### FSU BOARD OF TRUSTEES

John Thrasher, *Chairman*

Jim Smith, *Vice Chairman*

Dr. Valliere Richard-Auzenne

Derrick Brooks

Emily Fleming Duda

David Ford

Dr. Jessie Furlow

Manny Garcia, III

William Andrew Haggard

Harold Knowles

Dr. J. Stanley Marshall

Dr. E. Ann McGee

Patrick Sullivan, *Student Body President*

Dr. T.K. Wetherell, *FSU President*

# This Is Florida State



## 2004 Track & Field

### Famous Alumni

#### Rita Coolidge

Rita Coolidge is a two-time Grammy Award winner. She has worked with Joe Cocker (backup singer and soloist) on his "Mad Dog and Englishman" tour. She has also toured and recorded with the likes of Eric Clapton, Jimi Hendrix, Bob Dylan, Leon Russell and Stephen Stills. Coolidge co-wrote "Superstar" which was a huge hit for the Carpenters.

#### Lee Corso

Lee Corso, College football Analyst for ESPN. Corso joined ESPN in 1987 after 28 years of football coaching experience at the college and professional levels – including 17 seasons as a head coach – serves as a game analyst for the Thursday night telecasts and as a studio analyst for College GameDay and the half-time and scoreboard shows. He is a member of the FSU Hall of Fame, received four varsity letters in both football and baseball at FSU.

#### Paul Gleason

A teammate of Burt Reynolds, is a very successful actor who has played a number of memorable roles including that of Clarence Beaks, the maligned courier of crop reports in "Trading Places" and the assistant principal "The Breakfast Club."

#### Barbara Harris

Barbara Harris is currently the Editor-In-Chief of SHAPE Magazine, the largest national monthly health and fitness publication for women in the United States. SHAPE has a current circulation of 808,634 and over 2.2 million readers. Harris, who lettered in volleyball at FSU from 1974-77, frequently appears on national and local television, radio talk shows, and is interviewed regularly by the newspaper media, sharing her experience in the areas of exercise, health, wellness, and women's issues.

#### Traylor Howard

Traylor Howard, an actress best known for her role as "Sharon" in the hit TV Series "Two Guys and a Girl" (ABC). Howard appeared in more than 30 national commercials before winning the role of Joy on the comedy series "Boston Commons." Her feature film credits include "Me, Myself & Irene," with Jim Carey (2000), "Dirty Work," and "Confessions of a Sexist Pig."

#### Gabrielle Reece

Gabrielle Reece is best known for her career in volleyball and as a model. Reece began modeling in 1989 and has appeared on the covers of Women's Sports & Fitness, Outside, SHAPE, Elle, Life and others. She is internationally recognized as a top fashion model and spokesperson for several companies, including Nike. Reece has co-written a book with Karen Karbo (July 1997) about her life as a pro volleyball player "Big Girl in the Middle" and writes a column for Women's Sports & Fitness.

#### Burt Reynolds

Academy award nominee and Golden Globe winner, Burt Reynolds has enjoyed enormous success as an actor and director in feature films, television and stage productions. Some of Burt's most prominent films include: "Mystery Alaska", "Striptease", "Citizen Ruth", "Deliverance", "Stroker Ace", "Smokey and the Bandit" and many more. Reynolds also starred in the hit television series "Evening Shade".

#### Dr. Toney Stewart

Dr. Toney Stewart is a professional actress, tenured Professor and Director of Theatre Arts at Alabama State University. As an actor, Dr. Stewart is best known for her recurring role in "In the Heat of the Night" as Aunt Etta Kibbe. Dr. Stewart also had roles in John Grisham's film "A Time To Kill" portraying Samuel L. Jackson's wife. She won an NAACP Image Award nomination as best supporting actress in 1997. Dr. Stewart was the first African American female to receive a doctorate from the FSU School of Theatre and the first McKnight Doctoral Fellow in Theatre Arts.

#### Norm Thagard

Former NASA Astronaut, Norm Thagard was a mission specialist on STS-7 in 1983 on Orbiter Challenger, the flight engineer on STS-51B in 1985, also aboard Challenger and STS-30 in 1989, on Orbiter Atlantis. He also served as the payload commander on STS-42 in 1992, aboard the Shuttle Discovery and was the cosmonaut researcher on the Russian Mir 18 mission in 1995, which required he live and train at the Gagarin Cosmonaut Training Center at Star City, Russia for more than one year prior to the mission. He logged over 140 days in space during five space flights.

