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The mission of the Department of Intercollegiate Athletics at Florida State University is to create and sustain NCAA Division I programs for men and women that are characterized by comprehensive excellence. Florida State Athletics is committed to educate, coach, support and inspire all student-athletes to perform at the highest academic and athletic standards, while demanding good sportsmanship, ethical behavior, service and personal development.

Excellence in intercollegiate athletics is measured, in part, by academic achievement and the development of character, maturity, and a sense of fair play. Moreover, intercollegiate athletics engenders support for the university among its many constituent groups and stakeholders, including students, faculty, alumni, and friends at the local, state, and national levels. In striving to become a leader among our peers, the department subscribes fully to the nondiscriminatory practices and regulations established by the university and the Florida Board of Governors.

The explicit philosophy of the Department strongly encourages and supports our student-athletes in their endeavors to progress toward a degree while simultaneously participating in an intercollegiate athletics program whose environment is consistent with the highest standards of academic scholarship, athletic achievement, sportsmanship, integrity, respect and inclusivity.

Finally, the decisions and priorities of the Department should always focus on our student-athletes: first, as people; second, as students; and third, as athletes.
FSUnified is committed to continued education and enhancement of equity, diversity, and inclusion (EDI) initiatives within the Florida State Athletics Department. With a focus on partnering strategically throughout campus and within our city, providing training opportunities for our Seminole athletics family, planning events, and communicating our stories, FSUnified strives to appreciate and value differences, eradicate racial injustice, and continually create an atmosphere of inclusion for all student-athletes, coaches, and staff.

Below are a variety of opportunities to provide education, training, and awareness of EDI resources:

- FSU EDI Office Training: https://diversity.fsu.edu/training/learning-opportunities
- FSU EDI Resources: https://diversity.fsu.edu/resources/anti-racism-resources
The University's Title IX Director is responsible for overseeing the development of sexual misconduct policies, ensuring compliance with Title IX and relevant federal and state regulations, and investigating Title IX complaints alleging student sexual misconduct. The Human Resources Deputy Coordinator will oversee investigations of sexual misconduct by employees and third parties. The Athletics Deputy Coordinator will accept Title IX incident reports and forward to the Title IX Director, and will ensure athletics equity compliance. Questions regarding Title IX, as well as concerns about and complaints of non-compliance (including complaints of sexual harassment, sexual assault, sexual violence, or other sexual misconduct), should be directed to the Title IX Director or a Title IX Deputy Coordinator.

To learn more regarding Title IX and sexual misconduct policies, how to report an incident, or seek support visit: https://knowmore.fsu.edu. Information regarding the FSU policy on sexual harassment, actions that constitute sexual harassment, and the reporting procedure for sexual harassment can be found at https://hr.fsu.edu/?page=eoc/eoc_sexual_misconduct.
The intent of this Code of Conduct and Discipline Policy is not to supersede any other NCAA or university policy, nor to judge who is guilty. It is meant to set high standards relating to the Department’s expectations of how student-athletes represent Florida State University and to state the potential consequences for those student-athletes who make poor choices which reflect negatively on themselves and the University. As the University’s most visible ambassadors, student-athletes at Florida State are expected to uphold, at all times, high standards of integrity and behavior which will reflect well upon themselves, their families, coaches, teammates, and the Department of Athletics and Florida State University. Student-athletes are expected to act with propriety, to respect the rights of others, and to abide by all rules and regulations of Florida State University, the ACC, and the NCAA. Failure to do so may result in suspension from the team or even the University.

**SCHOLARSHIP ATHLETES RISK HAVING ALL OR PART OF THEIR FINANCIAL AID REVOKED FOR VIOLATION OF THIS CODE.**

The head coach of each sport has his or her set of team training and conduct rules. The Florida State Athletics Administration will fully support appropriate disciplinary action taken by a coach. Should any student-athlete wish to appeal any disciplinary action, they should contact the Associate Athletics Director for Compliance.

In the case of behavioral problems which involve formal criminal charges by a law enforcement agency, the involved student-athlete will be placed on suspension by the Department of Athletics until the facts of the incident are reviewed.

- In the event the student-athlete is charged with a felony, absent extraordinary circumstances as determined by the administration, he/she will not be permitted to represent FSU Athletics in game competition until such time as the charge is resolved and all court, university, and athletics department conditions for reinstatement have been met.

Absent extraordinary circumstances, as determined by the administration, misdemeanor charges and subsequent discipline will be handled by the head coach, after review by the Director of Athletics, relative to circumstances, background, as well as current and past deportment of the student-athletes involved.

Indefinite suspensions can be instituted in any case which an individual’s actions represent the Florida State University and its Athletic program in a manner inconsistent with this code of conduct. The Director of Athletics and head coaches will review each case, independent from any other case, taking into account that no two cases are identical in nature and that each must be assessed based on the facts presented. The Code of Conduct is subject to review annually.
STUDENT ATHLETE ACADEMIC SERVICES & STUDENT ATHLETE DEVELOPMENT
STUDENT ATHLETE ACADEMICS

SAAS MISSION STATEMENT
The Florida State University Student-Athlete Academic Services (SAAS) program is committed to providing an environment that facilitates the academic success of each student-athlete. The program includes academic advising, career development, tutorial assistance, and learning specialists, designed to encourage students to value their educational experience. Our focus is to provide a comprehensive 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.

ACADEMIC SUPPORT SERVICES
Athletic Academic Advisors are responsible for monitoring the academic progress of each student-athlete in the areas of eligibility and progress towards a degree. Advisors assist with class scheduling and major selection and suggest tutoring where needed. Advisors work closely with faculty and coaches to promote effective communication between all parties. Advisors monitor study hall attendance and productivity, as well as checking class attendance and grades. Student-Athlete Academic Services at Florida State University also provides student-athletes with comprehensive educational services to meet the needs of each individual. SAAS coordinates extensively with the FSU Office of Accessibility (OAS) on campus to provide student-athletes with testing and educational services based on their individual needs.

LEARNING SPECIALISTS
Learning Specialists work one-on-one with student-athletes to expand their academic skills and assist student-athletes in developing strategies essential to college success. Areas of focus include time management, reading, writing, critical thinking, and test-taking and note-taking strategies. Additionally, special attention is provided to freshmen and student-athletes with learning disabilities. Learning specialists work closely with OAS to ensure student-athletes are fully accessing their learning potential. Students working with a learning specialist have access to a tailor-made program shaped throughout the semester to assist them in accomplishing their goals.
STUDENT ATHLETE ACADEMICS

STUDY HALL AND TUTORING

Study Hall is a monitored, quiet space available to student-athletes in the Moore Athletics Center. Students are encouraged to work independently or work with tutors individually or in groups. Required study hall is strongly advocated for many freshmen and select upperclassmen, and tutor schedules are designed around each student's class and practice schedule. Tutoring is free and available to all student-athletes upon request. Tutoring is provided by qualified undergraduate and graduate students in many subject areas. Specific subject tutoring is available either one-on-one or in groups. Strategic Study Tables are also offered to students to help with organization and study skills. Failure to attend scheduled tutoring and/or mentoring appointments will result in a $15 fee assessed to the student's financial account, unless excused by a SAAS staff member. Please note there will be no excuses issued after the 3rd absence. To request tutoring, please use the “request tutoring” function in GradesFirst, or discuss the need with your athletic advisor or learning specialist.

MENTOR PROGRAM

SAAS has a Mentor Program designed to supplement academic support provided by Learning Specialists and provide student-athletes with the necessary skills to become a successful student at FSU. During each mentor session the focus is on teaching communication skills for working with professors, note taking and study strategies, university policies, time management and accountability. Each meeting will vary depending on the student-athlete and will be based on the student's previous performance in the classroom. In addition, mentors should be creating and reviewing weekly task lists and objectives, along with assigning feasible tasks to be completed by their next session.
ACADEMIC PROGRESS REPORTS

Throughout the semester (week 5 and week 10), letters are sent out to all instructors seeking information on the academic progress of each student-athlete. Instructors provide the academic advisors with information pertaining to each student-athlete’s grade, attitude, attendance, and participation in the course.

