



"The most beautiful college there is."

—Robert Frost

MIAMI QUICK FACTS >>>

Affiliation: Public university of Ohio

Philosophy: Miami is a residential university with a focus on teaching undergraduates. A liberal education core complements the more specialized studies of the majors.

Established: Founded in 1809, Miami is named for the Miami Native American Tribe that inhabited the area now known as the Miami Valley Region of Ohio. Miami is the seventh-oldest state institution west of the Allegheny Mountains.

Locations: Main campus in Oxford, Ohio (35 miles north of Cincinnati and 45 minutes southwest of Dayton); regional campuses in Hamilton and Middletown, Ohio; European Center in Luxembourg. The main campus in and around Oxford consists of 1,179 acres.

Enrollment: 15,200 undergraduates and 1,700 graduate students on the Oxford campus; approximately 2,500 on each regional campus (based on Fall 2006 enrollment)

Diversity: Multicultural students make up 8.65 percent of the first-year class and 8.2 percent of the undergraduate student body (based on Fall 2005 enrollment).

Degree Programs: Miami offers the bachelor's degree in over 100 areas of study and the master's degree in more than 50 areas; Miami also offers a number of doctoral degrees. Several associate's



degrees are available through study on the regional campuses.

Class Size: 70 percent of freshman classes at Miami have 30 or fewer students and 88 percent have 50 or fewer students. The average class size is 24, with the ratio of full-time students to full-time faculty standing at 17:1.

Calendar: First semester begins late August, ends late December; second semester begins early January, ends early May. Summer sessions are also offered.

Cost: For 2005-2006, tuition and fees for undergraduates total \$21,587 per year; Ohio residents receive a minimum of \$10,902 in Ohio resident scholarships. Room and board charges are \$7,610.

BUT ISN'T MIAMI IN FLORIDA?

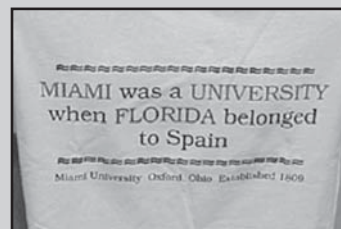
As the popular t-shirt around campus states, "Miami was a University when Florida belonged to Spain." While most people are more familiar with the thriving city in Southern Florida, the fact remains that Miami University was chartered in 1809 and the city of Miami was not incorporated until 1896.

The word "Miami" originated with the Chippewas, a group of Northern Algonquin Indians, and evolved into its current form with some shaping from early settlers and missionaries. Meaning people of the point or people of the peninsula, the word describes a Native American tribe which today resides primarily in Oklahoma and still maintains a formal relationship with the University in Oxford, Ohio.

The name "Miami" was chosen for the University in admiration of the Miami Tribe, which was at one time prevalent throughout Western Ohio. A warrior tribe, the Miamis took the lead in resisting the European-American

settlement and formed the Miami Confederacy, which fought to keep the land under Native American control. Despite battling valiantly and winning several key battles, the Miamis were defeated in 1794 and eventually relocated.

While some in Florida argue that the name of the city Miami comes from a Native American word meaning "sweet water," a more likely explanation exists. The city of Miami was founded with the coming of the Florida East Coast Railway, which was funded by Ohio real estate investors who hailed from the region of Ohio known as the Miami Valley that includes Dayton. Not so coincidentally, the rail line in question begins in Daytona and ends in Miami.





FIRST IN 2009 ...

Miami is in the midst of an ambitious strategic plan to become the nation's leading public university by its 200th birthday in 2009. Following is an abbreviated outline of the plan.

Vision: By its two-hundredth birthday, Miami University will be the leader in the nation among public universities having a primary emphasis on undergraduate education and also having significant graduate and research programs.

Goals

1. Strengthen the academic profile of entering students.
2. Strengthen the academic profile of new faculty and the academic support for existing faculty.
3. Developing a curriculum for the 21st century at both the undergraduate and graduate level.
4. Strengthening academic standards and enriching campus intellectual and cultural life.
5. Increasing diversity of the faculty, staff and student body.
6. Enhancing the campus facilities, buildings, and systems.
7. Strengthening the university revenue base.
8. Developing improved benchmarking with peer institutions.