#### DeLane Matthews

DeLane Matthews is an actress best known for her role as Beth Barry on "Dave's World" a television sitcom that aired on CBS 1993-1997. She has worked in regional theatre, on the New York Stage, in film and in television. DeLane has also appeared in the daytime soaps, "Guiding Light" and "Ryans Hope" for five years. Some of her other roles have included: "The Fugitive" (2001), Evasive Action (1998), "From the Earth to the Moon" (1998), "Every Woman's Dream" (1996).



Norm Thagard



Burt Reynolds

#### OTHER FAMOUS ALUMNI:

- Paul Azinger**, professional golfer
- Allan Ball**, award-winning writer, received the 1999 Academy Award for Best Original Screenplay for "American Beauty"
- John W. Bradley**, actor, "The New Adventures of Robin Hood"
- Clifton Campbell**, playwright
- Davis Gaines**, performer, "The Phantom of the Opera"
- Jane Geddes**, professional golfer
- Parris Glendening**, Governor of Maryland
- Tara Dawn Holland Christensen**, Miss America 1997
- Linda Keever**, Editor in Chief *Florida Trend Magazine*
- Tony LaRussa**, Manager, St. Louis Cardinals
- Scott Maddox**, Tallahassee Mayor
- Michael Piontek**, actor
- Henry Polic**, actor
- Charles G. Rex**, New York Philharmonic
- Victor Rivers**, actor and spokesperson for The National Network To End Domestic Violence
- Stephen J. Rothman**, theatre director
- Steven Sears**, writer and producer
- Randy Ser**, theatrical director
- Sonny Shroyer**, actor, "The Dukes of Hazard"
- Robert Ulrich**, actor
- Dr. Valint Vazsonyi**, international concert pianist
- Claudia Waite**, award-winning soprano
- Ellen Taaffe Zwilich**, composer
- Linda Zoghby**, opera singer



Lee Corso



Rita Coolidge



Paul Gleason



Barbara Harris



Gabrielle Reece



Dr. Toney Stewart



Traylor Howard



# This Is Florida State

2004 Track & Field



## One of the Nation's **PREMIER PROGRAMS**



### COMMUNITY SERVICE

FSU's student-athletes contributed over 4,500 volunteer hours in service to the community in 2002-2003. They also helped to raise \$64,000 in direct support to charities.

Florida State student-athletes volunteered their time working with students from every elementary and middle school in Leon County as well as schools in nearby Wakulla and Gadsden counties.



Christina Denny (left) — The Seminole women's tennis team has earned the Golden Torch Award, for highest overall team GPA, seven straight years.

### ACADEMICS

Seven of Florida State's 17 athletic teams — that's 41 percent — currently have a 3.0 or better grade point average.

Since joining the ACC in 1991, FSU has had six National Football Foundation and College Hall of Fame National Scholar Athlete Award winners — the most among all ACC schools and a figure that ranks second nationally in the past 10 years.

Florida State student-athletes have earned \$232,000 in post-graduate scholarships over the past eight years. They have also received 18 post-graduate scholarships for the ACC since 1992.

**ACC Academic Honor Roll**  
Total — 1,499

**Academic All-Americans**  
Total — 24



Derrick Brooks  
Academic All-American



Matt Diaz  
Academic All-American



Brandi Stuart  
Academic All-American



Football's Chris Hope received the 2002 NACDA Postgraduate Scholarship.



# This Is Florida State



## 2004 Track & Field



### COACHING EXCELLENCE

When it comes to legendary head coaches, it is hard to argue anyone has been as fortunate as Florida State. The Seminoles have three coaches who have established records that rank them with the greatest coaches ever to roam an NCAA sideline.

Florida State is the only NCAA school with three coaches in the top 10 for all-time victories in their sport and in the top five in wins and winning percentage among active coaches. Mike Martin (baseball), Bobby Bowden (football) and JoAnne Graf (softball) have combined for 2,839 wins and each coach appears in the top two for either active winning percentage (Martin), active wins (Graf), or all-time wins (Bowden).

