



Fast Facts about FLORIDA STATE Athletics...

Affiliation...

Division I

Conference...

Florida State University is a part of the Atlantic Coast Conference.

Swimming Facilities...

Morcom Aquatic Center is a state of the art \$11 million dollar outdoor 50 meter Olympic pool and separate diving well with two 1 meter, two 3 meter, and 3m,5m,7m,10m Platforms which opened in August 2008.

Bobby Leach Recreation Center houses our indoor sixteen lane 25yard pool with two 1 meter and two 3 meter diving boards.

<http://www.seminoles.com/facilities/morcom.html>

Strength and Conditioning Facility...

The Roger Holler Champions Training Complex is a state of the art facility including a 14,700 square feet weight room, 5,000 additional square feet of complex training area, 24 self contained work stations, a cutting edge video/audio system & over 80 pieces of customized free weight and selectorized machines. The strength coach's design individualized programs that include a regiment of strength training, power development, linear and lateral speed enhancement, mobility and endurance. Once testing is completed a computer-generated program is assigned to each student athlete. A coach will guide the student athlete through the program daily & progress will be monitored on a weekly basis by the strength and conditioning staff. Continuous supervision of the athletes will ensure a successful physical transformation into a collegiate athlete.

<http://www.seminoles.com/strength/fsu-strength.html>

Student Athlete Academic Services...

Student Athletes are each assigned to an athletic academic advisor that help them plan out the next 4 years of their lives aiming towards graduation and excellence in the classroom. They are given the advantage of priority class scheduling before the rest of the FSU student body, free of charge tutoring, use of travel laptops, access to computer lab in Moore athletic center, monitored study hall to help students develop consistent and appropriate study patterns.

<http://www.seminoles.com/academics/fsu-academics.html>

The Training Room...

Don Fauls Athletic Training Room was completed in 2004. The 15,000 sqft. training room is housed in Moore Athletic center & is utilized by all 18 varsity sports. Some of the attractions include an in-house pharmacy, x-ray machine, & 2 physician evaluation rooms. There is a 4,000 square foot rehabilitation room with the latest version of Biodex isokinetic testing. The treatment area includes 24 treatment tables with various modalities, computer injury tracking devices, & 18 taping benches. FSU athletes have ample accessibility for aquatic therapy: a 8' x 20' in-ground workout pool, a 9' x 16' in-ground cold whirlpool, a 9' x 16' in-ground warm whirlpool, and 9 extremity whirlpools. Swimming and Diving have athletic trainers, grad assistant trainers and student trainers on deck at all workouts!

<http://www.seminoles.com/sportmed/facilities.html>

The Training Table...

Dining hall located in Moore Athletic center that provides nutritious meals that are well balanced for optimum performance.