Guiding Principles

- The first principle is to build on the Oxford campus's core strengths that contribute to the undergraduate experience:
 1. High expectations for faculty excellence in instruction and research.
 2. A residential experience that is an essential ingredient of undergraduate education.
 3. A liberal arts underpinning across the curriculum
 4. Extracurricular opportunities that emphasize ethical values, good sportsmanship, leadership, and public service
 5. Selective admissions criteria
 6. A diverse, traditional age student body, recruited nationally and internationally
- The second principle is to strengthen the intellectual climate through developing and supporting:
 1. Research, scholarship and creative work
 2. Nationally distinguished graduate programs
 3. High academic standards and expectations

WHAT THEY'RE SAYING ABOUT MIAMI >>>

- The 2006 U.S. News & World Report college rankings lists Miami University 26th among the top public universities in the nation based on academic quality.
- The Fiske Guide to Colleges 2006 awarded Miami 4.5 stars for academics (out of a possible five-star ranking), praising Miami as a "rising star among state universities."
- Kiplinger's list of the "100 Best Values in Public Colleges" includes Miami University, ranked 38th for its combination of top-flight academics and affordable costs. (2006)
- According to a 2005 book by the American Association for Higher Education—*Student Success in College: Creating Conditions that Matter*—Miami is described as an "involving" college and one that exemplifies "what an educationally effective college or university looks like at the turn of the 21st century."
- Kaplan Publishing's 2005 edition of *The Unofficial, Biased Guide to the 331 Most Interesting Colleges* recognizes Miami as one of the country's top schools. The rankings are based on a survey of guidance counselors at public and private high schools.

- The 2004 *Kaplan-Newsweek College Catalog* lists Miami as one of 27 "hidden treasures—terrific schools that deserve more national recognition" and as one of 70 schools that "offer the best value for your tuition dollar." No other Ohio university was so recognized.
- According to a May 2004 report by *The Education Trust*, Miami is among schools that "routinely and substantially outperform (their) peers, year after year, successfully graduating far more students than similar universities."
- In the September 26, 2003, edition of *The Wall Street Journal*, Miami is named as one of the top feeder schools for 15 elite graduate programs in an article titled "Want to go to Harvard"

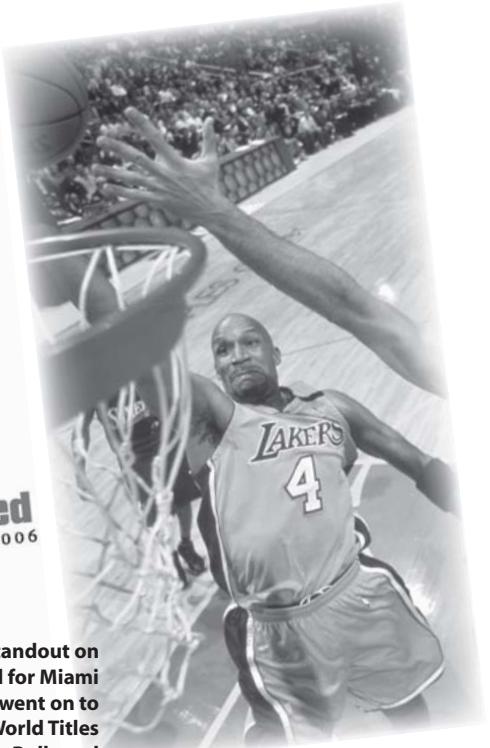
"Hollywood couldn't build a better college set"