### Winningest Active D-I Coaches

Percentage

2. Mike Martin 3. Bobby Bowden 5. JoAnne Graf

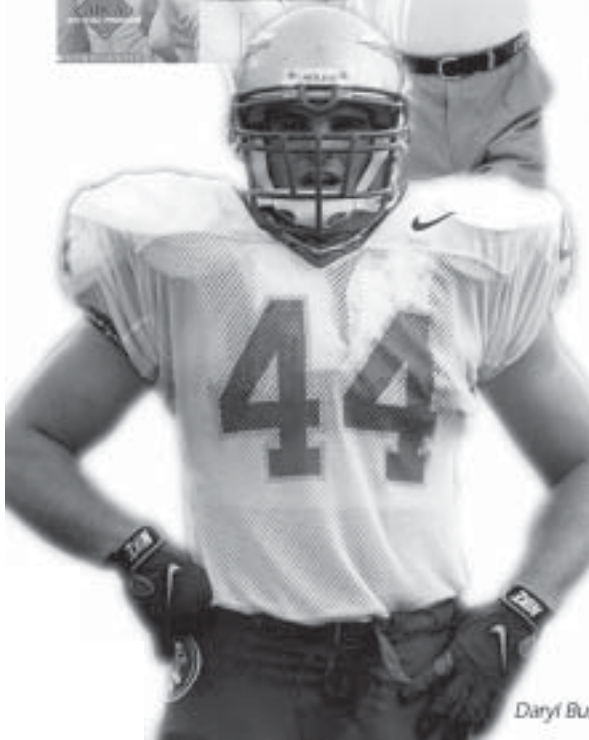
Wins

1. Bobby Bowden 2. JoAnne Graf 5. Mike Martin

### Winningest D-I Coaches All-Time

Wins

1. Bobby Bowden 2. JoAnne Graf 8. Mike Martin



Daryl Bush

### Post-Graduate Scholarship Awards

Total — 18

In 1996, Seminole Daryl Bush was the first ever recipient of the State Farm National Scholar Athlete of the Year Award, now given annually.

Florida State boasts two NACDA Post-Graduate Award winners in the last three years. The scholarship, which was originated in 2001, grants \$10,000 scholarships to its recipients.

In 2001, former Seminole Chris Weinke was the recipient of the first ever ACC Scholar Award which is given annually to an excellent athlete and top scholar who is not going on to graduate school. Football's Chris Hope (2002) and baseball's Matt Lynch (2003) have also earned the distinction.

Florida State has more all-time ACC Honor Roll selections (1,499) than all-time All-ACC honorees (1,479). On top of that number, 24 Seminoles have been named Academic All-Americans and 18 Florida State athletes have received post-graduate scholarships.

Matt Lynch





# This Is Florida State

## 2004 Track & Field



### TOP NATIONAL ATHLETES

Of the 33 national awards for athletic achievement Florida State student-athletes have won, five have garnered the top athlete in the nation award in their respective sport. Florida State boasts two Heisman Trophy winners and three Golden Spikes winners.



Vicky Gill  
First Team  
All-American

**First Team All-Americans**  
Total — 681

**National Award Winners**  
Total — 33

Helen Jepson  
First Team All-American



Chris Weinke (right) won numerous national awards in 2000 including the Heisman Trophy and the Davey O'Brien and Johnny Unitas Golden Arm awards.



Jonathan Carter  
First Team All-American



Nolan Henke  
First Team All-American

Charlie Ward  
First Team All-American

Ryan Barthelmy  
First Team All-American



# This Is Florida State



## 2004 Track & Field



Corey Simon  
All-ACC



Matt Cloer  
All-ACC

All-ACC  
Total — 1,476



Wanda Garmy  
All-ACC

Cindy Schofield  
All-ACC



Bob Sura  
All-ACC



NCAA Tournaments (Teams)  
Total — 111



### Record

Florida State's team sports have a combined .689 winning percentage all-time and have earned 7,549 victories. Eight of Florida State's nine team sports have an all-time winning record.

ACC Team Titles  
Total — 28





# This Is Florida State

2004 Track & Field



*Coach Bobby Bowden*



**COACHES OF THE YEAR**  
**National Coach of the Year**  
Total — 7

**Regional Coach of the Year**  
Total — 20

**ACC Coach of the Year**  
Total — 20

**Metro Conference Coach of the Year**  
Total — 12

*Coach Sue Semrau*



*Coach Lisa Gregory*

## NATIONAL CHAMPIONSHIPS

Florida State teams have earned 11 national championships over the years while 21 student-athletes have been crowned individual national champions in their respective sports.



