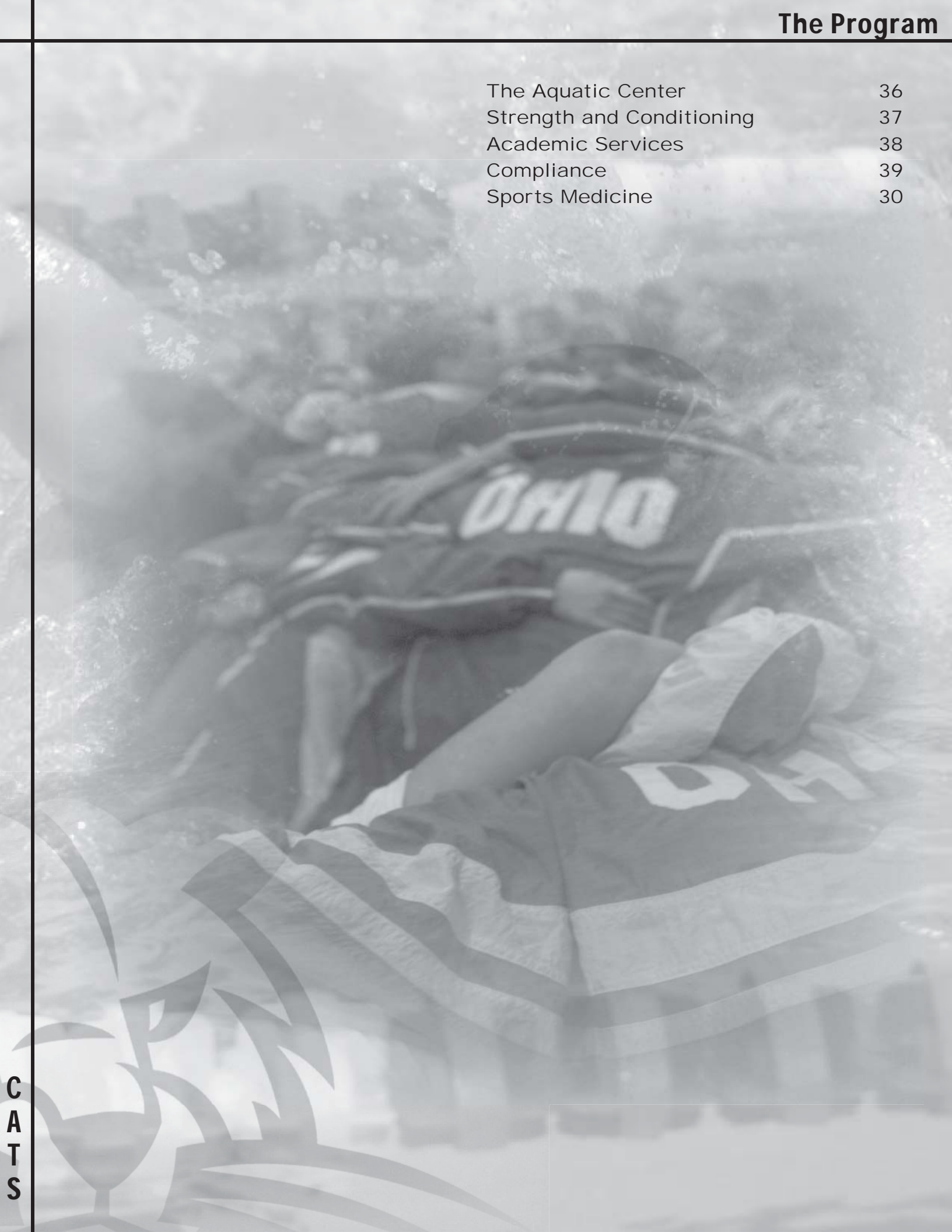


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The Aquatic Center

One of the premier swimming and diving facilities in the Mid-American Conference, the Ohio University Aquatic Center opened in January 1984 at a cost of \$4.7 million.

The Olympic-size pool has 22 25-yard lanes, 10 50-meter lanes and a pair of one-meter and three-meter diving boards. Approximately 645,468.75 gallons create 12,300 square feet of surface water.

The shallow end of the pool is 3 feet 6 inches deep while the deepest part is 13 feet 4 inches deep. There is an underwater window at the deep end and an outdoor sun deck on the second floor.

The 1,105-seat facility hosted the 1984-85 NCAA Diving Regionals and numerous conference championship meets, including the Women's MAC Championships in 1986, 1989, 1992, 1996 and 2000 and the Men's MAC Championships in 1988, 1991, 1998, 2002 and 2006.

Planning for the center began in the summer of 1979. Financial support from the Nationwide Insurance

Foundation permitted Ohio University to undertake an architectural design competition involving six architects and begin – once a design and architect were selected – with the development of plans and specifications in advance of the capital funding from the state. Capital funding in the amount of \$3,625,000 was provided by Am.Sub.H.B. 552, which was passed Nov. 24, 1981, by the 114th General Assembly.