—Ara Parseghian



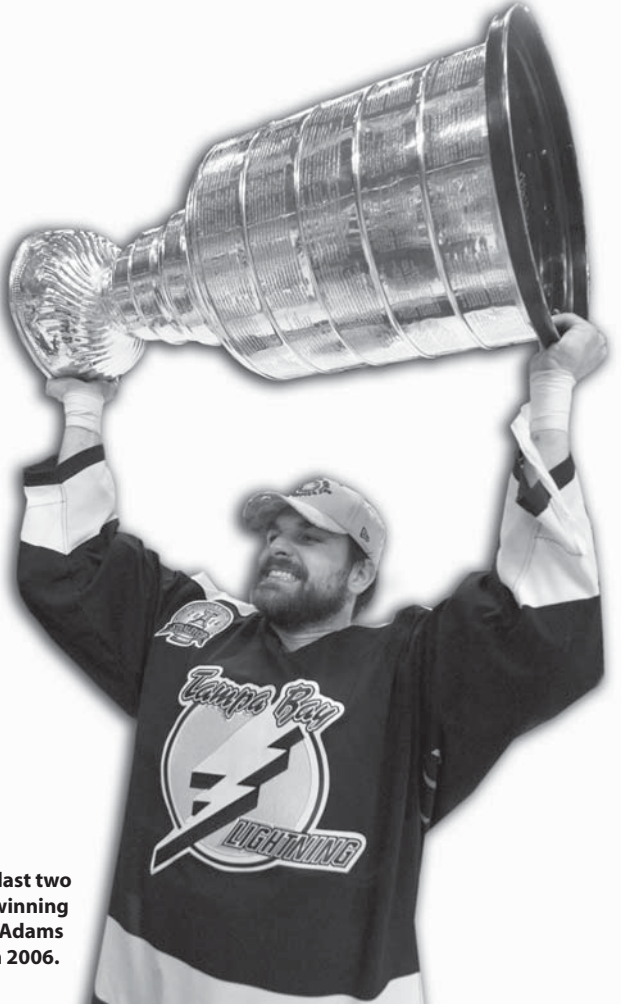
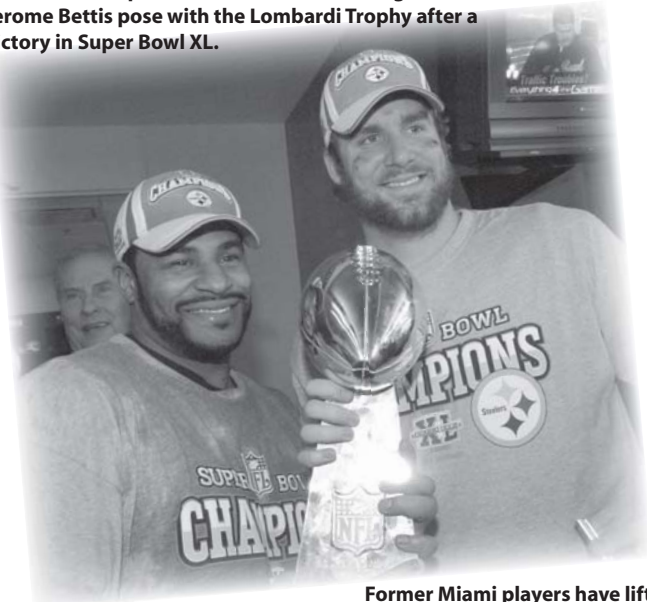


On February 13, 2006, with Ben Roethlisberger fresh off a Super Bowl Championship, the ice hockey team ranked No. 1 nationally and the men's basketball team in the midst of a lengthy win streak, *Sports Illustrated* recognized Miami University as one of the week's "Who's Hot" selections.



Ron Harper, a standout on the hardwood for Miami from 1983-86, went on to win five NBA World Titles with the Chicago Bulls and Los Angeles Lakers.

Former Miami quarterback Ben Roethlisberger and Jerome Bettis pose with the Lombardi Trophy after a victory in Super Bowl XL.



Former Miami players have lifted the last two Stanley Cups, with Dan Boyle (right) winning with Tampa Bay in 2004 and Kevyn Adams winning with Carolina in 2006.



Since the turn of the century, Miami has demonstrated an extraordinary commitment to upgrading its athletic facilities. Following are some of the projects that are completed or are nearing completion.



Walter L. Gross Center ▲

Dedicated in 2001, Miami's impressive Walter L. Gross Jr. Family Student-Athlete Development Center is central to Miami's Strength and Conditioning and Academic Advising programs.



