

Women's Schedule

Lady Seminole Invitational

Florida State University
Tallahassee, FL
September 13-15, 1996

Auburn Tiger Invitational

Auburn University
Auburn, AL
September 20-22, 1996

Beacon Woods Invitational

University of South Florida
New Port Richey, FL
October 11-13, 1996

Lady Paladin-Furman Invitational

Furman University
Greenville, SC
October 18-20, 1996

Lady Gator Invitational

University of Florida
Gainesville, FL
March 1-2, 1997



LSU-Fairwood Invitational

Louisiana State University
Baton Rouge, LA
March 14-16, 1997

Lady Gamecock Invitational

University of South Carolina
Columbia, SC
March 21-23, 1997

Ryder-Florida State Championship

University of Miami
Miami Lakes, FL
April 4-6, 1997

ACC Championships

Atlanta, GA
April 18-20, 1997

NCAA East Regional

Illinois State University
Bloomington, IL
May 8-10, 1997

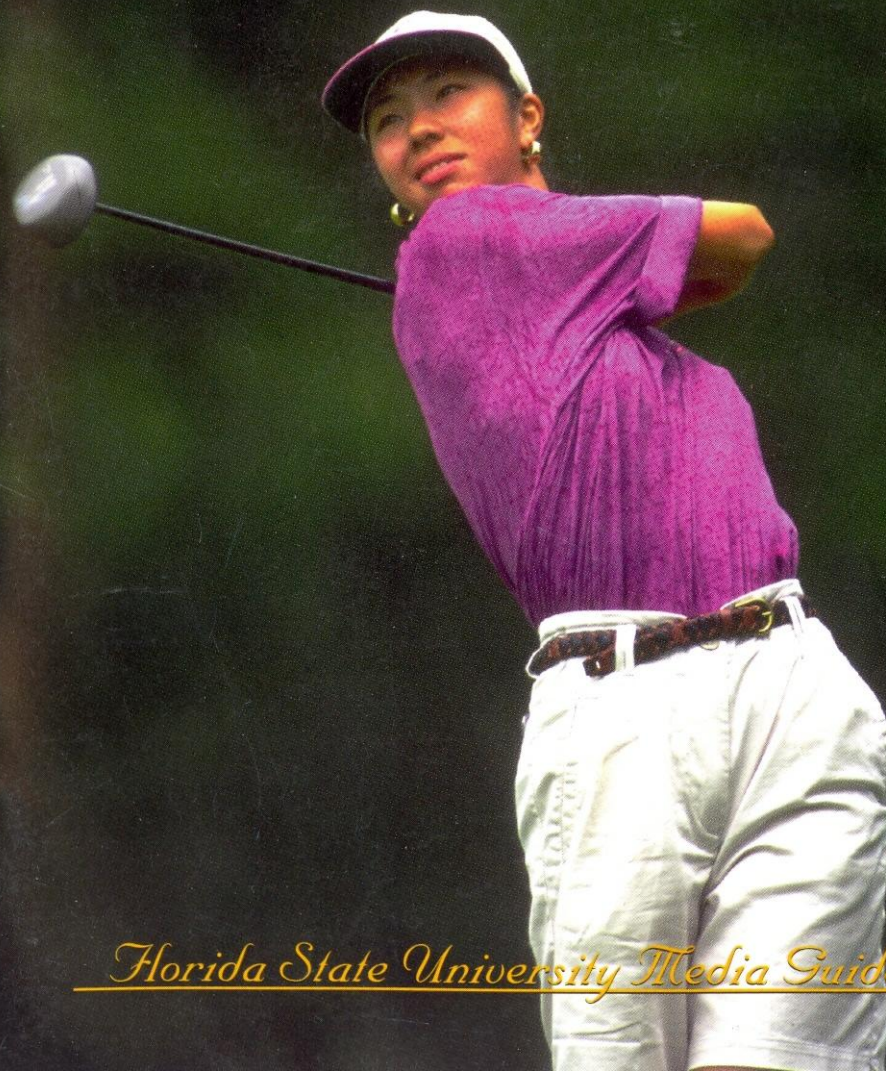
NCAA Championship

Ohio State University
Columbus, OH
May 21-24, 1997



1997 Women's
GOLF

Playing Through!



Florida State University Media Guide

1997 Women's Golf Team



Front row (l-r): J.J. Swindle, Laura Komalski, Kelly Hoffmeyer, Erica Iding, Amy Spooner, Sarah Capie. Back row (l-r): Coach Debbie Dillman, Stacy Burgin, Aguri Okura, Amy Bond, Betsy Jaeger, Assistant Coach Sue Urry.

FSU Fingertip Facts

Location: Tallahassee, FL
Enrollment: 30,200
Founded: 1857
Nickname: Seminoles
Colors: Garnet & Gold
Conference: Atlantic Coast
President: Talbot "Sandy" D'Alemberte
Athletic Director: Dave Hart, Jr.
Women's Golf Coach: Debbie Dillman
Coach's Phone: (904) 644-7290
Sports Information Director: Rob Wilson
Golf Contact: Craig O'Halloran
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On the covers: (front) Junior Aguri Okura, (back, from top) Sophomores Amy Bond and Amy Spooner.

Florida State University

A Quick Look at the Lady Seminoles

Top Returning Players/Stroke Avg.

Aguri Okura, Jr./79.93
 Amy Bond, So./80.10
 Amy Spooner, So./79.29

Letterwinners Lost/Stroke Avg.

Mabel Pascual del Pobil/78.06
 Kate Burton/78.10

By Class

Freshmen - 3
 Sophomores - 5
 Juniors - 2

By State/Country

Florida - 3
 Michigan - 3
 Georgia - 1
 Illinois - 1
 Texas - 1
 Japan - 1

1996 Best Finish

2nd out of 15,
 Lady Seminole Invitational

1996 ACC Finish

4th out of 4, 318-312-314 944

1996 NCAA East Regional

13th out of 19, 326-315-303 944

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Outlook for 1997

At the beginning of last season head coach Debbie Dillman knew that it was going to be one of her most challenging coaching jobs. With a group of new freshman players, coupled with several that lacked

Top Five Players for Lady Seminoles



Kneeling (l-r): Erica Iding, Amy Spooner, Sarah Capie. Standing (l-r): Coach Debbie Dillman, Aguri Okura, Amy Bond, Assistant Coach Sue Urry.

tournament experience, the Lady Seminoles used last season as a building block for the future. The building block that was established last season serves as a blueprint for this year and for years to come. With

the solid nucleus of returning players, the Lady Seminoles will once again be among the elite teams in the country.

The Lady Seminoles will have to replace to loss of seniors Mabel Pascual del Pobil and Kate Burton. Pascual del Pobil and Burton provided last year's young group with experience on and off the course. Pascual del Pobil finished last year with two top ten finishes and six top 20

finishes, while Burton finished in the top 10 three times and top 20 four times.

"We lost a lot of experience with Mabel and Kate," said head coach Debbie Dillman. "Kate provided so much enthusiasm to the group in the last four years and Mabel has been one of steadiest golfers that has played here."

Coach Dillman will have to rely on underclassmen to carry to load this year for the Lady Seminoles. Three freshman that were thrown into the line-up last year return for their sophomore season with added experience.

"It was very important for us to get the freshman (Amy Bond, Sarah Capie, Amy Spooner) some collegiate tournament experience," commented Debbie Dillman. "A key to success in collegiate golf is not only to have

Florida State Golf

talented golfers, but ones with experience."