CLASS REGISTRATION

Prior to registering for classes, student-athletes should meet with their departmental Academic Advisor, as well as their Athletics Academic Advisor to develop an appropriate schedule of classes that will meet both their academic and athletic commitments. All degree-seeking students are expected to participate in academic advising. Student-athletes have been granted priority registration which means that on the first day registration opens, all active student-athletes are permitted to register regardless of total number of earned hours or class level. To register for classes:

- Log on to my.fsu.edu
- Click the Future tab then enrollment shopping cart
- Click the box next to each class you have previously added to your shopping cart.
- Click Enroll
- Confirm the courses listed should be added to your schedule
- Click finish enrolling
- If you have any holds/service indicators, they are displayed along with contact information for the appropriate department.
- All classes will appear with a large red “x” showing they were not added successfully. If you have no stops, classes should appear with a green checkmark next to each that was successfully added.
It is the student’s responsibility to make sure they have the required prerequisites or corequisites for each course in which they enroll. Further, the student is responsible for any changes made to the schedule through the drop/add process without an advisor’s approval.

**DROPPING AND ADDING COURSES**

When is it possible for students to drop/add classes?

- Dates and times for registration windows are available in the Registration Guide and on the web, [http://www.fsu.edu/current/undergraduate/academics.html](http://www.fsu.edu/current/undergraduate/academics.html)

- Drop/add begins two days prior to the first day of classes and ends at 11:59pm on the fourth day of classes.

- Through the 7th week of classes of the fall and spring terms, student-athletes are permitted to drop classes without the appearance of course on transcript or Dean’s permission. Students not on full athletic scholarship may have to repay Financial Aid.

- Between the 8th and 12th week of classes, student-athletes with 60 or less hours, are permitted two late drops. Accumulation of more than 60 hours by an undergraduate student-athlete permits only one late drop. All drops require approval by an Athletic Academic Advisor, a Major Academic Dean and the Registrar’s office. If a student is lower division, the late drop form is housed in UCA 3400, Undergraduate Studies. If the student is upper division, the major department dean has the form.

Other: Students may not drop freshman composition, math or preparatory courses without special approval from their academic dean. **Students cannot drop below the minimum full-time enrollment (12 credit hours) without head coach and Athletic Academic Advisor approval.**

Student-athletes who are enrolled between 12-18 hours will need assistance from their Athletic Academic Advisor to drop a course. The error message shown to a student when attempting to drop a course is “Minimum course load restriction.” Advisors utilize the unit load override check box to bypass this error message.
Holds are located on the Student Central page on the right hand side under the “holds” area. The most common categories of holds are as follows:

1. **Dean's Stop**—a student has accumulated 52 hours or less and is off track for mapping. Student-athlete may be required to change major.

2. **Degree Off Map**—a student-athlete has accumulated 53 more hours and is off track for mapping. Student-athlete may be required to change major.

3. **Grad Check Hold**—a student-athlete who has accumulated 90 plus hours and has not requested a graduation check from the University Registrar’s office and or his or her major college.

4. **Health & Wellness Center/Insurance Hold**—student-athlete must see an athletic trainer to have the hold lifted. (The student does not comply with either insurance or immunization requirements).

5. **Accounts Receivable Hold**—a student-athlete who owes the University money that is not covered by scholarship (i.e. parking tickets, library fines, second FSU card, etc).

### Change of Major

All students must follow the university protocol to initiate the major change process. This process is initiated by the student meeting with an advisor from the new major, who approves the change. That advisor creates an electronic major change form in Student Central, which the student must complete on their My Tasks tab. Once the student approves, the major change is electronically migrated through the signature approval process. Before the form can be finalized, the form must be signed by the new major advisor, the student, a SAAS advisor, the student's Dean's Office, and the Registrar's Office.
STUDENT ATHLETE ACADEMICS

COMPUTER LAB
Located in the Moore Athletics Center (2nd floor), the SAAS computer lab is accessible exclusively to student-athletes. Each computer is connected to the internet, contains programs necessary for academic work, and provides access to free printing.

QUIZ AND TEST TAKING
Students may be required to take online exams at the University Testing Center or through Honorlock per syllabus. Any online exams that are not scheduled with the testing center are not permitted in the Moore Athletic Center. Students must find an alternative location for exam and online quizzes. Annually, all student-athletes are required to acknowledge that they understand and will cooperate with this policy when completing compliance forms.

REQUIRED FIRST DAY ATTENDANCE
University-wide policy requires all students to attend the first day of all classes for which they are registered. Student-athletes who do not attend the first class meeting of a course for which they are registered are dropped from the course by the academic department that offers the course. At the end of each day during add/drop, the Registrar's office runs a report and each Advisor is asked to go through it to acknowledge which student-athletes were dropped from courses. Student-athletes should expect to be dropped if they do not attend a class. The student-athlete should check their official schedule before the fourth day of classes so that they can avoid incurring fee liability for classes not attended. It remains the student-athlete's responsibility to verify course drops and check that fees are adjusted.
TRAVEL LETTERS

The student-athlete is responsible for appropriate communication with their professor regarding travel due to competition. Student-athletes are responsible for rescheduling any assignments or tests that will be missed while travelling. Academic Advisors will produce their travel excuse letter via GradesFirst using the template provided on the Shared Drive. Official University activities include official events at which the student is representing the University, such as athletic competitions and academic activities sponsored by a student's academic department or college.

CONTINUING ELIGIBILITY

<table>
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<tr>
<th>Progress-Toward-Degree Requirements</th>
<th>Prior to the Second Year of Enrollment</th>
<th>Prior to the Third Year of Enrollment</th>
<th>Prior to the Fourth Year of Enrollment</th>
<th>Prior to the Fifth Year of Enrollment</th>
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<tr>
<td>Academic Requirements</td>
<td>6 semester hours of credit</td>
<td>6 semester hours of credit</td>
<td>6 semester hours of credit</td>
<td>6 semester hours of credit</td>
</tr>
<tr>
<td>Regular Academic Term</td>
<td>18 semester hours of credit</td>
<td>18 semester hours of credit</td>
<td>18 semester hours of credit</td>
<td>18 semester hours of credit</td>
</tr>
<tr>
<td>Degree Credit</td>
<td>Credits accepted toward any degree offered at the institution</td>
<td>Credits used must go toward the designated degree</td>
<td>Credits used must go toward the designated degree</td>
<td>Credits used must go toward the designated degree</td>
</tr>
<tr>
<td>Annual/Percentage-of-Degree</td>
<td>24 semester hours of credit</td>
<td>40-percent of the designated degree must be completed</td>
<td>60-percent of the designated degree must be completed</td>
<td>80-percent of the designated degree must be completed</td>
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<tr>
<td>Grade-Point Average</td>
<td>90-percent of the minimum GPA required for graduation (1.8 if a 2.0 is the minimum)</td>
<td>95-percent of the minimum GPA required for graduation (1.9 if a 2.0 is the minimum)</td>
<td>100-percent of the minimum GPA required for graduation (2.0 if 2.0 is the minimum)</td>
<td>100-percent of the minimum GPA required for graduation (2.0 if 2.0 is the minimum)</td>
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*Additional sport-specific eligibility requirements may apply. Football and Baseball student-athletes have additional degree-applicable credit hour completion requirements. Please see the appropriate Academic Advisor with questions.
CONTINUING ELIGIBILITY

- **Post Season Requirements**: Must earn at least 6 credits during previous term in order to be eligible for post-season play.
  - **Football Only**: Must pass 9 hours in the fall & meet academic eligibility requirements in Spring to compete in the first four games of the next football season.