FLORIDA STATE





# ACC Track & Field 50th Anniversary Team



## 2004 Track & Field



**Joe Allen**  
(2000-01)

**Jeff Bray**  
(1990-93)

**Jonathan Carter**  
(1993-96)

**Tonya Carter**  
(1997-00)

**Sheryl Covington**  
(1991-94)

**Sophia Danvers**  
(1994-97)

**Samantha George**  
(1997-00)

**Laura Gerber**  
(1999-01)

**Trinette Johnson**  
(1990-93)

**Phillip Riley**  
(1993-96)

**Erica Shepard**  
(1994-97)

- **JOE ALLEN** (2000-2001) was the outdoor ACC champion in the long jump during 2000 and 2001, as well as the 2001 ACC outdoor triple jump champion. Allen was named the ACC Outdoor Meet Most Outstanding Performer following first place finishes in the long and triple jump and earned NCAA provisional qualifying mark (long jump) at FSU Relays. Allen was also named the ACC outdoor event MVP during his senior season. He earned All-ACC honors in 2000 and 2001.
- **JEFF BRAY**(1990-1993) was the only other Seminole to be named to the indoor team. His accomplishments include the 1992 and 1993 ACC championship in pole vault. Bray was named to the All-ACC team in 1992 and 1993 and was selected as an All-American in the pole vault in 1993.
- **JONATHAN CARTER** (1993-1996) was a six time All-American. He was an All-American in the 100m dash in 1995 and 1996. He also received 200m All-America honors in 1996. Carter was a three-time All-American in 1993, 1994 and 1996 as a member of the 4 X 100m relay team. Furthermore, he was the 100m dash outdoor champion in 1994 along with being named to the All-ACC team the same year.
- **TONYA CARTER** (1997-2000) was the 2000 indoor NCAA National Champion in the 60m-dash. She was a two-time All-American in the 60m-dash in 1999 and 2000. In addition, she was awarded All-America honors in 2000 in the outdoor 100m-dash. That win, along with winning the 200m dash, led FSU to its first ACC title. She holds the ACC meet record in the 100m dash with a time of 11.31.
- **SHERYL COVINGTON** (1991-1994) earned All-America honors in 1993 for the indoor 55m- and 200m-dashes. She was a 1993 ACC Champion in the 55m, which she repeated in 1994. That same year she was also awarded ACC Champion honors in the 200m dash.
- **SOPHIA DANVERS** (1994-1997) was a three-time All-American in the 4x400m and received All-America honors once in the 4x100m. She was the 1997 ACC Champion in the 400m-dash and two-time ACC Champion in 1996 and 1997 in the 4x400m. Furthermore, she was a four-time All-America honoree and four-time All-ACC honoree.
- **SAMANTHA GEORGE** (1997-2000) was a 2000 indoor All-American in the 400m- dash and a two-time ACC Champion in 1999 and 2000 in the outdoor 400m. She earned an All-America title for her sixth-place finish in the outdoor 400m-dash in 1999. She represented Canada at the 2000 Atlanta Olympics in the 400m-hurdles and dash. She was a 1999 and 2000 All-ACC honoree.
- **LAURA GERBER** (1999-2001) was the 1999 ACC Champion for the indoor 800m run. She was named a 2001 All-American in that same event. A two time All-ACC member in 1999 and 2001, she was also a member of the NCAA runner-up 4x400m relay team.
- **TRINETTE JOHNSON** (1990-1993) was a three-time All-American in outdoor track and field, earning these honors in the long jump in 1992 and 1993 and in the 4x400-relay in 1992. She was named ACC Champion in the long jump twice in 1992 and 1993, as well as holding the ACC Meet record in the long jump with a distance of 21-0.5.
- **ERICA SHEPARD** (1994-1997) named All-American in indoor 800m run in 1996. Twice earned All-America honors in 1996 and 1997 in the 4x400m. She was the ACC Champion in the 800m two years straight beginning in 1996.
- **PHILLIP RILEY** (1993-1996) was the 1995 NCAA indoor national hurdles champion. He was an All-American in the outdoor hurdles and 4X100m relay team during the 1996 campaign. Riley was also the outdoor ACC champion in the 110m hurdles in 1994 and 1996. He earned All-ACC honors in 1994 and 1996 and was named to the 1994 and 1995 All-American team in the 55m- hurdles. In addition, he was named to the 1994 All-ACC team.



**Phillip Riley**