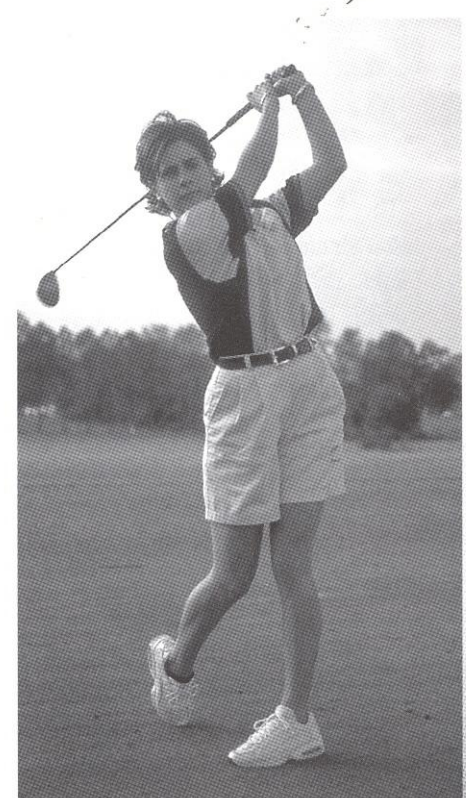
Sophomore Amy Bond enters this spring campaign as the top player for the Lady Seminoles. Bond, with a successful fall and summer, moved herself in the top position for the Tribe. With three top 10 finishes in the fall, Bond has moved up to #52 in the Rolex rankings.

"Amy is our most improved player from last year," stated Dillman. "She always had the physical skills to be successful at this level, but now she has added the mental toughness to her game. With this added confidence, I would be surprised if she isn't an All-American this year or by the time she leaves Florida State."

Junior Aguri Okura returns for her third year of action for the Lady Seminoles. Entering the fall season as the number 1 player, Okura finished with two top 20 finishes in four tournaments. Okura finished last year with a stroke average of 78.8 in 30 rounds of play.

"Aguri leads by example on the golf course," said Dillman. "She has all the tools, whether it is mental or physical. Nobody works harder in the classroom or at the practice range."

This year marks the addition of a transfer from the University of Arkansas. Erica Iding, a sophomore from Lansing, MI, will add depth and experience to this year's squad. Coming to Florida State after a one-



Erica Iding

year stint at Arkansas and a heralded career in high school, Iding will be in the top 5 for the Tribe.

Sophomores Amy Spooner and Sarah Capie return for their second season with the Lady Seminoles. Both Spooner and Capie gained valuable experience with tournament play last year. Spooner, a native of Margate, FL, finished last year with three top 20 finishes and a 79.3 stroke average. Capie finished last season with a stroke average of 81.4 in nine rounds of play. Finishing the

Outlook for 1997

fall season with impressive finishes, Spooner and Capie established a top 5 spot for the Lady Seminoles.

"Amy and Sarah were thrown into the fire last year," said Dillman. "They gained invaluable experience that should help them get to the next level. Both golfers just have to work on the little things to improve their games."

A number of other golfers will vie for positions in the line-up as the

1996-97 WOMEN'S GOLF ROSTER

Name	Class	Hometown
Amy Bond	So.	Ocala, FL
Stacy Burgin	Fr.	Spring, TX
Sarah Capie	So.	Cartersville, IL
Kelly Hoffmeyer	So.	East Lansing, MI
Erica Iding	So.	Lansing, MI
Betsy Jaeger	Jr.	Naples, FL
Laura Kowalski	Fr.	Plymouth, MI
Aguri Okura	Jr.	Osaka, Japan
Amy Spooner	So.	Margate, FL
Jessica Swindle	Fr.	Camilla, GA

spring progresses. Sophomore Kelly Hoffmeyer and junior Betsy Jaeger look to crack the line-up after working on their games for the last two years, while the addition of freshmen Stacy Burgin, Laura Kowalski and J.J. Swindle should add depth and enthusiasm to the team.

"Kelly is a vocal leader for us this

year, she keeps everybody on the team loose," commented Dillman. "The freshmen will use this year to learn from the experienced players and work on their games."

As with the mark of any good program, the Lady Seminoles will once again play a difficult tournament schedule. With tournaments at South Carolina and Florida, the Tribe will face fields that are among the best in the nation. The ACC Tournament, featuring Wake Forest, Duke and North Carolina, will be one of the best conference tournaments in the country. This year will mark the first year that the tournament will be part of the ACC Spring Weekend in Atlanta, GA. Hosted by the Atlanta Country Club, the event will take place on April 18-20, 1997.

"Once again, we are playing a very tough schedule," said Dillman. "The ACC is going to as tough as ever this year and I expected the same from the rest of the district."

With the wealth of young talent and the blueprint that has been set, the Lady Seminoles are hoping to move another step in the right direction. After a two-year hiatus from the elusive NCAA Championships, the Lady Seminoles are poised to return to a level of national prominence. With the building blocks in place, the Tribe hope to make it to the top once again.

1996 Fall Results

Lady Seminoles with a great deal of anticipation for the upcoming spring season.

Lady Seminole Invitational

Seminole Golf Course, Tallahassee, FL
September 13-15, 1996

Team	307-317-301	925	(3)
Amy Bond	72-79-72	223	(3)
Sarah Capie	79-79-74	232	(t14)
Aguri Okura	78-79-77	234	(t19)
Erica Iding	78-80-79	237	(t29)
Amy Spooner	81-81-78	240	(t42)
Kelly Hoffmeyer (Ind.)	80-83-82	245	(t59)
Betsy Jaeger (Ind.)	80-83-83	246	(t62)
J.J. Swindle (Ind.)	93-89-88	270	(100)
Stacey Burgin (Ind.)	93-94-91	278	(101)
Laura Kowalski (Ind.)	103-98-94	295	(102)

Auburn Tiger Invitational

Saugahatchee Country Club, Auburn, AL
September 20-22, 1996

Team	300-302	602	(4)
Aguri Okura	75-73	148	(t6)
Amy Bond	76-73	149	(t10)
Amy Spooner	74-76	150	(t14)
Sarah Capie	75-80	155	(t25)
Erica Iding	79-82	161	(43)

Beacon Woods Invitational

Beacon Woods Golf Club, Bayonet Point, FL
October 10-12, 1996

Team	320-323-306	949	(5)
Amy Bond	77-77-75	229	(8)
Aguri Okura	79-77-78	234	(t12)
Amy Spooner	88-82-72	242	(t29)
Sarah Capie	81-91-81	253	(t44)
J.J. Swindle	83-87-87	257	(t50)

Lady Paladin Invitational

Furman University Golf Course, Myrtle Beach, SC
October 18-20, 1996

Team	320-313-314	947	(14)
Amy Spooner	78-77-78	233	(t28)
Amy Bond	84-79-76	239	(t53)
Aguri Okura	79-82-80	241	(t62)
Sarah Capie	81-78-82	241	(t62)
Erica Iding	82-79-80	241	(t62)

After finishing the 1995-96 season in a disappointing manner, the Lady Seminoles were poised to recapture the success that they have achieved in the last three years. With three top 5 finishes in the fall, the Tribe proved once again that they are among the elite teams in NCAA Division I women's golf.

The Lady Seminoles were led by the play of sophomore Amy Bond. Bond, a native of Ocala, FL, finished the fall season with three top 10 finishes. After opening the season with a third place finish at the Lady Seminole Invitational, Bond finished the Auburn Tiger Invitational tied for 10th. Bond struggled in the final tournament of the fall, placing tied for 53rd at the Lady Paladin Invitational.

Junior Aguri Okura had a very productive fall season, placing in the top 10 in one tournament, the Auburn Tiger Invitational. Okura also finished in the top 20 in the Lady Seminole Invitational, finishing tied for 19th with a three-round total of 234.