*Graduate Students must be enrolled during fall and spring semesters.*

- Must pass at least 6 degree hours toward graduate program requirements each each term.
APPLYING FOR GRADUATION

Application for graduation must be completed online through Student Central by the Friday of the third week of the start of the semester in which the student-athlete is graduating. The academic calendar can be found at: http://registrar.fsu.edu/dir_class/acad_calendar.html

SUMMER SCHOOL

Summer School aid varies by sport and by athlete. In order to be considered and receive athletics aid over the summer, student-athletes must complete a summer school application. Once the application is complete the Athletic Advisor will attend a summer school committee meeting and discuss each athlete who has requested aid. Advisors must be prepared to answer questions regarding graduation, eligibility, and major requirements. After decisions have been made Advisors will communicate to student, coach and sport oversight the final decision. All other financial questions about summer school aid should be directed to the summer school committee.

ACADEMIC STANDING/RETENTION

Note: Effective Fall 2020, the following academic standing and retention standards will apply to all current, transfer, or returning undergraduate students. All students must demonstrate satisfactory academic progress for retention and continued enrollment at Florida State University. Satisfactory academic progress includes, but is not limited to, successful completion of credit hours and progression toward completing a degree. The University reserves the right to not retain students who do not demonstrate satisfactory academic progress.

A minimum Florida State University (FSU) cumulative grade point average (GPA) of 2.0 (“C”) or better is required for graduation. Students should maintain at least this minimum at all times to be in good standing. There are five academic status categories at FSU:

PROBATION/DISMISSAL & REINSTATEMENT

Any time a student's FSU cumulative GPA falls below 2.0, the student will have a designation of "Academic Probation" placed on their transcript and the student will be placed on academic probation for their next term of enrollment at FSU. A student who has been placed on academic probation must enroll for not less than twelve and not more than fifteen letter-graded semester hours in their next term of enrollment after being placed on academic probation.

Academic dismissal constitutes a separation of the student from the University for academic reasons. The dismissed student must consult his or her academic dean at the time of dismissal about criteria governing possible reinstatement to the University. Students are not eligible for reinstatement after two academic dismissals. Students dismissed because of low grade point averages (GPA) may be reinstated only with approval of the academic dean.

DEAN'S LIST AND PRESIDENT'S LIST

Undergraduate students who are registered for at least twelve semester hours of letter-grade (A–F) courses are eligible for the Dean's List. The required grade point average is 3.5, in all colleges, for any given term. Undergraduate students who are registered for at least twelve semester hours of letter grade (A–F) courses are eligible for the President's List. The required grade point average is 4.0, in all colleges, for any given term. The FSU GPA calculator can be found here: http://myweb.fsu.edu/phanowel/gpa/gpacalc.html
SERVE
LEAD
LIVE UNCONQUERED
STUDENT ATHLETE DEVELOPMENT

OUR MISSION:

We build upon the elite legacy of FSU Athletics by equipping student-athletes to become effective leaders, engaged community members and uniquely qualified professionals.

STRATEGIC FOCUS AREAS:

PERSONAL DEVELOPMENT
LEADERSHIP
SERVICE
CAREER READINESS

TEAM MEMBERS:

SARAH PETRONIO
AARON TILLMAN
STUDENT ATHLETE DEVELOPMENT

**Personal Development**

Implement programs and experiences that promote the growth of student-athlete knowledge, awareness, and skills.

**Leadership**

Collaborate with student-athletes to identify how their personal values, characteristics, and perspectives can inspire others.

**Service**

Provide opportunities for student-athletes to impact our campus & community.

**Career Readiness**

Prepare student-athletes for post-graduate transition.
Florida State SAAC is a leadership group dedicated to enhancing the student-athlete experience by protecting student-athlete well-being, fostering an inclusive environment, and promoting student-athlete engagement. SAAC leaders serve as a voice between student-athletes, FSU Athletic Department Administration, the ACC & the NCAA.
SEMINOLE INTEGRITY
FSU’s Compliance Office is here to educate student-athletes, their friends and families, coaches, administrators, alumni and boosters about the NCAA and ACC rules & regulations. Please be sure to always ask a member of your coaching staff or a Compliance staff member if you have a question or problem. Remember... ALWAYS ASK BEFORE YOU ACT!

CONTACT US:
(850) 644-4272
ATH-COMPLIANCE@FSU.EDU

LOCATION:
Moore Athletic Center, 4th Floor (Near SADV Office)

SPORTS WAGERING

NCAA legislation prohibits student-athletes from gambling or wagering on any sport (amateur or professional levels) in which the NCAA conducts a championship or bowl game. The legislation defines wagering as any arrangement where an individual agrees to give up an anything of value (e.g., cash, shirt, meal) in exchange for the possibility of gaining something in return. Additionally, student-athletes are prohibited from:

- Pools or fantasy leagues that require fees to enter - you may participate in free-entry contest, pools, or brackets
- Do not provide injury or strategy information to anyone - it could be used by individuals associated with gambling activities.

EXTRA BENEFITS

Extra benefits are items or special arrangements not generally available to the student body or general public. ANY EXTRA BENEFITS VIOLATIONS WILL CAUSE YOU TO BE INELIGIBLE FOR COMPETITION. Examples may include, but not limited to:

- Gifts, cash, gift cards or loans
- Free or reduced costs on products, services, or admission to bars & clubs
- Special discounts, payment arrangements, or credit on purchases
- Use of vehicle or transportation
- Payment for work not performed

Extra benefits legislation also applies to a student-athlete’s family and friends.
AMATEUR STATUS & AGENTS

Student-athletes shall be ruled ineligible for participation in intercollegiate athletics if they or their family member ever:

- Have ever agreed (verbally or writing) to be represented by an agent/advisor for the purpose of marketing the student-athlete’s athletic abilities.
- Accept money, transportation, or any benefits from an agent, runner, financial advisor, brand manager, etc.
- Allow an individual to market your athletics ability or reputation.

A student-athlete may confer with legal counsel regarding sports contracts. However, the counsel may not represent the student-athlete in negotiations for such a contract. This section does not apply to agents or attorneys retained for Name, Image, and Likeness (NIL) purposes.

NAME, IMAGE, LIKENESS

NCAA legislation and Florida Statute allow a student-athlete to be compensated for performing services using their Name, Image, or Likeness (NIL).

Name, Image, and Likeness (NIL) are three elements that make up the “right of publicity.” Common examples of NIL usage include an athlete’s name on a jersey for sale or an athlete promoting a business on social media.

A permissible NIL activity occurs when a student-athlete provides a service using their NIL and is compensated in return for that service.

A student-athlete may be represented by an athlete agent or an attorney for the sole purpose of marketing the student-athlete’s NIL. Athlete agents must be registered in the state of Florida and attorneys must be members in good standing of the Florida Bar. Athlete agents and attorneys MUST be registered with the Compliance Office.

All NIL activities must be reported on the INFLCR app.

If you have any questions, please contact the Compliance Team!

PLAYING & PRACTICE SEASON

Countable Athletically Related Activities (CARA) are the amount of practice and competition hours that a student-athlete is required to participate in per day and week. CARA includes any meeting, activity or instruction that has an athletics purpose and is held for one or more student-athletes at the direction of a coaching staff member.

During your sport’s season, student-athletes are permitted to practice no more than 20 hours a week and 4 hours a day. Coaches must also give at least one day off per week.
Required athletically related activities (RARA) such as film compliance meetings, organized team promotional activities, recruiting, media, fundraising, community service, team building, and travel to/from competition cannot occur on a student-athlete’s day off.

PLAYING & PRACTICE SEASON

During your sport’s off-season (sports other than football), student-athletes are permitted with no more than 4 hours per week of skill instruction. Coaches must give 2 days off per week.

During official vacation periods outside of your sport’s season (e.g. summer vacation), any athletically related activity must be voluntary. To be considered voluntary, the student-athlete must request the activity and cannot be required to report back to the coaching staff. Additionally, you may not be rewarded or penalized for attendance. For individual sports only (golf, tennis, swimming & diving, and track & field), there is a limited exception that allows for individual workout sessions to be conducted with the coach present only if requested by the student-athlete. In the sport of basketball and football, student-athletes may be required to practice for no more than 8 weeks during the summer.

