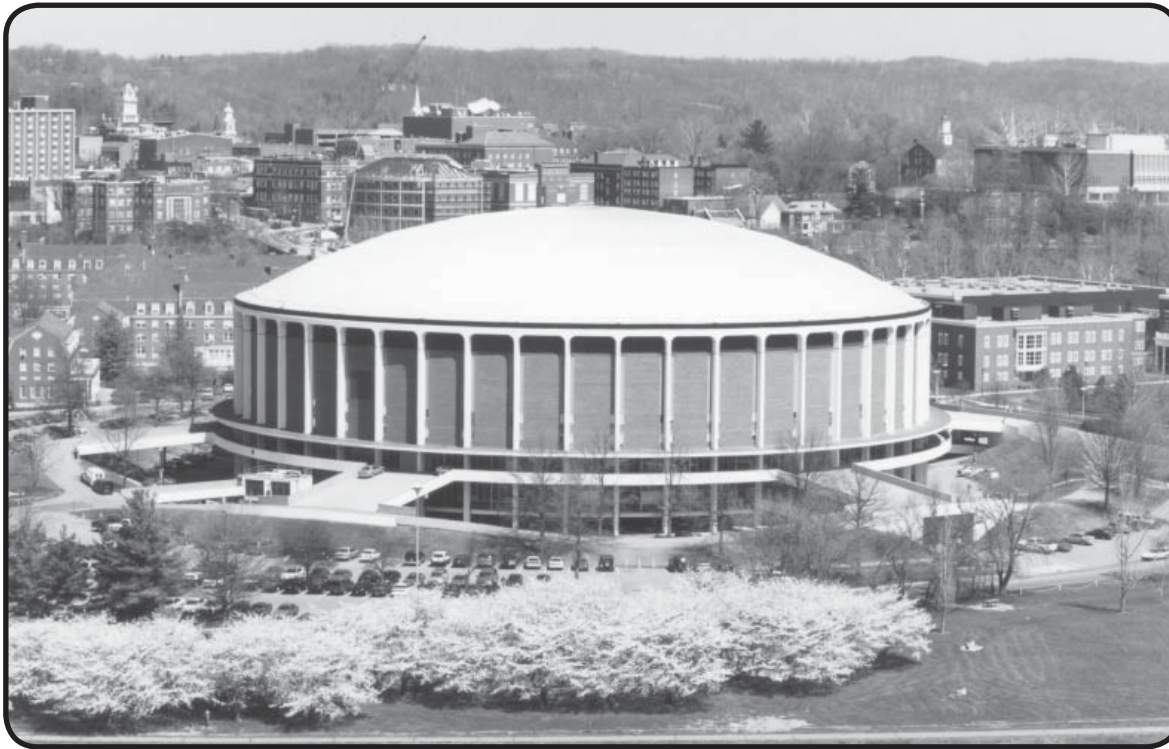




The Convocation Center



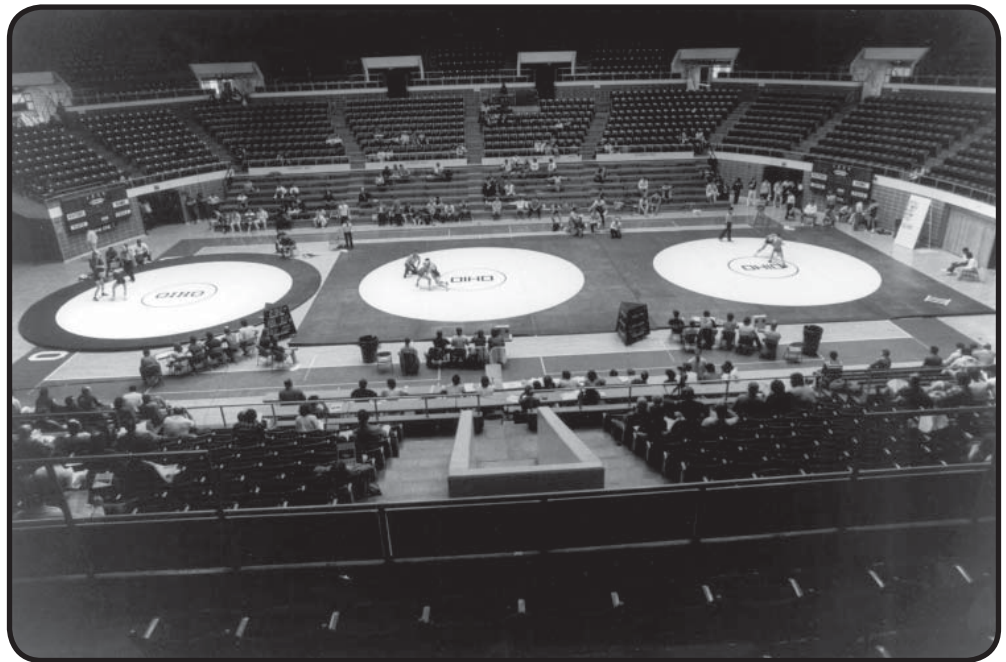
The 13,000-seat Convocation Center, opened in 1969, is the home site for the Ohio University wrestling team. The \$8.2 million facility still exhibits a first-class look with the very latest in modern facilities, equipment and comfort.