Yager Stadium ▲

In the midst of an ambitious series of renovations, Yager Stadium has seen the introduction of a new FieldTurf playing surface, video board, permanent lights and stands on the east and north sides.



Miami Softball Field ▲

Also slated to make its debut in 2006-07 is the new Miami Softball Field, a truly impressive facility which includes permanent lights, a permanent press box and an indoor batting facility.

▼ McKie Field at Hayden Park

Completed in 2002, McKie Field at Hayden Park is one of the top college baseball facilities in the region. It includes an indoor batting facility and was recently equipped with permanent lights.



▼ Goggin Ice Center

Just opened this fall, Miami's new state-of-the-art \$35 million ice center ranks among the best nationally. It includes two full sheets of ice for the ice hockey and synchronized skating programs.



▼ Miami Turf Field

The new home of Miami's field hockey program underwent massive renovations, including a new artificial turf surface and pressbox. The new field made its debut in the 2006 season





The hub of Miami's athletic facilities, the \$5 million Walter L. Gross Jr. Family Student-Athlete Development Center was dedicated in the fall of 2001. This facility, which is located between Millett Hall and Yager Stadium, caters to both the academic and physical needs of Miami's student-athletes.

One half of the facility is dedicated for a 10,000-square foot physical fitness center, which includes free and machine weights, a circuit training machine, cardiovascular equipment, and speed, agility and jump training facilities.

The other portion of the center is devoted to academic enrichment. The new center features two large study areas, an informal study lounge, private tutoring offices and a computer lab.

"Miami's athletics' program has always prided itself with a strong commitment to both athletics and academics," says Steve Cady, senior associate athletic director and chair of the project design team. "This facility epitomizes our philosophy. It is an unbelievable addition to our facilities."

Separating the academic and physical fitness centers is a main lobby and reception area, which features a rotunda that dominates the reception lobby ceiling. Miami's rich athletic tradition, headlined by a listing of Miami's past and present All-Americans, is highlighted on the rotunda.

The facility opened its doors to student-athletes during the summer of 2001 and had a Grand Opening Gala on Friday, Sept. 21 in conjunction with Miami's football home opener with Cincinnati.

"This is a showcase facility for Miami University athletics," says former academic coordinator and current Red and White Club director Darcy Shriver. "It is a convenient location for our student-athletes to enrich their academic and athletic experience. The Student Development Center represents another Miami commitment to first-rate athletic facilities."





In today's highly-competitive world of intercollegiate athletics, the guidance and training a student-athlete receives in their strength and conditioning program is every bit as important as the direction they receive on the field. At Miami University, the strength and conditioning program is as much a source of pride and tradition as any of Miami's fine athletic programs.

Heading Miami's strength and conditioning program is James Carsey, who enters his sixth season at Miami and second year as head strength and conditioning coach. A former football standout at Ashland University, Carsey understands the direct link between success in the weightroom and success in competition.

"While our coaching staffs are able to provide more direction during the season, they are limited by NCAA regulations as to how much time they can spend with their teams at other times of the year," Carsey said. "The strength and conditioning staff works with the teams all year long and has the opportunity to aid in each student-athletes' physical and mental development. Our role in maintaining an individual's drive throughout the year is key in getting the most out of that individual's potential."

Carsey succeeds long-time strength and conditioning coach Dan Dalrymple, who was named head strength coach for the New Orleans Saints last winter after spending 17 years building Miami's strength and conditioning program from the ground up. Assisting Carsey are full-time assistant Ryan Faehnle, who joined the staff this past summer, second-year intern Matt Cady and a group of well-trained student assistants.

The home of Miami's strength and conditioning program is the 10,000-square foot Miami Football Class of 1976 Strength and Conditioning Center, which is described in-depth below.

Central to the philosophy behind Miami's strength and conditioning program is a focus on developing strength in the areas that are key to an athlete's power, explosiveness and stability. With this premise in mind, priority is given to lifts and movements that develop the hips and upper legs (quadriceps, hamstrings) and back and abdominals.