PARTICIPATION REQUIREMENTS

Undergraduate student-athletes must be enrolled full-time (FT) during fall and spring semesters.
NCAA STUDENT ASSISTANCE FUND

The Student Assistance Fund (SAF) is available to provide direct benefits to student-athletes and their families, and is intended to assist student-athletes with meeting financial needs that arise as a result of participation in intercollegiate athletics and attending FSU. All student-athletes, including international, are eligible to receive SAF funds, however assistance is not guaranteed. As such, student-athletes should consult with the Compliance Office before incurring expenses they expect to be covered under SAF. Once the student-athlete has received approval from the Compliance Office, he or she may complete the NCAA Student Assistance Fund form located in the Student-Athlete Development Office on the 4th Floor of Moore Athletic Center.

FINANCIAL AID

Student-athletes who require information relating to financial aid should visit Florida State University’s Financial Aid Office website at https://financialaid.fsu.edu/ or the compliance office.
ACADEMIC HONOR POLICY

The FSU Academic Honor Policy outlines the University’s expectations for the integrity of students' academic work, the procedures for resolving alleged violations of those expectations, and the rights and responsibilities of students and faculty members throughout the process. The University aspires to excellence in its core activities of teaching, research, creative expression, and public service and is committed to the integrity of the academic process. Truthfulness in one’s claims and representations and honesty in one’s activities are essential in life and vocation, and the realization of truthfulness and honesty is an intrinsic part of the educational process. Students are responsible for reading the Academic Honor Policy and for living up to their pledge to “... be honest and truthful and ... [to] strive for personal and institutional integrity at Florida State University.” Academic honor policy violations include:

1. **Plagiarism.** Presenting the work of another as one’s own (without proper acknowledgement of the source).

2. **Cheating.** Improper access or use of any information or material that is not specifically approved by the instructor for use in coursework.

3. **Unauthorized group work.** Unauthorized collaborating with others.

4. **Fabrication, falsification, and misrepresentation.** Unauthorized altering or inventing of any information or citation that is used in academic work.

5. **Multiple submissions.** Submitting the same academic work (including oral presentations) for credit more than once without instructor permission.

6. **Abuse of academic materials.** Intentionally damaging, destroying, stealing, or making inaccessible library or other academic resource material.

7. **Complicity in academic dishonesty.** Intentionally helping another to commit an act of academic dishonesty.

**Ignorance of expectations does not justify violating rules.** For more info: [http://fda.fsu.edu/Academics/Academic-Honor-Policy](http://fda.fsu.edu/Academics/Academic-Honor-Policy)
SEMINOLE ATHLETICS
The Florida State University Sports Medicine Department provides student-athletes with the utmost quality health care. Sports Medicine staff is devoted to the care, prevention, treatment, and rehabilitation of injuries and illnesses while maximizing athletic performance. The Sports Medicine Department is dedicated to providing FSU student-athletes with the latest in sports medicine research and technology, and to create an environment that promotes the total wellness of the student, the athlete, and the person.

**ATHLETIC TRAINING ROOMS**

The Don Fauls Athletic Training Room (located in Moore Athletic Center) is generally open M - F, 7:30am to 6:00pm. During the summer and holiday season, the hours will be adjusted and posted. The Satellite Athletic Training Rooms are open M - F from 1pm- 5pm during the regular season, or until all practices are finished and post-practice treatments have concluded. All Athletic Training facilities are open for designated periods of time so that all FSU athletic teams have the opportunity to use the facilities both prior to and after practices, workouts, and competition.

**PHYSICAL EXAMINATION**

The NCAA requires that student-athletes have a full pre-participation physical examination prior to the first year of athletic competition; all student-athletes will receive a medical recheck screening annually thereafter. *The initial pre-participation physical examination for all incoming athletes must be completed, and all areas cleared by University Health Services and a FSU team physician, before the student-athlete may participate in workouts, practices, or competition.* University Health Services will NOT accept any physical performed by an outside provider.

**INSURANCE COVERAGE**

*All student-athletes are required to provide proof of existing medical insurance in conjunction with having their initial or annual physical examination.* This policy should provide benefits for athletic related injury. A front and back copy of the participant’s primary insurance card must be on file with FSU Department of Athletics before the student-athlete will be allowed to participate in any practice or competition.
REPORTING INJURIES/ILLNESS

Injuries must be anticipated in any type of athletic activity. Almost without exception, every sport assumes some degree of risk. Any student-athlete requiring medical diagnosis or treatment for injuries or other related medical problems while participating in their Intercollegiate Athletic Program should report this injury or problem to the athletic trainer assigned to his/her sport. The athletic trainer will then administer first aid and make arrangements for consultation, if needed.

If a student-athlete is injured or ill and is restricted from athletic participation, he/she must be granted clearance by the certified athletic trainer or team physician to resume physical activity.

DIETARY SUPPLEMENTS

It is required that student-athletes seek the guidance of Athletics Sports Medicine staff prior to considering using any type of supplement not already provided by FSU Department of Athletics. If a student-athlete consumes a dietary supplement without such approval, they assume all responsibility for risk of a positive drug test and the resulting consequences.

BANNED SUBSTANCES

The NCAA conducts random drug tests to ensure safety and fairness of competition. If there is a concern of whether a medication could be banned, the student athlete should consult a member of the athletic medicine staff immediately. A positive drug test could result in loss of eligibility for one calendar year.

All FSU student-athletes will also be subject to the FSU Athletics Substance Misuse program. Please see your athletic trainer for more information about FSU drug testing.

A list of NCAA banned substances can be found here: 2022-23 NCAA Banned Substances.
FSU Athletics believes mental health is as important as physical health to optimize performance in all areas of life. FSU Athletics offers psychological services to our student-athletes. Our Mental Health Team includes Licensed Psychologists and Mental Health Counselors who are highly trained and have much experience working with the unique needs of student-athletes. We assist our student-athletes with many different issues and concerns to help them achieve optimal well-being. We provide a confidential space where student-athletes can talk about anything on their mind. Confidentiality is taken very seriously within our offices. None of the information you discuss with your Psychologist or Counselor will ever be shared without your permission. Our Mental Health Team of providers come from several different backgrounds and areas of expertise.

WHO TO CONTACT:
DR. KEELY KAKLAMANOS, PHD (“DR. K.”)  
DIRECTOR OF MENTAL HEALTH AND SPORT PSYCHOLOGY  
KKAKLAMANOS@FSU.EDU  
(850) 228-0252

WHO TO CONTACT:  
TIM EBENER, MS, EDS:  
MENTAL HEALTH SPECIALIST  
TEBENER@FSU.EDU  
850-570-4829

SERVICES OFFERED:
- ADHD Screening and Coaching
- Performance Consultation/ Sport Psychology
- Disordered Eating Counseling
- Substance Use Counseling
- Counseling for Depression and Anxiety
- Grief Counseling
- Stress and Anger Management Counseling
- Relationship Counseling
- Identity Counseling and Support (LGBTQ+)
- Trauma Therapy
- Supportive counseling/ psychoeduction /coping skills development

OTHER CAMPUS RESOURCES:
UNIVERSITY COUNSELING CENTER  
(850) 644-TALK (8255)* (24/7)  
HTTPS://COUNSELING.FSU.EDU/

VICTIM ADVOCATE PROGRAM  
(850) 644-7161 *(24/7)  
FSUPD  
(850) 644-1234

REFUGE HOUSE (OFF-CAMPUS RESOURCE)  
(850) 648-2111*

*CONFIDENTIAL
AFTER-HOURS HELP (24 HOURS):
- 850-644-TALK (8255)
- 988 (24-Hour Crisis Help Line)
- 850-644-1234 (On-campus Wellness Checks)

LOCAL & NATIONAL HOTLINES:
- Refuge House/SAFE Center: (Local 24-hour hotline) 850-681-2111
- National Suicide Prevention Hotline: (24-hour counseling) 988
- National Domestic Violence Hotline: 800-799-7233
Many college students have little to no experience in the kitchen. Our cooking classes use simple recipes to teach a variety of easy cooking techniques to student athletes. Working in groups, SAs cook different parts of the meal and then bring it all together for an easy, nutritious meal.