Erica Iding, Amy Spooner and Sarah Capie round out the top 5 players for the Lady Seminoles. Spooner, in her second year of collegiate golf, led the Tribe with a tied for 28th finish at the Lady Paladin Invitational. Capie, a sophomore from Cartersville, IL, finished tied for 14th in her best performance of the year at the Lady Seminole. Iding, in her first year as a Lady Seminole, provided quality depth to the squad.

With the success that this Lady Seminole team accomplished in the fall, the sky is the limit for the spring season. This group of young talent provides the

The Coaches

In her 13th year at the helm of the Lady Seminole golf team, head coach Debbie Dillman will not rest on her laurels, although she has accumulated many over the years. The experienced and knowledgeable coach has placed Florida State in a prominent position in collegiate golf.

The Davison, Michigan native grew up in an active golf family. Both of Dillman's parents were involved in country club management. Dillman captained her high school golf team for four years and twice was runner-up at the Michigan State Championship. For three consecutive years she also captured the Flint Junior Golf Championship, considered one of the top junior tournaments in the state.

Dillman brought her talents down south to Tallahassee where she attended FSU as an undergraduate and played golf for the Lady Seminoles from 1979-82. During that time she also worked at Seminole Golf Course, enabling her to learn both the competitive and management sides of the sport.

Over the past 12 years, the Lady Seminoles have emerged as one of the perennial golf powers in the nation. With Dillman at the helm, the Seminoles have walked away from a



Head Coach Debbie Dillman

tournament with the overall team championship 13 times. Under her coaching, eight Seminole golfers have captured 13 individual champion honors.

While members of the team have garnered many honors, Dillman herself has been honored as well. In the Lady Seminoles' inaugural season in the Atlantic Coast Conference, Dillman's fellow coaches selected her as ACC Coach of the Year.

In addition to her coaching responsibilities, the 36-year-old Dillman is once again serving on the NCAA South Regional Selection Committee. During the summer she also serves as the Tournament Director for the Big Bend Junior Golf Association.

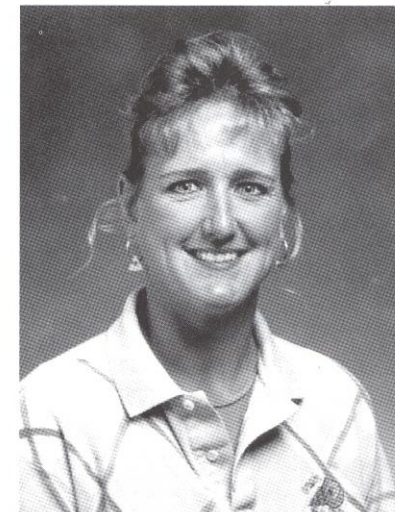
Dillman interests vary from the golf course to the farm. In her spare

time she raises Tennessee Walking horses on her farm just outside of Tallahassee. She also has a daughter, Annie Lynn, who is three years old.

Both the men's and women's golf team benefit from the experience and service of assistant coach Sue Urry. Urry, in her third year at Florida State, performs a variety of duties to assist coach Debbie Dillman and men's coach Dr. Ernie Lanford in the day-to-day operations of the Seminole golf program.

Urry grew up in Peoria, Illinois, where her father first introduced her to the game of golf. Under the influence of Jerry Barber, a player on the senior tour, Urry became more serious with golf in addition to playing volleyball.

Urry's athletic talents attracted attention from college coaches. She headed south to Miami to attend Florida International University on a volleyball scholarship. She played four years for the Golden Panthers, earning All-American honors. After graduating in December 1986 with a degree in Computer Science, Urry stayed at the university to complete her eligibility and compete on the golf team her final year.



Assistant Coach Sue Urry

In addition to performing administrative duties for the Florida State golf teams, Urry assists with FSU's two tournaments, the Lady Seminole Invitational and the Seminole Classic. She also does publicity to help the golfers become more visible in the community.

"I also get to play a lot with the teams when they practice," Urry said. She also occasionally competes in professional tournaments.

In her spare time away from the course, Urry enjoys boating, playing volleyball, and other outdoor sports. She and her husband, Keith, share their home with two yellow labs.

Florida State Golf

Player Profiles



Amy Bond

Sophomore - Ocala, Florida

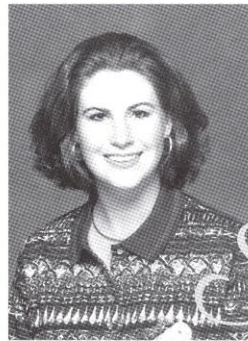
Potential to be an All-American for the Seminoles...One of the most physically strong golfers ever at FSU...working on short game skills...has shown steady improvement over the past year...gained experience last year that will take her to next level...working on staying mentally focused each time out...**Best Finish Last Season:** Tied for 20th at the Ryder-State Championship...**1995-96:** Participated in all ten tournaments for the Lady Seminoles...improved her stroke average from an 81.5 in the fall to a 79.16 in the spring...Overall season average was 80.1...low round was a 74 in the third round of the LSU-Fairwood Invitational...**1994-95:** Redshirted due to medical hardship...**Prep:** Four year varsity team member at Vanguard High School...All-Area team for four years...won the 1994 District Tournament...won Ocala championship three consecutive years.... *Tampa Tribune* Player of the Year as a sophomore in softball...MVP of three varsity sports (VB, SB, Golf)... **Personal:** Majoring in Sports Administration... daughter of Tommy and Deb Bond... brother plays baseball for Florida... roommates with Amy Spooner...**Born:** March 1, 1976.

Bond at FSU...

Years _____	95-96
Events _____	10
Rounds _____	30
Strokes _____	2,403
Average _____	80.10
Low _____	74
Top 10 _____	—

What I like the most about being a Seminole?

"What I like to most is that the whole Athletic Department is like one big family and every athlete is important."



Stacy Burgin

Freshman - Spring, TX

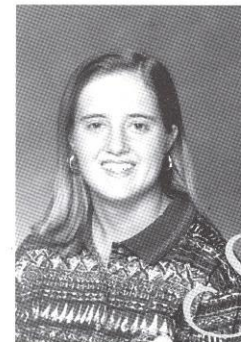
Plans to use this year to gain experience from the veterans...long hitter, working on improving total game... **Prep:** MVP of the Klein High School as a sophomore, junior and senior... member of the National Honor Society...graduated with honors and advanced seal award...**Personal:** Plans to major in marketing/public relations...actively involved in community service, Campus Crusade and FSU Republicans...daughter of E.J. and Barbara Burgin...**Born:** September 10, 1978.

What I like the most about being a Seminole?



Stacy Burgin

"What I like most about being a Seminole is the amazing school spirit that all Florida State students possess. It is so awesome to be at a place when everyone gets involved and takes pride in their college."



Sarah Capie

Sophomore - Carterville, Illinois

Another physically strong golfer for the Seminoles...learning to refine her strength...great player who possesses all the tools...best finish last season...**1995-96:** Played in three tournaments for the Lady Semi-noles...low round was a 76 which she shot in the first round of the Lady Gator... compiled a 81.4 stroke average...**Prep:** All-State as a sophomore, junior and senior... Made All-South team four years at Carterville High School...finished 2nd in the State Championships...named Southern Illinois

Florida State Golf

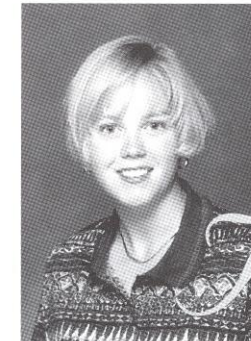
Player of the Year twice... lettered in three sports...**Personal:** majoring in sports management... daughter of Bill and Judy Capie...**Born:** June 16, 1977.