The planning for and design of the project involved individuals from the Health and Sports Sciences Department (formerly the School of Health, Physical Education and Recreation) and the Department of Intercollegiate Athletics. The committee involved in the planning – chaired by Dr. James Lavery, Harold McElhane and Alan Geiger – consisted of students, faculty, coaches and staff.

Dan A. Carmichael provided architectural services for the project and bids were received Feb. 25, 1982. The facility's dedication took place Jan. 27, 1984, before a dual meet against Youngstown State.



A strong athletics program begins in the weight room long before playing seasons start. Because of this, the Dr. Steve and Kathy Carin Strength and Conditioning Center located at Peden Stadium is an important catalyst in helping all of Ohio University's sports teams prepare for successful seasons.

The \$1.1 million facility provides state-of-the-art equipment and enough space to accommodate 100 student-athletes training at any given time.

Built completely from donations by Ohio University alumni and friends, the center was dedicated Friday, Nov. 12, 1999, and has since greatly enhanced the opportunities for and abilities of more than 500 student-athletes who use the facility each year.



"Ohio's strength and conditioning program is designed to help our student-athletes realize their utmost athletic potential while helping them develop self-discipline and mental toughness," says Sonny Sano, the Bobcats' director of strength and conditioning. "We train hard and smart, and we employ a comprehensive approach utilizing strength training, plyometrics, speed and agility development, flexibility exercises and sport-specific conditioning."

Featuring Eleiko weights and a Mondo sports flooring system, the center boasts 10,000 square feet of the best and safest training equipment in use today, as well as a \$5,000 sound system. These features allow an optimum training experience and further the strength



SONNY SANO
Director of Strength and Conditioning

Shigeru "Sonny" Sano has directed Ohio University's strength and conditioning program since April 2001, following five successful years at Virginia Tech.

Sano began his career with a short stint at Pittsburgh before working as a graduate assistant at East Carolina from 1995-96. He subsequently became Virginia Tech's strength and conditioning coordinator for men's Olympic sports, working closely with male student-athletes and female swimmers and throwers. In August of 1999, Sano was elevated to assistant director for the Hokies, coordinating all activities of the men's basketball and volleyball teams. For five years at Virginia Tech, he assisted in all facets of strength and conditioning for the football team. In his final two years there, Sano also was in charge of developing speed and agility for the Hokies' football program, which played in the Sugar Bowl for the 1999 national championship.

A 1989 graduate of Rikkyo University in Tokyo, Japan, Sano earned a bachelor's degree in psychology while playing for the school's varsity ice hockey team. He came to the United States after graduation and earned an additional degree in physical education from Eastern Michigan University in 1991. Sano also completed a master's degree in sports administration from Wayne State University in 1993.

Sano is a member of the National Strength and Conditioning Association and holds certification as a strength and conditioning specialist and as a USA Weightlifting club coach. He and his wife Krissy have a 7-year-old son, Brendan, and a 3-year-old daughter, Erika.

Academic Services

New Student-Athlete Orientation Class:

This class is mandatory for all new student-athletes. This CHAMPS/Life Skills program focuses on the transition into college life and the challenges facing a Division I student-athlete.

Career Symposium

Student-athletes have the opportunity to interact with executives – including many successful Ohio alumni – from a variety of fields. With the goal of preparing students for a transition into the workplace, presenters cover topics such as résumé writing and interviewing techniques.

Student-Athlete Advisory Committee (SAAC)

This group, composed of representatives from each team, serves as the voice of Ohio's student-athletes. The committee offers comments on NCAA proposals, coordinates community service projects and addresses issues and concerns of all student-athletes.



Lori Friel



Jason Kelly



Becca Hubbard

The Phillips Center

The Joan and Wallace Phillips Center, located on the third and fourth floors of Peden Tower, houses the offices of Academic Services and Compliance. With more than 10,000 square feet of space, the Phillips Center offers two state-of-the-art computer labs, a 42-seat classroom, 10 private tutoring rooms, a 40-seat sound-controlled auditorium, administrative offices and a reception area.

The staff of the Phillips Center coordinates a multitude of programs involving Ohio student-athletes with the Mid-American Conference and National Collegiate Athletics Association. They also serve as the official liaisons between the athletics department and all academic units on campus. With a goal of providing maximum support for all student-athletes, daily contact with faculty allows the staff to monitor those individuals with the greatest need for assistance.



The Phillips Center has six staff members plus numerous tutors in a variety of subjects. The Academic Services staff provides academic advising, career and resume counseling and life skills programming. Director Lori Friel, in her fifth year, came to Ohio from UNLV with 12 years of experience in the academic services field. Assistant Director Jason Kelly assumed his duties in the spring of 2004 following a one-

Compliance

Ohio University is committed to the principle of institutional control and operating its athletics program in a manner consistent with the letter and spirit of the National Collegiate Athletics Association, the Mid-American Conference and Ohio University regulations. Compliance is a wide-ranging area, covering all functions of the athletics department including – but not limited to – recruiting, financial aid, eligibility, playing seasons, awards, extra benefits and rules education.