The nutrition staff provides educational presentations to all teams at FSU. In these sessions, basic nutrition is explained to the student athletes. Simple topics such as hydration, proper meal timing, recovery tactics, and proper food choices. The overall goal is for the student athletes to learn more about basic nutrition so that they can apply it now and promote a future healthy lifestyle.

Performance Nutrition hosts four licensed and credentialed Performance Dietitians that support various teams.

**COOKING CLASSES**

Our mission for the Performance Nutrition Program at FSU is to provide evidenced based nutrition services that will maximize the potential of our athletes on and off their field of play. We strive to provide nutrition that ensures maximal athletic performance as well as comprehensive nutrition education that the athlete can utilize throughout their lifetime.

**TEAM EDUCATION**

Everything we stand by and incorporate for the athletic department must fall under our core values. You must FUEL your body to PERFORM your best and RECOVER with food to help you BUILD as an athlete.

**CORE VALUES**

FUEL PERFORM RECOVER BUILD

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FUELING THE ATHLETE

Here at FSU, the sports nutrition team offers a variety of different options for the student athletes to properly fuel for their performance. We provide pre/post workout nutrition tailored to the different athletes' needs. The sports nutrition team also provides nutrition around competition. For competitions, meal planning is provided.

BODY COMPOSITION TESTING

DEXA is a 6-minute scan that measures body composition as well as bone mineral density. It is able to segment different areas of the body (i.e. right arm muscle mass vs left arm muscle mass). This feature is great for when we have injured athletes trying to maintain muscle mass in a broken limb for example. It is tangible information that we are able to see progress for our athletes during pre, off and during season for example.

INDIVIDUAL COACHING

The sports nutrition team has four registered dietitians to provide individual counseling. We provide personal meal plans to help with different body composition goals. We work one on one to help ensure all of the student athletes are able to perform at their best. We also provide medical nutrition therapy for those with medical conditions such as diabetes, GERD, high cholesterol, food allergies/intolerances, etc.

SUPPLEMENTS & NCAA COMPLIANCE

Supplements can be very tricky. All athletes are required to report nutrition supplements to the sports dietitian. This allows the sports dietitian to check for banned substances, read current research on the safety and effectiveness of the supplement, as well as the reputation and certifications of the supplement manufacturer. If an athlete tests positive on a drug test they can lose one year of eligibility. If a student athlete ever has a question regarding supplements they can always reach out to their teams sports dietitian or athletic trainer.
**Facilities**

Grab N' Go: Located next to the dietitians' offices and adjacent to the Athletic Training Room, the Grab N' Go station offers quick snacks to keep you energized and fueled throughout the day. Student-athletes can grab a variety of snacks between training sessions, treatments, or classes and stop by to say hello to your team's dietitian!

Fuel Bar: Located in Moore Weight Room, the Fuel Bar provides pre- and post-training nutrition to help with each training session and leave each training session refueled. Performance Nutrition offers protein shakes, tart cherry juice, a variety of ready to drink protein shakes, peanut butter & jelly sandwiches, fresh fruit, and a variety of quick snacks.

The Figg: Located in the Moore Athletic Complex is the athlete-exclusive dining facility. The Figg offers breakfast and lunch Monday through Friday throughout each semester.

**What We Do**

Your team dietitian will work with you throughout the entire year to help you prepare for season, perform your best, build in the off season, recover from any injuries, and make sustainable nutrition changes.

Team Nutrition Talks
Various discussion from pre-training nutrition to hydration and supplement education.

Team Cooking Classes
In the kitchen, athletes learn to cook with their team, basic knife skills, utilization of kitchen appliances, and the nutritional benefits of their dish.

Grocery Store Tours
At the grocery store, athletes learn how to shop and maximize their performance goals and "ball" on a budget.
Body Composition Analysis

Via DEXA, Performance Nutrition measures an athlete's body composition (from muscle mass to bone mineral density). These changes are tracked throughout the year to assess progress during the pre- and post-seasons.

1-on-1 Nutrition Counseling

Athletes can meet with their dietitian 1-on-1 to discuss their individual fueling needs – from managing GI issues and nutritional deficiencies to proper meal timing and hydration.

Interpretation of Bloodwork

Based on bloodwork/lab data, Performance Nutrition can assess specific nutritional deficiencies that impact an athlete's performance & overall health.

Supplement Education

Performance Nutrition educates athletes on the importance of safe supplement use. In addition, we distribute various supplements to athletes based on athlete individual needs.

Hydration Testing

Using a refractometer, Performance Nutrition can assess hydration status and offer recommendations on how to improve hydration before game time.

Pre-Game Fueling

Performance Nutrition ensures athletes receive proper fuel around game time to support a high level of performance.
Champions Training Complex: All training sessions will be scheduled through the designated Strength and Conditioning Coach.

CONTACT INFORMATION

ELISA ANGELES  
DIR. OF OLYMPIC SPORTS  
STRENGTH & CONDITIONING  
EANGELES@FSU.EDU

MIKE BRADLEY  
STRENGTH & CONDITIONING  
M. BASKETBALL  
MBRADLEY@FSU.EDU  
(850) 644-2681

LANIER COLEMAN  
SR. ASSOC. DIR. OF FOOTBALL  
STRENGTH & CONDITIONING  
ATH-FBSTRENGTH@FSU.EDU

NICK DOWDY  
SR. ASST. STRENGTH & CONDITIONING  
ATH-FBSTRENGTH@FSU.EDU

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STEPHEN PARKER  
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M/W SWIM & M/W GOLF  
STPARKER@FSU.EDU

SHANNON PHILLIPS  
STRENGTH & CONDITIONING  
INDOOR VB & BEACH VB  
SPHILLIPS3@FSU.EDU

DAVE PLETTL  
STRENGTH & CONDITIONING  
WOMEN'S BASKETBALL  
DPLETTL@ADMIN.FSU.EDU  
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JAMIE BURLESON  
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BASEBALL  
JBURLESON@FSU.EDU

JOSH STORMS  
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STRENGTH & CONDITIONING  
ATH-FBSTRENGTH@FSU.EDU

BAILEY VICTORIA  
STRENGTH & CONDITIONING  
WXC, DIVE & SOFTBALL  
BVICTORIA@FSU.EDU
COYLE E. MOORE ATHLETICS CENTER
Home to the Athletics Administration and support staff, the Moore Center houses all departments within Athletics, and is equipped with a dining facility with a full kitchen, and a mail room. The Volleyball coaching staff, Football operations and coaches offices, recruiting, locker room, player lounge, weight room, and training facilities are also located in Building D of the University Center.

TULLY GYM
Home to our Women’s Volleyball team, Tully stands as a historic landmark in the coming of age of FSU. With renovations and improvements, the 70+ year old icon remains dignified as modern amenities have been put into place to aid in the development of our student athletes. Upgrades to the gym floor, lighting, video board, equipment room, lobby, and spectator seating make this facility an inviting destination for student athletes as well as fans.

BASKETBALL TRAINING FACILITY
The three-story practice building is located off of Madison Street, adjacent to the Tucker Center. It houses two regulation size basketball courts and locker rooms for both Men’s and Women’s Basketball teams. Additional spaces include a video production and editing room, Sports Medicine area, hydrotherapy areas, a strength and conditioning space, team meeting rooms, conference rooms as well as coaches and administrative offices.
Facilities

**BEACH VOLLEYBALL**

The Beach Volleyball 6-court complex is located next to the Mike Long Track, and features lighted courts, outdoor showers, and shaded bench areas. The addition of a 6th court was completed in the spring of 2022. The facility was among the first in the nation and still stands as a benchmark for emerging programs. The team locker room and lounge are located in nearby Tully gym. A masterplan was recently completed to aid the short term and long term goals of the program and to keep the facility among the nation’s finest within Beach Volleyball.