Capie at FSU...

Years _____	95-96
Events _____	3
Rounds _____	9
Strokes _____	733
Average _____	81.44
Low _____	76
Top 10 _____	—

What I like the most about being a Seminole?

"I love the spirit and pride. It makes me feel good to know the support is behind me."



Kelly Hoffmeyer

Sophomore - East Lansing, Michigan

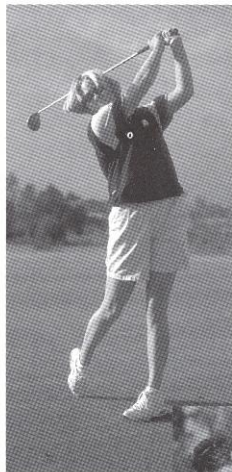
Another team leader...provides leadership to a very young team...will vie for tournament play in the spring...very solid player that is very good around the green...**1995-96:** Competed as an individual in the Lady Seminole Invitational... finished the tournament tied for 53rd with a 252... didn't see action in the spring season...**1994-95:** Redshirted...**Prep:** Member of state championship team at East Lansing High School...1994 All-State Honorable

Player Profiles

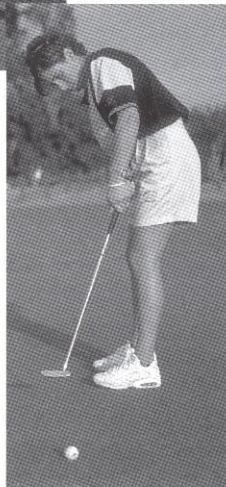
Mention...1994 All-City team...twice named to All-Area team...**Personal:** Majoring in Communications...member of FSU's Student-Athlete Advisory Board...roommates with Erica Iding...daughter of Thomas and Lynne Hoffmeyer...**Born:** September 5, 1976.

What I like the most about being a Seminole?

"What I like most about being a Seminole is the reputation that this program has. We are considered a national powerhouse."



Kelly Hoffmeyer



Erica Iding



Erica Iding

Sophomore - Lansing, MI

Will crack the line-up and provide experience to young Lady Seminole team...heralded high school career...very accurate with solid short game...potential to be a top player for the Lady Seminoles in the spring...**1995-96:** Member of the University of Arkansas golf team... **Prep:** Michigan State Champion as junior and senior in 1994 and '95... All-State honors for all four years of high school competition... MVP of Lansing Catholic Central all four years... All Area and All League freshman through senior year... captain of the Dream Team for two years...1993 GAM Player of the Year... member of the National Honor Society and President of the Varsity Club...**Personal:** Daughter of Margeret and Jim Iding... majoring in nursing..**Born:** January 2, 1977.

What I like the most about being a Seminole?

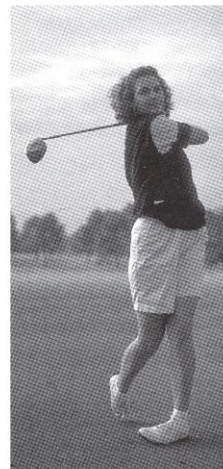
"Florida State golf means hard work, dedication and commitment. it involves my teammates and my coaches as my new 'family' and most most importantly it means a sense of belonging. Together, as a group, we are working collectively towards our goals."



Betsy Jaeger

Junior - Naples, Florida

Another hard-working walk-on for the Lady Seminoles...very strong player...lacks experience to get to the next level... **Prep:** Dual-sport athlete at St. John Neumann High School...named to All-County golf team as well as All-County basketball team twice... graduated with high honors... **Personal:** Majoring in Finance... served as a member of the Seminole Links support group in 1994-95... **Born:** September 26, 1976.



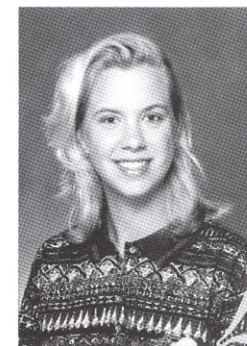
Betsy Jaeger

What I like the most about being a Seminole?

"My most memorable experience was having the chance to participate in this year's Lady Seminole Invitational. It gave me a chance to

support the program while participating as an individual player."

Florida State Golf



Laura Kowalski

Freshman - Plymouth, MI

Entering first year with the Florida State program...will likely spend this year working on her game...very strong that needs to be mentally tough...will gain experience watching this year's squad... **Prep:** Catholic League Conference Champion while making All-State Honorable Mention honors...All-Area 1st Team as a senior, junior, and sophomore... 1st Team All-State honors as a junior...four-year letterman at Ladywood High School...received numerous academic honors along with maintaining a ranking of 4th in her class...member of the 1996 All-State Academic Team... **Personal:** Daughter of Robert and Fran Kowalski...plans to major in accounting... member of numerous youth groups in the Plymouth area...**Born:** June 1, 1978.

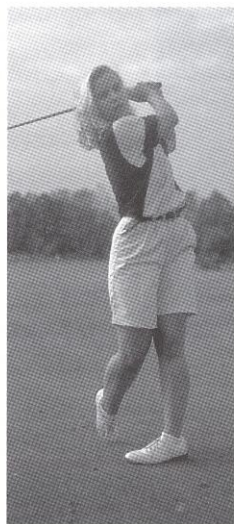
What I like the most about being a Seminole?

"I just so proud to be part of the Florida State golf program. This program gives me the opportunity to improve my expectations."

Why I chose Florida State?

"I chose Florida State to pursue my career

Player Profiles



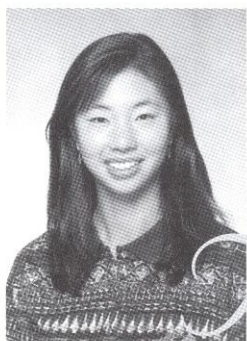
Laura Kowalski



Aguri Okura

to maintain the success that she has achieved over the last two years... **Best Finish Last Season:** Tied for 14th at the Lady Seminole Invi-tational...**1995-96:** Played all thirty rounds for the Lady 'Noles...had three top 20 finishes... tied for 16th at the Ryder-State Championship... improved her stroke average from a 81.1 in 1994-95 to a 78.8 for 95-96, third best on the team...fired a season-low 72 in the third round of the NCAA East Regional...**1994-95:** Transferred from UNC-Greensboro, walked on to the team and made the top five... competed in all 29 rounds...stroke average of 81.4... tied for 17th at both the Lady Gator Invitational and the ACC Tourn-ament...**Prep:** Played

through the education I plan to receive at this university. Florida State gives me the opportunity to dedicate myself year round."



Aguri Okura

Junior - Osaka, Japan

Talented ball striker...calm, clearheaded demeanor on the course...gained invaluable experience during the summer, playing in the 4th Annual USA-Japan Goodwill Golf Tournament... experienced player that will have to be a leader...looks

in the Col-legate Players Tournament and took 6th place...also played in the Trans National... **Personal:** Majoring in Inter-national Business...named to the 1995 ACC Academic Honor Roll and the NGCA All-Scholar Academic Team...**Born:** May 1, 1974.

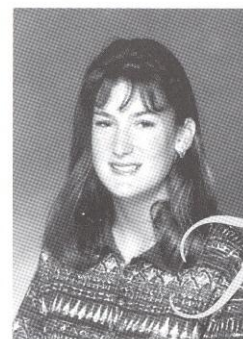
Okura at FSU...

Years	94-95	95-96	Career
Events	10	10	20
Rounds	29	30	59
Strokes	2,351	2,365	4,716
Average	81.06	78.83	79.93
Low	74	72	72
Top 10	—	—	—

What I like the most about being a Seminole?