Carsey and his staff take this philosophy a step further by

developing movement-oriented lifts that best simulate the types of movements an athlete must make in competition. This includes the use of free weights, which force more muscles to work during an exercise while allowing for a greater range of motion. Also utilized are Olympic-style lifts, which require

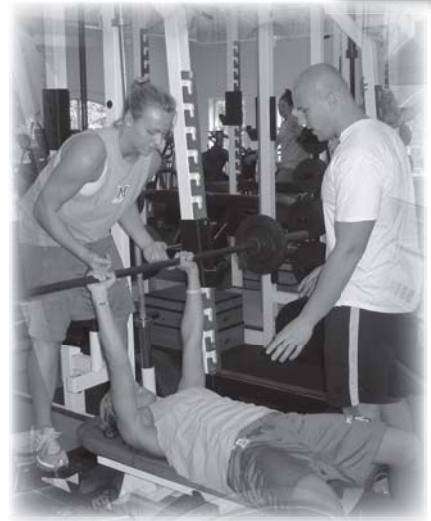
explosive movements that force an athlete to produce a greater amount of power while moving the weight a greater distance.

While the practices of strength coaches at Miami and nationwide continue to evolve, Carsey states that the ultimate objective of the program has not been altered since its inception.

"Coach Dalrymple's philosophy was always that student-athletes come to Miami to be champions, and it's our obligation to provide those student-athletes with the tools to reach their full potential," Carsey said. "We still embrace that mindset, while also working to instill qualities such as pride, integrity, loyalty and dedication."

Perhaps the greatest test of a strength and conditioning program, however, comes late in the game, when conditioning becomes central to whether or not a team can succeed.

"There's no greater confidence for a student-athlete than stepping on the field of competition and knowing they are in better condition than their opponent," said Carsey.



FACILITIES AND EQUIPMENT

Located in the Walter L. Gross Family Student-Athlete Development Center, the Miami Football Class of 1976 Strength and Conditioning Center has allowed Miami's Athletic Conditioning program to reach new levels. The 10,000-square foot, two-level facility houses over a quarter-million dollars worth of strength and conditioning equipment and boasts more than 130 work stations.

- Miami's weight training facility is equipped with more than 26,000 pounds of steel free weights, as well as 10,000 pounds (90 pairs) of dumbbells and 6,500 pounds of Olympic bumper plates.
- Equipment in the facility includes 16 custom-made, self contained Modular power stations. These stations feature Pro-Star triple racks, Olympic platforms, removable multi-adjustable benches, technique scoops, stackable plyometric boxes and dip and chin up bars. Each station also has two Texas power bars, a curl bar, a full set of York Olympic plates, a York Elite Olympic lifting bar and York Elite bumper plates.
- For cardiovascular fitness, the facility houses 15 different cardio stations, including two treadmills, six elliptical machines, four stationary bikes, an upper body ergometer, two steppers and a rowing machine.

- Rounding out the equipment inventory is an assortment of machines and stations, including 29 Hammer Strength single station weight machines and 42 machine and free-weight stations by Nebula.

- In addition to state-of-the-art equipment, the air conditioned facility boasts a \$31,000 state-of-the-art computerized sound and video system and houses a 30-yard sprint track.

- Also at the disposal of the strength and conditioning staff are three gyms at Withrow Court for indoor conditioning, two gyms and an indoor track at Millett Hall, turf and grass fields and a 10-lane all-weather track at Yager Stadium.





Miami's athletic department strongly emphasizes that its student-athletes succeed not only in their athletic pursuits but also in their academic endeavors. Realizing the unique demands placed on the student-athlete, Miami feels a responsibility to provide the best possible academic support.

Miami's Comprehensive Academic Support Program began during the 1987-88 academic year. The program's main focus is to monitor and track student-athlete's progress toward graduation while staying in compliance with Miami University, Mid-American Conference, U.S. Figure Skating Association, Central Collegiate Hockey Association and NCAA guidelines.

The Academic Support Program is comprised of three full-time academic coordinators, including Cindy Veraldo, Lindsay Fenton and Ryan Miller, who joined the staff this past summer. Their offices are located in the Walter L. Gross Jr. Family Student Athlete Development Center. The coordinators have the responsibility of implementing and coordinating all aspects of the academic support program for both the men's and women's varsity teams. The staff works to provide Miami student-athletes with the tools to succeed in the classroom and beyond.