As a member of the NCAA, Ohio is responsible for the actions of its student-athletes, staff, alumni, boosters and fans. The Compliance Office coordinates, monitors and verifies adherence to all NCAA and MAC regulations. We are dedicated to providing educational programs and interpretive support to ensure that all individuals involved with our athletics program understand and meet Ohio's compliance expectations.

If you should ever have questions regarding NCAA, MAC or Ohio rules and regulations, we encourage you to contact a member of the Compliance Office staff:



The Student-Athlete Experience

In the 2005-06 academic year, Ohio University Athletics had a \$12.8 million operating budget. Approximately \$7 million was directly spent on the "Student-Athlete Experience." The ultimate goal is for each student-athlete to have earned a diploma and a MAC Championship ring upon leaving Ohio University.

Scholarship

The essence of why we exist - to provide educational opportunities to our student-athletes. In 2005-06, it cost approximately \$16,000 to provide a "full-ride" for an in-state student and \$25,000 for an out-of-state student.

Recruiting

The foundation of our program and the true first step in the "Student-Athlete Experience."

Books

The NCAA allows institutions to provide each scholarship student-athlete with required textbooks.

Student Insurance

Ohio University helps cover the medical cost associated with our student-athletes during their participation in athletic competition.

Team Travel

Ohio strives to provide the safest and most expeditious team travel for our student-athletes in order to minimize missed class time.

Uniforms and Equipment

We provide all of our student-athletes with the most up-to-date and safest practice and competition clothing and equipment.

Athletic Training

Ohio's quality athletic training program demonstrates a direct commitment to our student-athletes.

The primary objectives of the Ohio University Sports Medicine Team are the prevention of athletic injury and safe return for the competitive student-athlete. The comprehensive staff of experienced professionals is dedicated to providing a healthy environment for athletic competition. When a student-athlete is injured, the sports medicine team works to ensure proper diagnosis and treatment, appropriate specialty referrals, communication with sport coach, strength and conditioning staff and student-athlete to secure a complete and prompt recovery to the playing fields.

These specialists utilize advanced techniques for the wellness of the Bobcat student-athletes. Orthopedic coverage for Ohio student-athletes has been led by Dr. Raymond Tesner since 1988. Dr. Tesner serves as the director of Sports Medicine Grant and is also the head team physician for the NHL's Columbus Blue Jackets. Physical therapist Chris Rettos is responsible for post-surgical rehabilitative programs. Dr. Will Rosenberg is the newest addition to the sports medicine team and will assume day-to-day care of Bobcat injuries. Dr. Rosenberg formerly worked with the University of Oklahoma Sooners.

John Bowman serves as the director of athletic training services. A 1987 graduate of Ohio University, Bowman has been employed by the athletic department since 1994. He received his master's degree from the University of Virginia. He serves as the head football athletic trainer as well as overseeing the four full-time and three part-time athletic trainers. Previously, he was an assistant athletic director and head athletic trainer at Wagner College in Staten Island, N.Y.

Each of Ohio's assistant athletic trainers brings valuable experience. Scott Gardner works with the baseball and field hockey teams. He also has experience working with Ohio's wrestling program and with the United States Olympic Team in Colorado Springs. Gardner is a graduate of the University of Kentucky (BS) and Louisiana State University (MS). Michelle Godek works with football and women's basketball. She is a graduate of the University of Florida and Ohio's graduate athletic training program. Alana Eichman is the staff's latest addition. She will be responsible for volleyball, softball and track and field. Eichman worked as a graduate assistant athletic trainer for Auburn University and worked with the Tigers' football and equestrian teams. She received her undergraduate degree from the University of Central Florida.

Ohio University's athletic training program has been one of the most successful of its kind. The third-oldest curriculum program in the country has produced nearly 350 alumni. Many have demonstrated excellence in their careers working with teams including the NFL's Tampa Bay Buccaneers, Detroit Lions and Chicago Bears, MLB's Cincinnati Reds and Chicago Cubs, the USOC and universities in nearly every major conference in the country.

The health care team works with specific professional organizations like the NCAA Medical Safeguards Committee, the National Athletic Trainers Association and the American College of Sports Medicine. Current broad-based endeavors include use of neuropsychological testing for treatment of concussions, managing and evaluating injury patterns and statistics, eating-disorder recognition and counseling for nutritional supplements.



John Bowman
Director of Athletic
Training



Scott Gardner
Assistant Athletic
Trainer



Michelle Godek
Assistant Athletic
Trainer



Alana Eichman
Assistant Athletic
Trainer