"Being a Seminole really motivates me to play well. The athletes get so much support from the rest of the University."

Florida State Golf



my Spooner

Strokes	2,141
Avg.	79.29
Low	75
Top 10	—

What I like the most about being a Seminole?

"I like the renowned tradition and prestige that characterizes a Seminole athlete."

Why I chose Florida State?

"Florida State has one of the finest programs in the nation. I have always wanted to be a Seminole athlete."

Sophomore - Margate, Florida

Excellent golfer that will take FSU to the next level...gained invaluable experience during last season, playing nine events... well-rounded game...made some minor adjustments to swing over the summer... excellent attitude...has the ability to be an All-American at FSU...**Best Finish Last Season:** Tied for 18th twice, at the Carolyn Cudone Intercollegiate and the Ryder State Championship...**1995-96:** Played in nine tournaments as a rookie... posted three top twenty finishes...tied for 19th at the Lady Seminole Invitational... fired a season-low 75 twice, in the final round of the Lady Gator and the first round of the Ryder...listed as a "Freshman to Watch" by *GolfWeek* magazine... had great success in summer prior to freshman season, winning multiple tournaments in the AJGA...**Prep:** Lettered four years at M.S. Douglas High School... named to first team All-County three times...1995 Player of the Year...won Bubba Conley National Junior Championship and Polo AJGA Championship...had six, top five finishes...**Personal:** Plans to major in Business...**Born:** May 2, 1977.

Spooner at FSU...

Years	95-96
Events	9
Rounds	27



J. Swindle

Freshman - Camilla, Georgia

Will be a name to be heard from in coming years...used 1995-96 as a redshirt season to refine skills...incredible strength...**Prep:** Won Regional Championship four consecutive years while at Mitchell-Baker High School... 1993 Georgia State Champion... 2nd runner-up in the State in 1994 and '95...**Personal:** Plans to major in Sports Medicine...**Born:** April 14, 1977.

What I like the most about being a Seminole?

"I love the pride that each Seminole athlete has. I basically love everything about being a Seminole. Being a Seminole athlete is a great experience."

1995-96 Year In Review

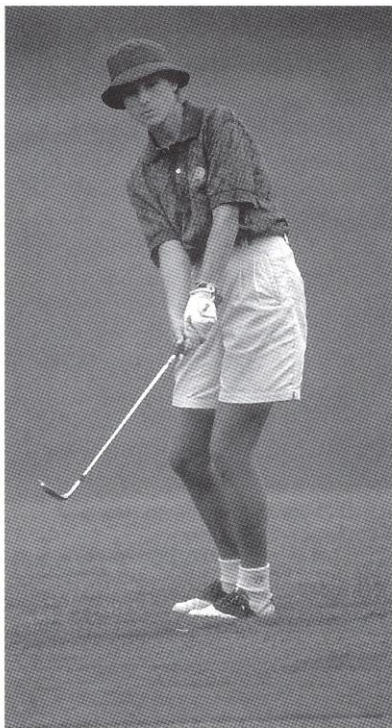
The FSU's women's golf team teed off their 1995 fall season at home with the annual Lady Seminole Invitational held at Seminole Golf Course. Defending champion Louisiana State reappeared in strong fashion, again taking the team title with a 22-stroke victory over second-place Florida State. Mabel Pascual del Pobil overcame a first-round 82 to shoot a 74 and even-par 73 in the final 36 holes to finish in 7th place. Her final round 73 was the low score for that day. Kate Burton also made the top ten, finishing just one stroke off Pascual del Pobil. Angie Stafford of South Alabama took home the individual title while three LSU players finished in the top five.

The Lady Seminoles headed out west to New Mexico State University's Lady Roadrunner Invitational to face competition from mainly southwestern U.S. universities. The nation's preseason #1 team, Arizona State, walked away with the team title, while Florida State finished in the middle of the pack in 8th place. Mabel Pascual del Pobil notched another top ten finish by firing a five-over par 228 for 54 holes, good enough for a ninth place tie.

The annual Furman Invitational featured nine teams ranked in the top 25 poll, and half of the 23-team field was represented in the nation's top 30, providing some stiff competition for the Lady Seminoles. Florida State went through the first 36 holes in ninth place, but a team 28-over par in the final round

pushed them to a 14th place finish. Mabel Pascual del Pobil turned in the highest finish for FSU, coming in tied for 19th with a score of 231.

The Lady Seminoles concluded their fall season in South Carolina at the Carolyn Cudone Intercollegiate hosted by Coastal Carolina University. Florida State was led by both a freshman and a senior



Mabel Pascual del Pobil notched another top ten finish by firing a five-over par 228 for 54 holes, good enough for a ninth place tie.

as Amy Spooner and Mabel Pascual del Pobil finished in a tie for 18th individually. As a team, FSU finished in 8th place out of 15 teams. Louisiana State, the

Florida State Golf

winner of the Lady Seminole Invitational, took home another team title while Cecilia Hedlund of the University of South Florida was the individual champion.

Florida State started off their spring season on rival territory as they travelled to Gainesville for the Lady Gator Invitational. Again, Florida State finished in the middle of the pack, placing sixth out of 13 teams. The Lady Gators kept the team trophy at home, with a strong 15 stroke lead over second place Louisiana State. Mabel Pascual del Pobil kept up her streak of posting the team's highest finish by placing 20th with a score of 229, 18 strokes off the individual champion Riko Higashio of UF.

Florida State continued their tour of Southeastern Conference schools with the Fairwood Invitational hosted by LSU, a team they had met three times already this season. FSU placed fifth among the 18-team field, backed by the strong performance of Kate Burton. The senior from Surrey, England shot 7-over par for the tournament for a fifth place individual finish. Her showing was the highest individual finish for the Lady Seminoles so far this season.

FSU caught a glimpse of the strength of ACC competition at the Lady Gamecock Classic hosted by the University of South Carolina. Conference rivals Duke and Wake Forest finished first and second while the Florida State came in at 9th place. The Lady 'Noles struggled as Mabel Pascual del Pobil carded the highest finish, coming in at 23rd with a 19-over par 232. Wake Forest's Laura Philo captured the individual title with a 2-over par 215, while Duke's Kathi Poppmeier placed second with a 217.

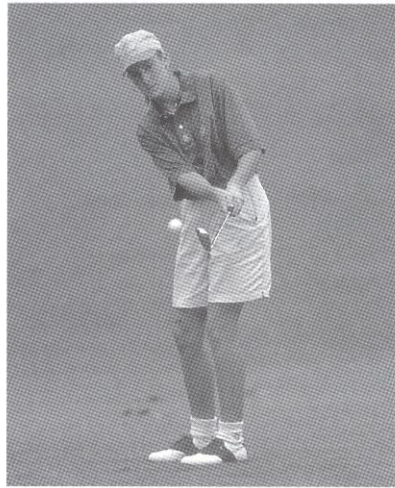


FSU placed fifth among the 18-team field, backed by the strong performance of Kate Burton.

The Lady Seminoles shot a three-round total of 928 to place third at the Ryder-Florida Women's Collegiate Championships, held at Miami Lakes Country Club. They finished behind the University of Florida and the University of Miami. FSU had a strong showing individually as four team members placed in the final top twenty. Kate Burton tied for 8th place with a three-round score of 229, only nine strokes off the individual champion, Riko Higashio of UF.

Only four ACC schools have women's golf teams, but according to Coach Debbie Dillman, "That's like saying there's only four teams in the Final Four. Everyone is good." The other three conference teams, Duke, North Carolina, and Wake Forest all entered this year's tournament ranked in the country's top ten. The Lady

1995-96 Year In Review



Newcomer Amy Spooner was one of three freshmen that logged significant playing time for the Lady Seminoles.