**MORCOM AQUATICS CENTER**

Home to the Swimming and Diving teams, the Morcom Aquatics Center houses a championship stretch 50 meter by 25 yard tank with a constant 8 foot depth offering one of the fastest pools in the southeast. A diving tower with platforms at 1, 3, 5, 7.5, and 10 meters provide our divers the opportunity to practice and compete at one of the nation's finest facilities. In its brief existence the facility has hosted the USA Senior National Diving Championship, the World Diving Championship Trials, and numerous collegiate and high school meets. Additionally, a new scoreboard was installed in the spring of 2022.

**DICK HOWSER STADIUM**

The rich tradition of FSU Baseball is displayed at one of the finest collegiate baseball venues in the country. The clubhouse, weight room, training room, Tradition Room, batting cages, and development areas give the Seminoles the best opportunities to excel on the field. The improved fan experience includes a variety of concession options, a new video board, stadium lighting, and a game day atmosphere second to none.

**DOAK CAMPBELL STADIUM**

Nestled within the walls of the iconic University Center, the stadium currently seats 79,560 fans. With the addition of the Champions Club, giant video boards, continuous ribbon boards around the stadium, and Osceola and Renegade planting the spear, the fan experience at Doak Campbell Stadium is second to none.
SEMINOLE LEGACY GOLF COURSE

An 18 month construction process by the Jack Nicklaus Design Team has transformed the Don Veller Seminole Golf Course into the new Seminole Legacy Golf Course. It is already being acclaimed as one of the finest layouts in the Southeastern USA. The Seminole Legacy Golf Course has also been the host of site of past NCAA Regional tournaments. The championship course is designed for golfers of all abilities with five tee boxes on each hole to make the course playable for the novice golfer and challenging for the most elite golfers. The practice area for the golf team has been improved and expanded to include a 12-hole short course layout, driving range, short game area and chipping and putting portions.

MIKE LONG TRACK

The 400 meter track, surrounded by pines and azaleas, provides a beautiful setting for our teams to practice and compete. The McIntosh Building provides locker rooms, lounge, training room, and coaches offices under the same roof at the track. Plans to add a performance board will further enhance the track experience.

SCOTT SPEICHER TENNIS CENTER

This 12-court facility shared with campus rec is home to both our men's and women's Tennis teams. With seating for nearly 1000 fans and center court premium seating with awnings for shade, Speicher offers a great opportunity to see some of the finest collegiate tennis in the country. The complex entryway salutes the sacrifice of former FSU student and US Navy pilot, Scott Speicher.

SOCCER/SOFTBALL COMPLEX

Home to the three-time National Champions (2014, 2018, and 2021) in Soccer and the 2018 National Champions in Softball, this beautiful complex offers our student athletes state of the art amenities that include locker rooms, lounges, training facility, coaches offices, memorabilia room, and conference rooms for each sport. Additionally, new scoreboards were installed in summer of 2022. Recently a shade structure complete with fans and down lighting have been added to the Softball stadium. New scoreboards have been added to the facility that houses two of our most successful programs.
The Albert J. Dunlap Athletic Training Facility, a full size football field with all the markings, allows our teams to maintain their practice schedules even in inclement weather. A training room and large storage area allow staff easy access to all their practice needs. The facility is shared by many of our other sports when not being used by football.

The Multi-purpose Educational Facility provides our men’s and women’s Tennis teams with an inclement weather location for both practice and competition. The six regulation courts, an athletics training room, and equipment storage allow our teams the perfect opportunity to prepare for their competitive seasons.
Florida State University has a long-standing partnership with Nike and other equipment providers to deliver the finest athletics equipment available to its student-athletes. With an emphasis on safety and performance, equipment is fitted and distributed by trained equipment managers for all sports. Nike provides athletic apparel and footwear, and other companies exhibiting a level of excellence in specific equipment-related areas are used by the university as well.

When representing Florida State University Athletics in practice, competition or any other team/department-related activity, student-athletes are expected to wear apparel, equipment and footwear that is university-issued or does not conflict with partner agreements. All apparel and equipment use is governed by applicable NCAA rules, and student-athletes are expected to abide by all policies and procedures prescribed by the NCAA, the ACC and the university. These guidelines are available from all equipment managers.

All student-athletes will sign the Student-Athlete Apparel & Awards Agreement prior to participation each year. In accordance with this agreement, student-athletes may not sell, barter or trade equipment, apparel, awards, rings or participation gifts provided to them by the university while enrolled as a student-athlete. Additionally, friends or family members should not sell these items on your behalf. Violations of this policy could impact your eligibility under NCAA rules. Student-athletes should refrain from providing any equipment or apparel to recruits as this may elicit undue questions regarding eligibility for you, the prospect, and/or the university. Certain equipment items issued to the student-athlete may be collected at the conclusion of the playing season. Failure to return issued items may require repayment in-full and possible holds on academic transcripts or diplomas until the matter is resolved.

For additional information or concerns, student-athletes should contact Dane Smith, Director of Equipment Operations, at (850) 644-4362 or dasmith@fsu.edu.
The Media Relations department or often referred to as SID's (Sports Information Directors) are a support staff that are here to assist students with all forms of media (traditional, digital and social). Their job is to handle all the media that covers our teams and student-athletes and to work with our Digital Media Department and Marketing staff to promote our programs and student-athletes on multiple platforms. Their focus is to always have the FSU athletics department, teams and players portrayed in the most positive way.

**KEY THINGS TO REMEMBER**

- All interviews with the media MUST come through their office. This is for student-athletes' benefit and will allow them to vet the people making the requests before any interviews are schedule, and for time efficiency when scheduling media opportunities.
- Any media member that contacts students should be told to go through the media relations office. This includes media from a hometown (U.S. or abroad). Your contact information will never be disclosed.
- SID's will ask student-athletes before arranging interviews.
- Media members should not be reaching out to students via social media for interviews or comments. If this happens, notify the SID contact immediately.
- Avoid “no comment” in response to a question that you don't want to answer. That can be easily misconstrued as confrontational or as if a student-athlete has something to hide. A simple, "I'd prefer not to talk about that," is far more professional, and also provides us with the opportunity to change the direction of the questioning.
Interviews are part of being a student-athlete at Florida State and a chance to promote your teammates, coaches and Florida State University. Take time to prepare before each media interaction. Work with your sport contact to anticipate questions and determine the talking points and message you want to convey in every interview opportunity.

- Derek Satterfield, Sr. Assoc. Communications Dir., Football

Be on time. If you are going to be late for a scheduled interview, please call us and let us know.

- Chuck Walsh, Deputy SID, Men's Basketball and Women's Golf

Make every interview a platform for yourself and never take them for granted. It's a chance to show a future professional organization or employer as well as fans and followers what you're all about.

- Steve Stone, Asst. SID, Women's Basketball and Men's Golf

In a group media session, address the person asking the question by name (if you know it) and make eye contact.

- Steven McCartney, Asst. SID, Football and Baseball

Don't be nervous heading into interviews. In most cases they are not live and if you stumble over your words you can start over. Most media members are not there to make you look dumb and will use the part where you restarted.

- Bret Clein Asst. SID, Volleyball and Soccer

Let your personality shine through. There will be many times you don't want to say the wrong thing or you will try to say what you think the reporter wants to hear. Make sure you are authentic and be yourself when you speak.

- Layne Herdt, Asst. Director, Digital Media

Since you're the expert and have inside information, remember injuries, team strategy, lineups, depth chart, etc. are like Fight Club, you don’t talk about them. You don’t want to volunteer any information that could tip your opponents before a competition. Your SID should be able to advise your on how to answer these types of questions before an interview if you’re ever in that position.