The Convo, one of the largest facilities in the region, can hold over 15,000 people for convocations. The facility is an ideal site for concerts, commencements, and many other activities in addition to wrestling, basketball and volleyball.

Since the Convo opened its doors 33 years ago, the Ohio wrestling program has fielded 12 of its league-high 15 Mid-American Conference championship teams. The Bobcats won consecutive titles from 1970 through 1976 and later from 1993 through 1995.

Brubaker and Brandt Architects of Columbus designed the circular building with Knowlton Construction Company of Bellefontaine serving as the prime contractor. It houses athletic administration and coaches' offices, locker rooms, and a training room. Dormitory rooms above the concourse are home to students during the academic year.

The Convo is 328 feet in diameter with the top of the dome 134 feet, 10 inches above ground level parking and 123 feet, four inches above the playing floor. The roof is aluminum over wood fiber while the main arena floor is composed of a spring-supported two-layer maple wood system.





The Carin Center



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 on Friday, Nov. 12, 1999, and has since greatly enhanced the opportunities for and abilities of the more than 500 Bobcat 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 and conditioning program's goal to develop bigger, faster and stronger athletes.

"Our goal is to outwork every single team we face," adds Sano. "To accomplish that, we have to outwork our opponents in our preparation. This facility – the Carin Center – provides us with an outstanding opportunity to do so."

Sony 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 coach 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 all 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.

Joe Fondale

Assistant Director

A four-year letterwinner with the Bobcat football team between 1996 and 1999, Joe Fondale was hired by the Ohio University Athletics Department as the assistant director of strength and conditioning in September of 2005.

While at Ohio, Fondale played fullback and special teams while also working as a volunteer assistant for the strength and conditioning staff. He graduated with a bachelor of science and sports sciences degree, majoring in exercise physiology.

The summer after receiving his degree, Fondale served as strength and conditioning coach for the Yakima Bears, a rookie-league affiliate of the Los Angeles Dodgers. He then returned to Ohio in 2002 to receive his master's degree in recreation and sports sciences with an emphasis on coaching education. During that period, he also performed duties as a graduate assistant strength and conditioning coach.

Fondale worked with the University of North Dakota (2002-2003) and the University of Texas-El Paso (2003-2004) strength and conditioning staffs before working with Velocity Sports Performance in 2004 and part of 2005. A native of Junction City, Ohio, Fondale has certification from the National Strength and Conditioning Association and from U.S.A. Weightlifting.



The Phillips Center



Academic Services

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, entering 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-year internship with the Phillips Center while Becca Hubbard joined the staff in August 2004 as the academic services coordinator.



Lori Friel
Director of
Academic Services



Jason Kelly
Assistant Director of
Academic Services



Becca Hubbard
Academic Services
Coordinator

Special Programs

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 resume 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.



Derek Gwinn
Compliance
Coordinator



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.

Academic Success

All of Ohio’s 20 athletic teams scored above the NCAA mandatory minimum of 925 on the Academic Progress Report (APR) released in March.

Ohio posted one of the top graduation rates in the Mid-American Conference for student-athletes who completed their eligibility between 1989-99. At 92 percent, the Bobcats’ graduation rate was the third best among MAC schools and only two percentage points behind the leader.

Ten of Ohio’s programs had an NCAA Graduation Success Rate (GSR) of 88 percent or above, including seven of at least 92 percent. The national Division I institute average for GSR is 77 percent, placing Ohio five percentage points above the national average.



Campus Life

Eclectic. Inclusive. Energetic. These are the words used most often to describe Ohio University's atmosphere. With so many opportunities in so many different areas, the campus attracts an incredible diversity of people.

Ohio University is a residential community in every sense of the word. Students sleep, eat, learn, work and play on our picture-perfect campus. Athens, a city of about 20,000, is built around the University, and together they form a community where it feels like everyone knows your name.

Students can count on an active life at Ohio. There's always something going on — an event, lecture, performance, exhibit or athletic competition. Popular activities include the campus-wide Super Bowl party, Unity Fest and just hanging out with the crowds of students at one of the hot spots on Court Street.



Outdoor activities are also easily enjoyed. Located in the heart of the scenic Hocking Hills, the University is surrounded by state parks and a national forest. Hiking, kayaking, white-water rafting, fishing and camping are a short drive away.

For sports and fitness, there is the 168,000 square-foot Charles J. Ping Student Recreation Center. This colossal building houses a four-lane indoor running track, a 36-foot climbing wall, two multi-purpose courts, as well as basketball and volleyball courts. Other facilities include an aquatic center, a 9-hole golf course, a 20-mile paved bike/jogging path, lighted tennis courts and a variety of athletic fields.



The campus is home to an art museum, cultural center, two theaters, recital and concert halls and three art galleries. Athens has movie theaters featuring the latest Hollywood has to offer, as well as an annual international film and video festival.

At Ohio University, students can have the experience they want. Recognizing that students are individuals, the University provides as many choices as possible in everything from learning styles to lifestyles. No matter what a student's personality or interests, there is something for everyone.