Seminoles were outmatched this year, finishing in fourth place. Mabel Pascual del Pobil started off the tournament in last place individually, but shot a one-over par 73 in the third round to jump into 14th place, the highest finish for FSU. Her finish marked the seventh tournament during the season that she led the team.

The Lady Seminoles finished the spring season with the NCAA Regionals which were hosted by the Lady Tigers of Auburn. The competition proved tough, and the Lady Noles struggled against a tough NCAA field. Kate Burton had the best finish for the Noles, with a 32nd place tie. Overall, the Lady Noles finished 13th as a team. A high point of the tournament was Aguri Okura's final round par 72. She finished third on the team and tied for 67th place.

Although the Lady Seminoles fell short of their ultimate goal, a return trip

to the NCAA Championships, the season was full of pleasant surprises. The Tribe saw the addition of three intregal players that will contend for tournament titles for years to come. With the leadership of seniors Mabel Pascual del Pobil and Kate Burton, the Lady Seminoles used the 1995-96 season as a building block for future success and a trip to the NCAA Championships.

Golfacts

➤ Seminole Golf Course serves as home for the FSU men's and women's teams. Designed by William W. Amick, the front nine was completed in 1963, with the back nine added in 1968. The women's course measures 6,038 yards with a par 73.

Located approximately two miles west of the campus, the course and practice facilities are considered among the best in collegiate golf. Seminole Golf Course is operated by Club Consultation and Management.

➤ The Seminole Links are a group of FSU students who assist with the day-to-day operations of the men's and women's golf teams. They assist with recruiting visits and serve as hostesses for the Seminole Classic and the Lady Seminole Invitational golf tournaments.

➤ Each fall, the FSU women's golf team hosts the Lady Seminole Invitational. This tournament has become one of the most widely known tournaments on the collegiate circuit. The 21st annual Invitational took place on September 13-15, 1996 at Seminole Golf Course. The University of Alabama came away with the team title, while the host Seminoles finished in third place. Kathryn Cusick won the individual title, beating Marcy Newton of North Carolina by two strokes. Amy Bond led the FSU team with a 3rd place finish, while Sarah Capie finished tied for 14th.

Seminoles In The Pros

Barb Bunkowsky Scherbak

Joined LPGA: January 1983...**Career Earnings:** \$880,502...**Rank:** 69...**Career Highlights:** Won first tournament, the Chrysler-Plymouth Charity Classic, in 1984...In 1990, a career-low round of 65 helped her tie for fourth in the Northgate Classic...Tied for 2nd at the 1991 Standard Register Ping...Finished in third place at the 1993 LPGA Championship... Tied for third at the 1994 ShopRite Classic.

Jane Geddes

Joined LPGA: August 1983...**Career Earnings:** \$2,894,648...**Rank:** 9...**Career Highlights:** Seven top 10 finishes during the 1996 season... Finished tied for 4th at the British Open and tied for 3rd at the US Open...First two victories came in 1986 at the US Women's Open and the Boston Five Classic...Had a banner year in 1987, capturing five tournament titles, including the Mazda LPGA Championship...In 1989, became the 17th player to cross the \$1 million mark in earnings...Ranks 9th in career earnings... Captured her 11th career victory at the Chicago Challenge where she posted four sub-par rounds of 68-69-68-67.

Beigh Mills

Joined LPGA: October 1992...**Career Earnings:** \$116,378...**Rank:** 255...**Career Highlights:** Competed on the European and Asian Tours prior to joining the LPGA... Champion of the 1991 International Women's Open...Career-best LPGA finish was a tie for 15th at the 1994 HEALTHSOUTH Palm Beach Classic...Recorded a career-low round of 66 at the du Maurier Ltd.

Seminole Golf Hall of Fame

In order to qualify as a member of the Seminole Golf Hall of Fame, an FSU golfer must have either: won a PGA or LPGA event, been an NCAA Individual Champion, or been a USGA Amateur Champion.

Hall of Famers:

Mary Lena Faulk (1949)
Colleen Walker (1978)
Barb Bunkowsky (1982)
Jane Geddes (1982)
Lisa Walters (1982)

Classic in 1994.

Colleen Walker

Joined LPGA: January 1982...**Career Earnings:** \$2,281,470...**Rank:** 16...**Career Highlights:** Won her first title in 1987 at the Mayflower Classic...Awarded the Vare Trophy in 1988 for the season's lowest scoring average of 71.26...Also won the 1988 Boston Five Classic...Captured the 1990 Circle K LPGA Tuscon Open, tying her career-low of 65 on the third day of the tournament... Won three tournaments in 1992... Posted her second hole-in-one in 1994... Currently ranks 15th in career earnings.

Lisa Young Walters

Joined LPGA: October 1983...**Career Earnings:** \$713,159...**Rank:** 83...**Career Highlights:** Tied for third in the 1987 McDonald's Championship...Has posted two holes-in-one during her LPGA career...Won the Itoki Hawaiian Ladies Open twice, in 1992 and '93...Recorded six top-20 finishes in 1993.

Strength & Conditioning

Superior strength and conditioning are two reasons why the Lady Seminole golf team is among the top programs in the nation every year. The golf team's commitment to excellence does not start on the practice green, it starts in the weight room every Monday, Wednesday and Friday at 6:45 a.m.

Assistant Strength Coach Ron Miller works with the women's golf team and has created a special program so that each golfer can reach maximum potential on the course.

"With physical fitness the women can help themselves two different ways," Miller said. "The first is injury prevention and the second is they will be able to play better, longer."

The Lady Seminoles start their workout with 30 minutes of cardiovascular training. This can range from running to riding a stationary bike. Cardiovascular training will help the overall endurance of a player so she is not tired after walking for 36 holes.

Next the women go through the "Seminole Circuit" which is a total body strength program devised specifically for golfers.

"The main areas we work are the wrist, forearms, and abdominals," Miller said. "Once again we are working toward muscular endurance."

The Seminoles work out in the Tully Gymnasium weight room which is a carpeted and mirrored area which includes state of the art exercise systems

by Cybex Eagle, as well as free weight equipment. A variety of exercise bicycles, rowing machines and stairmasters incorporate both strength, conditioning and cardiovascular endurance. The weight room is open every weekday, year-round, at the most convenient hours to give all student-athletes time to work a strength and conditioning routine into their busy schedules.

Words of encouragement and guidance come from Miller and his staff, who take a personal interest in every Seminole athlete. Miller works with the individual to tailor a weight program that specifically meets her needs and goals.



His office is located in Tully Gym, where he can remain close to the action at all times.

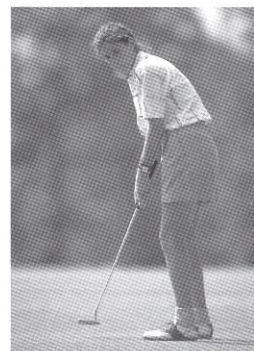
Miller is working towards training the athletes to condition themselves year-round and not just during the season.

"I want working out to become a lifestyle for these women," he said.

At Florida State we believe "the strong shall survive." FSU takes pride in its strength and conditioning programs to help student-athletes reach their maximum potential.

Academic Support

Academic, personal, and professional support are essential to college success. At Florida State University, we have developed an outstanding support program which enables student-athletes to reach their full potential.



Mabel Pascual del Pobol

Our philosophy is "to offer an academic support program integrated with the total university that will assist 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 we have 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.

Our program operates on a "pro-active" rather than "reactive" approach. At Florida

State, our academic staff does not wait for academic crises to occur. We gather important background information and build an academic profile on all student-athletes to assess their needs in advance. We also stay informed on the daily progress of each student-athlete.