- Christa Salerno, Asst. Director, Swimming and Diving/Football
Our Digital/Social Media department works to generate content for both our official website Seminoles.com and all our official social media channels (listed below). Everything posted on our website or social channels will be positive portrayals of our programs, coaches and student-athletes. If something negative is seen, it is not coming from an official account we control. The more we share the content from our official accounts, the better chance we have to show the public good things that are happening here in FSU athletics.

**OFFICIAL TWITTER ACCOUNTS**

- @seminoles
- @FSUFootball
- @fsuhoops
- @fsuwbb
- @FSUBaseball
- @FSU_Softball
- @FSUgolf
- @FSU_MTennis
- @FSU_WTennis
- @FSU_Volleyball
- @FSU_Soccer
- @FSU_Track
- @FSU_XC
- @FSU_Swimming
- @FSU_BeachVB

**SEMINOLES.COM**

Seminoles.com is the official website covering our athletic department. Statistics, schedules, rosters and biographies for every team and student-athlete are posted there. These are updated by the sport’s SID and students can let their media relations director know if there is anything they want added or corrected at any time. Seminoles.com offers live statistics for many of our games, matches, meets and also has links to apps, TV broadcasts, radio broadcasts, all the departments inside athletics and tons of video content on our teams.
Seminole Sports Marketing staff oversees the advertising, promotions, and in-game experience of all sport programs within Florida State Athletics. Marketing oversees videoboard elements, music, PA announcements, in-game elements and presentations, and giveaways. One of their main goals is to enhance the fan experience and the student-athlete experience at every home event. They work the most closely with the Media Relations, Digital Media, and Ticket Office departments as well as each team's Director of Operations.

The marketing staff works to advance the Florida State brand and grow the fan base while creating memorable experiences for fans of ages in who attend the 200+ home sporting events through the following objectives:

- Coordinate the marketing and promotions of all sports programs and select special events.
- Assist in game production and operations.
- Sell tickets and increase attendance.
- Coordinate all advertising via print, radio, and TV as well as other media.
- Produce and distribute schedule cards, posters, direct mail, and other promotional pieces.
- Grassroots marketing efforts through campus and community outreach initiatives.
- Generate new sources of scholarship revenue.

Seminole Sports Properties is a branch of the marketing office that handles all multimedia rights and sponsorships for the entire athletic department. They are a division of Learfield IMG College, which is the country’s largest and fastest growing multimedia rights holder with more than 150 universities. Their goal is to generate revenue for the athletic department while connecting brands to fans.
Seating for students at all athletics events is general admission. Student-athletes will be admitted to football and men's basketball games via a pass list for each game. The student-athlete pass list system has two steps:

1. The head coach or any full time assistant coach from each team will be responsible for maintaining an accurate roster with the compliance office. This roster will be used to generate a pass list for each game.

2. Student-athletes will be required to enter the stadium via Gate A for football games and the SW Entrance of the Tucker Center for men's basketball. Each student-athlete will be required to show their FSU ID and sign for their ticket which will be scanned at that time. Once the ticket has been signed for and scanned the student-athlete must continue into the stadium. There will be no re-entry permitted if they leave the stadium.

For more information about the student ticket distribution process go to www.seminoles.com, click on Tickets and then Student Tickets.
As the fundraising arm of the University, the Seminole Boosters, Inc. is the lifeblood of our Athletics Program charged with generating current and deferred contributions for the purpose of enriching the overall educational environment of the Seminole Athletics Program and providing financial security which contributes to the program’s long term growth and prosperity. It is the goal of Seminole Boosters, Inc. to help Seminole Athletics leave a lasting legacy as one of the great success stories in collegiate sports history while promoting education, health and physical welfare of the student-athlete at Florida State University. The contributions made to Seminole Boosters provide the frame-work of Florida State University Athletics that makes winning possible: scholarships, facilities, and championship caliber coaches.

Seminole Boosters, Inc. is a not for profit, 501(c)(3) Florida corporation. Seminole Boosters, Inc. is designated as the Direct Support Organization for Florida State University Athletics.

Seminole Student Boosters was created in Spring 2004 and is sponsored by Seminole Boosters, Inc., the fundraising organization for Florida State Athletics. Student Boosters sponsors the TRUE Seminole Campaign, the Seminole Uprising Pep Rally, and is the only student organization dedicated to FSU Athletics. Student Boosters is charged with generating student support for all Florida State sports teams and to raise funds for FSU Athletic Scholarships.

Check out our website: www.seminolestudentboosters.com.
The Nole Zone is the official student section of Florida State Athletics. The goal of The Nole Zone cultivates engagement between the Florida State University student body, student-athletes, and all other FSU fans through a shared passion for athletics and the Tallahassee community. Comprised of 25 dedicated and passionate board members who operate as an extension of Seminole Student Boosters, The Nole Zone works alongside leadership within Seminole Boosters Inc. and The Florida State Athletics Department.

The Nole Zone was created in 2019 as the official student-section of Florida State men's basketball. The organization enhances the fan experience at the Tucker Center by starting chants, distributing giveaways, and promoting events. As of the 2022-2023 school year, The Nole Zone has evolved into the official student section of Florida State Athletics across all Division I athletic programs at FSU.

Check out the website: https://boosters.fsu.edu/nole-zone
RESOURCES
FSU RETURN TO STUDENT LIFE
https://studentaffairs.fsu.edu/virtualfsu/student-life/

FSU ATHLETICS COVID RESOURCE PAGE
https://seminoles.com/fsucovid/

FSU DIVERSITY & INCLUSION
https://seminoles.com/diversity-and-inclusion/

FSU CAREER CENTER
https://www.career.fsu.edu/

FSU ATHLETICS STAFF DIRECTORY
https://seminoles.com/staff-directory/

NCAA SA LEADERSHIP DEVELOPMENT
https://www.ncaa.org/about/resources/leadership-development/college-athletes

NCAA "AFTER THE GAME" (FORMER SA RESOURCES)
https://www.ncaa.org/student-athletes/former-student-athlete
Florida State Athletics

Pre-Paid VISA Cards
FSU Athletics has a program for disbursing your Pre-Season/Post-Season/Travel/Holiday housing and meal money. We will be dispensing funds on a pre-paid Visa card that you will be given the first time funds are disbursed to you. **You will need to keep this card the entire time you are at FSU**, as we will continue to re-load this card each time you receive this type of disbursement. Below is some basic information you will need to know about your card.

1. **Do not discard your US Bank Pre-Paid card** when the balance is zero – we will load the same card with additional funds each time you receive this type of disbursement (Not used for Scholarship payments).
   a. They will assist you in transferring any remaining funds to a new card.
   b. Any cost to replace this card or expedite shipping is your responsibility and will not be paid by FSU.

2. If your card is lost or stolen, contact US Bank at **1-888-863-0681** immediately.
   a. They will assist you in transferring any remaining funds to a new card.

3. You will create a PIN number when you call to activate your card. Do not lose this pin as you will need it to access money via an ATM.
   a. If your PIN number is lost or compromised contact US Bank to assign a new PIN number to your card.
   b. During the activation process, you will be asked for either your date of birth or EMPL ID. Your EMPL ID is accessible on the my.fsu.edu landing page after login.
   c. Any US Bank ATM located in the United States may be used free of charge.
   d. Any fees related to non-US Bank ATM use is your responsibility and will not be paid by FSU.

4. This card is a fully functioning Visa card and can be used as a Debit and/or Credit Card.
   a. Gas
      i. Pay at the pump will authorize and hold $75, if your purchase is less than $75 the remaining funds will return to your card within approximately one week
      ii. To avoid a $75 hold you can go inside and pre-pay a specific amount and there will be no hold placed on your card for gas.

5. Included with your card are materials from the bank explaining special purchases, fee schedules, and general information you should know about your card and how it works. Please read over this carefully.