Other responsibilities of the office include meeting with potential student-athletes when they visit on recruiting trips. Miami's academic coordinators assess the academic needs of incoming freshmen and map out appropriate course work, study time and other support based on each individual student-athletes' needs. The staff assists with registration concerns and monitors the student-athlete's academic performance in each class through a course performance evaluation which involves all faculty members.

The staff also works in conjunction with the Rinella Learning Center to provide student-athletes with appropriate academic support for any individual who has special needs or desires tutoring help. In addition, the coordinators serve as a referral source to offices around campus including the Student Counseling Center, the Office of Career Services, appropriate academic advising offices and registration and financial assistance offices.

The Academic Support Program also includes programming in the NCAA CHAMPS/Life Skills Program, directed by former head field hockey coach Lil Fesperman. In 1994, the NCAA instituted the CHAMPS/Life Skills Program to enhance the overall development of the student athlete. The program places emphasis on five com-

mitment areas including: Academic Excellence, Athletic Excellence, Career Development, Community Service and Personal Development. Miami University has been a member of the NCAA CHAMPS/Life Skills program since 1996.

Miami CHAMPS programming includes a two credit hour class for incoming freshmen student-athletes which focuses on transition to college life, goal setting, time management, general study skills, career exploration, stress management and other valuable skills to support the student. Miami's Academic Support Program also provides workshops in resume building and compiles a resume book/CD ROM which is sent to nearly 350 employers and alumni nationwide to help the student-athletes network for careers after graduation.

Fesperman organizes community service events for athletic teams and individuals. Some of these projects include Habitat for Humanity houses, hospital visits, the Championship Reading Program and other important services. The program also brings in national speakers to talk with student-athletes on topics as important as alcohol education, diversity issues and life after graduation. The CHAMPS/Life Skills program is a very important component of the student-athlete's overall experience at college.

Overall, Miami student-athletes are very successful in their academic pursuits and beyond. Much of the success of the academic support program lies in the willingness of the student-athletes to utilize the support services. The coaching staff also takes an active role in encouraging successful academic strategies and participation in the CHAMPS/Life Skills Program.



Veraldo



Fenton



Miller



Fesperman

MIAMI SPORTS MEDICINE

The top priority for the Miami sports medicine staff is to ensure that all student-athletes attain the highest potential for safe and effective participation in their chosen sports. This includes prevention, treatment and rehabilitation of athletic injuries, utilizing the latest techniques and equipment.

The main goal of the training staff is to prevent an injury from occurring. This involves getting to know the athletes and determining what factors could predispose them to injury, then acting to improve the situation. This process could include anything from routine taping to strengthening exercises for a chronic problem.

Despite all precautions, injuries occur, and when they do, the qualifications of the Miami athletic training staff become apparent. Regardless of the severity of the injury, the athletic trainers are prepared to give immediate quality evaluations and treatments for the condition. When the athletes return to competition, they do so after completion of a personally designed rehabilitation program with the goal of getting the athlete back to pre-injury status as quickly as possible.

Benefiting from one of the finest training rooms in Division I athletics, Miami's athletes are cared for with muscle stimulators, ultrasound, whirlpools and other state-of-the-art rehabilitation equipment. The resources do not end with the equipment, as the staff of 10 certified athletic trainers and 30 student trainers have established one of the best sports medicine programs nationally.

Miami's sports medicine department is directed by head trainer Gale Newton, who is aided by assistant trainers Jennifer Beardslee, Dave Donnelly, Kevin Morley, Jason Eckerle, Megan Shaw, Misao Tanioka, Rebecca Way, Amy Whitman and Mike Young.

Further bolstering Miami's Sports Medicine Department are a host of professionals who help get Miami's student-athletes back on the field. Team physicians Dr. Steve Dailey, a former Miami football letterwinner, and Dr. Doug Ross are joined by team orthopedic surgeon Dr. Ron Hess and team chiropractor Dr. Todd Elwert. Mark Cristell serves as the team's primary physical therapist.