The academic support staff includes a director, five counselors, and three graduate interns forming a group of professionals serving the needs of all student-athletes. The interim director, Mark Meleney, is taking over on a temp-orary basis after Dr. Roger Grooters left for Michigan State University. A director for the academic support program is still in the process of being determined.

In 1994, the academic programs moved to the state-of-the-art University Center and are located on the sixth floor of the \$126 million facility. It includes private study carrels, 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.

Women's Golf Academic All-Americans

Kelly Pittman - 1990, '92, '93

Tiffany Faucette - 1993, '94

Mabel Pascual del Pobol - 1994, '95

1995 ACC Honor Roll

Kate Burton

Aguri Okura

Mabel Pascual del Pobol

Sarah Stimac



Seminoles In the ACC

The Atlantic Coast Conference boasts a rich tradition of success in women's golf. Although only four conference schools have women's golf teams, those four teams have made their mark on the national level.

Since Florida State joined the ACC in 1991, the women's golf team has been a major contributor to FSU's success in the ACC. The Lady 'Noles have finished second in the conference twice, in 1992 and 1995. Coach Debbie Dillman was named ACC Coach of the Year in 1992, and former Seminoles Erica Firnhaber, Marie Josee Rouleau, and Karen Stupples have been All-ACC selections, with Stupples attaining that honor in both 1994 and 1995.

In the 1996 ACC Championships, held at the Grandover East Golf Course in Greensboro, NC, the Lady Seminoles finished the tournament in fourth place. Senior Mabel Pascual del Pobil led the Seminoles, finishing in 14th place after a final-round 73. Duke University claimed the team championships, beating Wake Forest by eight strokes. The University of North Carolina finished in third, 26 strokes behind the Demon Deacons.

The ACC was well represented at the NCAA Championships with three teams participating. Duke finished the Championships in 7th, while Wake Forest finished the tournament in 11th place. North Carolina missed the cut. Laura Philo was the highest individual finisher among ACC schools, finishing tied for 13th.

This year's ACC Championships will place in Atlanta as part of the ACC Spring Championship Weekend.

1996 ACC Tournament Results

April 12-14, 1996
Grandover East Golf Course
Greensboro, N.C.

Team Results:

Duke	891 (1)
Wake Forest	899 (2)
North Carolina	925 (3)
Florida State	944 (4)

Individual Results:

Jenny Chuasiriporn	217 (1)
Laura Philo	222 (t2)
Kathi Poppmeier	222 (t2)
Alicia Allison	224 (4)

FSU Results:

Mabel P. del Pobil	235 (14)
Kate Burton	236 (t15)
Aguri Okura	238 (18)
Amy Bond	239 (19)
Sarah Capie	242 (20)

Player of the Year

Laura Philo, Wake Forest

Rookie of the Year

Jenny Chuasiriporn, Duke

Coach of the Year

Dan Brooks, Duke

1996 All Atlantic Coast Conference Team

Alexandra Armas, Wake Forest
Jenny Chuasiriporn, Duke
Kimberley Marshall, Wake Forest
Kelly McCall, North Carolina
Laura Philo, Wake Forest
Kathi Poppmeier, Duke

FSU Golf In The 90's

GOLFacts

► The FSU women's golf team claimed its first national title in 1981 when the Seminoles captured the AIAW National Championship. The Seminoles won the tournament in quite dramatic fashion. After the front nine of the final round, FSU found itself two strokes behind the leader, the University of Georgia. But on the 17th hole, four FSU golfers birdied to give the Seminoles a three-stroke lead over the Bulldogs and the national championship as well.

Lady Seminole Golf has been highly successful in the first half of this decade.

Since the spring of 1990, Florida State has come away from a tournament as the team champion eight times. Equally as impressive are the 41 top five finishes the squad has compiled over 71 tournaments during those years.

Individual golfers have made their marks in the record book as well. Five Lady Seminoles have captured tournament championships, with Karen Stupples (1993-95) adding two tourney titles to her list of accomplishments. Stupples was named a second-team All-American in the spring of 1995. In all, 10 FSU golfers have posted 41 individual top 5 finishes since 1990.

The women have made appearances in NCAA post-season play each spring

since 1991. Three times they've gone to the championships, while in other years they were selected to participate in regional play.

Team Titles 1990-95

FIU-Pat Bradley Invitational (Fall 1990)
Metro Conference Championship (Spring 1991)
Lady Seminole Invitational (Fall 1991)
Ryder/Florida State Championship (Spring 1992)
Lady Seminole Invitational (Fall 1993)
Spalding/Peggy Kirk Bell (Spring 1994)
Beacon Woods Invitational (Fall 1994)
Lady Gator Invitational (Spring 1995)

Individual Titles 1990-95

Kathy Grant, Metro Conference Championship (Spring 1990)
Emma Rundle, Metro Conference Championship (Spring 1991)
Mary Lee Cobick, Beacon Woods Invitational (Fall 1991)
Erica Firnhaber, Lady Seminole Invitational (Fall 1991)
Karen Stupples, Spalding/Peggy Kirk Bell (Spring 1994)
Lady Gator Invitational (Spring 1995)



Karen Stupples

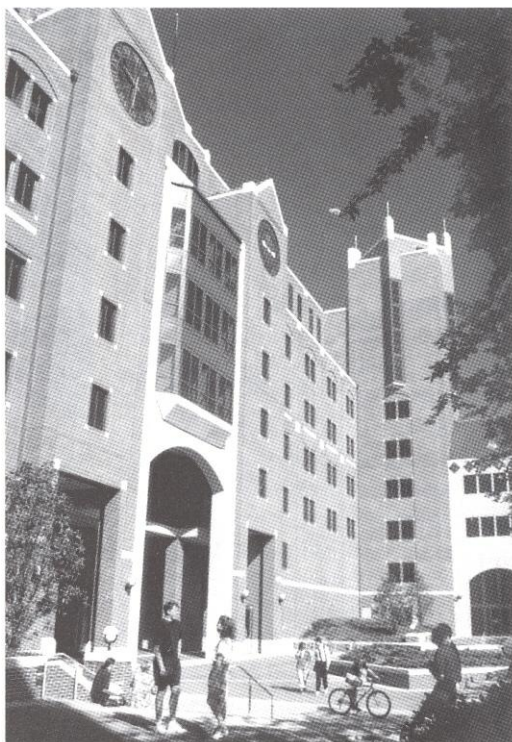
This Is FSU

Florida State University, in its golden anniversary as a co-educational graduate research institution, has joined the nation's elite in both academics and athletics. Located on the oldest continuous site of higher education in Florida and building rapidly on the framework of a highly regarded liberal arts college for women, the University has emerged over the past 48 years as an institution of national and international esteem.

A senior member of the 10-member State University System, FSU was founded as an institution of higher learning in 1852 and began in Tallahassee with its first students in 1857.

Florida State continues to progress and grow—from its pre-Civil War foundation as the Seminary West of the Suwanee, through the early 20th century as the academically respected Florida State College for Women, returning to coeducational status as a university in 1947, to its modern development as an acclaimed research institution, a top-ranked competitor in intercollegiate athletics and as a standard-setter in the basic sciences and the performing arts.

Today, Florida State's operating budget is \$442 million. Faculty and



administrators generate more than \$95 million annually in external funding to supplement state-sponsored research. Three direct-support organizations serve to bolster the University: the FSU Foundation, which raises millions in private gifts to support academics, the Seminole Boosters and the FSU Alumni Association.

Florida State offers 275 graduate and undergraduate degree programs through its eight colleges—Arts & Sciences; Business; Communication; Education; Engineering (operating jointly with Florida A&M University); Human Sciences; Law; and Social Sciences (which also incorporates the school of Public Administration and Policy)—and eight

Florida State Golf

schools—Criminology & Criminal Justice; Library & Information Studies; Motion Picture, Television & Recording Arts; Music; Nursing; Social Work; Theatre; and Visual Arts & Dance.

With 1,568 members, the FSU faculty currently includes five members of the National Academy of Sciences and eight members of the National Academy of Arts and Sciences, and has included five Nobel Laureates. It is backed by 2,987 administrative, professional, and support staff.

Library holdings at Florida State include 2.06 million book titles, 18,498 serials, and 4.25 million microforms. The main library facility, the Robert M. Strozier Library, is linked via computerized information systems to other state university and national research libraries. The Paul A.M. Dirac Science Center Library is located at the heart of the university's science research complex. FSU also maintains extensive music, library science, and law libraries, and the Mildred and Claude Pepper Library houses the personal and professional papers of one of Florida's best known political couples.

Florida State ranks first in popularity nationwide among high school seniors, based on the number of students who request their Scholastic Aptitude Test (SAT) and American College Test (ACT) scores be sent to an institu-

tion. FSU was the only institution listed among the top ten choices of both black and white college bound students. Florida State is also tops in the state for community college transfers as FSU admits over 3,000 transfer students every fall semester.

In its mission of excellence in teaching, research and public service, Florida State University is advancing boldly into the 21st century.



1996-97 Tournaments

Lady Seminole Invitational

Dates: September 20-22, 1996
Host: Florida State University
Location: Tallahassee, FL
Course: Seminole Golf Course (par 73, 6,038 yards)
Contact: Craig O'Halloran (904) 644-1403

Participating Teams: Alabama, Alabama-Birmingham, Arkansas, Arkansas State, Auburn, Central Florida, Florida Atlantic, Florida International, Florida St., Jacksonville, Lynn, Mississippi St., Mississippi, North Carolina, Rollins, South Alabama, Stetson, Tulane, Vanderbilt

Auburn Tiger Invitational

Dates: September 20-22, 1996
Host: Auburn University
Location: Auburn, AL
Course: Saugahatchee Country Club (par 72, 5,953 yards)
Contact: Neal Reid (334) 844-9701

Participating Teams: Alabama, Auburn, Central Florida, Florida State, Georgia, Louisiana State, Miami, Mississippi, Mississippi State, South Alabama, South Florida, Troy State

Beacon Woods Invitational

Dates: October 11-13, 1996
Host: University of South Florida
Location: Bayonet Point, FL
Course: Beacon Woods Golf Club (par 72, 6,050 yards)

Contact: John Gerdes (813) 974-4086
Participating Teams: Central Florida, Florida International, Florida State, Iowa State, Miami, Mississippi, Mississippi State, UNC Wilmington, Ohio State, South Alabama, South Florida, Toledo



Columbus, Ohio

Lady Paladin Invitational

Dates: October 18-20, 1996
Host: Furman University
Location: Greenville, SC
Course: Furman Golf Course (par 72, 5,917 yards)

Contact: Teri Brinkman (864) 294-3065
Participating Teams: Alabama, Appalachian State, Auburn, Coastal Carolina, College of Charleston, Florida, Florida State, Furman, Georgia, Kentucky, Memphis, Miami, Mississippi, North Carolina, UNC Greensboro, Oklahoma, South Carolina, Tennessee, Texas Christian, Wake Forest, Winthrop

Lady Gator Invitational

Dates: March 1-2, 1997
Host: University of Florida
Location: Gainesville, FL
Course: University of Florida Golf Course
Contact: Mary Howard (352) 375-4683 ext. 6100

Participating Teams: Alabama, Auburn, Central Florida, Coastal Carolina, Florida, Florida International, Florida State, Georgia, Louisiana State, Miami, Rollins, South Carolina, Tennessee

LSU-Fairwood Invitational

Dates: March 14-16, 1997
Host: Louisiana State University
Location: Baton Rouge, LA
Course: Fairwood Country Club (par 72, 6,300 yards)

Contact: Kent Lowe (504) 388-8226
Participating Teams: Alabama, Arkansas, Arkansas-Little Rock, Arizona, Florida St., Louisiana St., Memphis, Mississippi, Mississippi St., UNC-Wilmington, North Texas, Southern Illinois, Texas Tech, Tulane

Lady Gamecock Classic

Dates: March 21-23, 1997
Host: University of South Carolina
Location: Columbia, SC
Course: The University Club (par 71, 6,051 yards)
Contact: Brian Binette (803) 777-7875
Participating Teams: TBA

Ryder-Florida State Championship

Dates: April 4-6, 1997
Host: University of Miami
Location: Miami Lakes, FL
Course: Don Shula's Golf Club (par 72, 5,962 yards)
Contact: Sam Henderson (305) 284-3244
Participating Teams: Florida, Florida State, Miami, Central Florida, South Florida, Florida International, Lynn, Rollins, Florida Atlantic, Stetson, Jacksonville, St. Thomas

ACC Championship

Dates: April 18-20, 1997
Location: Atlanta, GA
Course: Atlanta Athletic Club
Contact: Dee Todd (910) 854-8787
Participating Teams: Duke, Florida St., North Carolina, Wake Forest

NCAA East Regionals

Dates: May 9-11, 1997
Host: Illinois State
Location: Bloomington, IL
Course: Prairie Vista Golf Course
Contact: Scott Wherley (309) 438-3249

NCAA Championships

Dates: May 22-25, 1997
Host: Ohio State University
Location: Columbus, OH
Course: Ohio State Scarlet Course (par 72, 6,037 yards)
Contact: TBA (614) 292-6861

Opponents

Duke

LOCATION: Durham, NC **NICKNAME:** Blue Devils
ENROLLMENT: 6,150 **COLORS:** Royal Blue & White
1996 ACC & NCAA FINISH: 1st in ACC, 7th in NCAA
HEAD COACH: Dan Brooks
TOP RETURNES: Jenny Chaustriporn, Alicia Allison
KEY LOSSES: Kathi Poppmeier, Stephanie Sparks
NEWCOMERS TO WATCH: Anne Cardea, Anie Lechman
HOME COURSE: Duke Golf Club
GOLF OFFICE PHONE: (919) 681-2494
GOLF SID: Tom Kosempa (919) 684-2633

North Carolina

LOCATION: Chapel Hill, NC **NICKNAME:** Tar Heels
ENROLLMENT: 24,439 **COLORS:** Blue & White
1995 ACC & NCAA FINISH: 3rd in ACC, Didn't qualify
HEAD COACH: Sally Austin (, North Carolina '77)
TOP RETURNES: Kelly McCall, Staci Aber
KEY LOSSES: Rachel Poston
NEWCOMERS TO WATCH: Culver Buckles, Sara Levin, Marcy Newton
HOME COURSE: Finley Golf Course
GOLF OFFICE PHONE: (919) 962-4273
GOLF SID: Lee Snyder (919) 962-2123

Wake Forest

LOCATION: Winston-Salem, NC
NICKNAME: Demon Deacons
ENROLLMENT: 3,620 **COLORS:** Old Gold & Black
1995 ACC & NCAA FINISH: 2nd in ACC, 11th in NCAA
HEAD COACH: Dianne Dailey (, Salem College)
TOP RETURNES: Laura Philo, Sonia Bauer
KEY LOSSES: Kim Marshall, Victoria Bovsen
NEWCOMERS TO WATCH: Kelly Kirwin
HOME COURSE: Old Town (6,795 yards, Par 72)
GOLF OFFICE PHONE: (910) 759-5858
GOLF SID: Dan Zacharias (910) 759-