6. If you have any additional questions or concerns, please feel free to contact the FSU Athletics Business Office.
   a. Monroe Donnelly 850.644.2735 – mdonnelly@fsu.edu

I, ______________________________________, have picked up my pre-paid card and have read the above basic details regarding my pre-paid card and its parameters. I understand any fees incurred will be my responsibility and will not be paid by FSU.

_________________________________________  ________________
Signature Date
Philosophy of Health and Wellness
At Florida State University we care about the health and well-being of each student. Our vision is to assist each student in attaining success in all aspects of life. The components of health and wellness are integrated into the programs and services offered throughout the Division of Student Affairs with a commitment to ensure that students are supported to achieve in all aspects of their lives.

We believe an environment that encourages healthy behaviors and wellness is essential to the academic success and holistic well-being of members of the FSU community.

#LiveWellFSU

- **Environmental Wellness:** Developing an awareness of the environment that surrounds you, and enhancing your relationship with it.
- **Intellectual Wellness:** Fostering critical thinking, developing moral reasoning, expanding world-views and engaging in education for the pursuit of knowledge.
- **Occupational Wellness:** Engaging in work, volunteering, organizations, or academic endeavors in a manner that provides personal satisfaction and enrichment, and is consistent with your values, goals, and lifestyle.
- **Financial Wellness:** Accessing the financial resources and skills that allow you to accomplish your goals.
- **Social Wellness:** Participating in positive social relationships including friends, family, community, and work groups.
- **Emotional Wellness:** Developing a positive sense of self that is open to and experience a healthy range of emotions.
- **Creative Wellness:** Valuing and actively participating in a diverse range of arts and cultural experiences as a means to understand and appreciate the surrounding world.
- **Physical Wellness:** Taking care of your physical health.
- **Spiritual Wellness:** Expanding a sense of purpose and meaning in your life.
- **Student Handbook** Policies and standards governing student conduct and rights at the university
- **New Student & Family Programs** Orientation, One Book/One Campus, and Family Connection
- **New Noles** New to FSU? Find out all you need to know pre-and post-orientation
- **Housing** Find information about your Residence Hall and living on campus
- **Center for Academic Retention & Enhancement (CARE)** The center provides both, pre-collegiate and collegiate programs of recruitment, preparation, enrichment, orientation, academic support, counseling and advocacy which are targeted primarily to those who are first-generation college students.
- **Welcome FSU** Welcome FSU is a series of events and programs to serve as the official welcome for all Florida State students! Join in the fun to learn about campus resources, ways to get involved and connected, and how to make FSU and the city of Tallahassee your home.
- **Admissions** Online status checks, information about Previews, residency requirements, majors, and more
- **Financial Aid** Links to FAFSA, Scholarship info, and costs for attending FSU
- **Registrar** Information about Courses, Academic Calendar, Tuition, and Graduation
- **My.fsu.edu student portal / Secure Apps**
- **Canvas (canvas.fsu.edu)**
**HEALTH & WELLNESS**

- **Campus Recreation** Work out at the Leach Center, join a Sports Club or Intramural Team, reconnect with nature through Outdoor Pursuits and the FSU Reservation, and more.
- **Department of Student Support & Transitions** The Victim Advocate Program offers support for victims of crime, and education to the community.
- **University Health Services** FSU's fully accredited Primary Care facility, providing a full range of medical services and outreach programs.
- **University Counseling Center** Provides confidential mental health counseling services and prevention programming to FSU students free of charge.
- **Alcohol.fsu.edu** Read about the dangers of binge drinking, FSU's alcohol policies, and other information.
- **Hazing Prevention** Learn how Florida State University is active in preventing hazing in our community.
- **Tobacco-Free Campus** Read the Tobacco-Free Policy and find resources for tobacco cessation.
- **Healthy Campus** Our Mission is to maximize campus wellness, we support academic and personal success.

**CAMPUS LIFE & FSU**

- **FSU Events Calendar**
- **Campus Recreation** Work out at the Leach Center, join a Sports Club or Intramural Team, reconnect with nature through Outdoor Pursuits, enjoy the FSU Reservation waterfront complex, visit the Rec SportsPlex, and more.
- **FSU Athletics** Scores, schedules, and more for all Men's and Women's Sports.
- **Housing** Find information about your Residence Hall and living on campus.
- **FSU Student Union** The FSU Student Union offers several activities for students, 7 days a week. Departments include:
  - **The Union Art Center**
  - **Bowling and Billiards**
  - **FSU Flying High Circus**
  - **Student Organizations and Involvement** serves as a guide for Florida State students in molding and creating their FSU experience.
  - **Club Downunder** offers concerts, comedians, and other activities several times a week.
  - **Student Life Cinema** Blockbuster films shown in FSU's movie theatre, FREE for FSU Students.
- **Seminole Dining** Check out all of the dining options on campus, including the Suwannee Room, Chili's, and more.
- **Student Handbook** Policies and standards governing student conduct and rights at the university.
• **Registrar Information** about Courses, Academic Calendar, Tuition, and Graduation  

• **Center for Academic Retention & Enhancement** The center provides both, pre-collegiate and collegiate programs of recruitment, preparation, enrichment, orientation, academic support, counseling and advocacy which are targeted primarily to those who are first-generation college students.  

• **Advising First** The Advising First program, part of the Division of Undergraduate Studies, strategically places professional academic advisors and success coaches to serve students within academic units and established Advising First centers throughout the university.  

• **Academic Center for Excellence** The mission of the Academic Center for Excellence (ACE) is to help all undergraduate students at Florida State University develop the study skills and personal success habits that enhance learning and promote the highest level of scholarship and academic achievement.  

• **Office of Accessibility Services** As a primary advocate for students with disabilities, the OAS works with faculty and staff to provide accommodations for the unique needs of students both in and out of the classroom.  

• **Living-Learning Communities** Florida State University offers 7 different Living-Learning Communities, where students not only live in the same residence hall but participate in an academic component that helps bring them together as a community.
• **Center for Global Engagement** Provides comprehensive immigration services and advising to international students, scholars, faculty and staff. The Center for Global Engagement is certified by the federal government’s Student and Exchange Visitor Program.

• **Center for Leadership & Social Change** The Center is a student, faculty, and staff source for leadership learning, service opportunities, and social justice education on Florida State's campus. Our mission is to transform lives through leadership education, identity development and community engagement.

• **Student Government Association Agencies**
  - Asian American Student Union
  - Black Student Union
  - Hispanic Latino Student Union
  - Pride Student Union
  - Veteran's Student Union
  - Women's Student Union

• **Interfaith Council** The Interfaith Council at Florida State University is an organization of campus ministry professionals who have come together from a wide variety of religious traditions to share a common interest in the free expression of religious faith in the life of the university.

• **Campus Spirituality Project** This site provides information on meditation spaces and events relating to spirituality across campus.
- **Career Center** As a centralized comprehensive career services office, the Career Center is involved in a wide variety of programs including career planning services, experiential education, course instruction and, research.

- **Center for Leadership & Social Change** The Center is a student, faculty, and staff source for leadership learning, service opportunities, and social justice education on Florida State's campus. Our mission is to transform lives through leadership education, identity development and community engagement.

- **Center for Academic Retention & Enhancement (CARE)** The center provides both, pre-collegiate and collegiate programs of recruitment, preparation, enrichment, orientation, academic support, counseling and advocacy which are targeted primarily to those who are first-generation college students.

- **Office of Fraternity and Sorority Life** With 30 fraternities and 26 sororities, including 18 culturally based Greek letter organizations, Greek Life provides a unique opportunity for students to be a part of a more than 100 year old campus tradition.

- **Garnet & Gold Scholar Society** The Garnet and Gold Scholar Society facilitates involvement and recognizes the engaged, well-rounded student who excels within and beyond the classroom in the areas of Leadership, Internship, Service, International, and Research.

- **Student Organizations and Involvement** serves as a guide for Florida State students in molding and creating their FSU experience.

- **Student Government Association** The Student Government Association is the student’s voice at Florida State University with three branches of the government—executive, legislative, and judicial. SGA budgets more than ten million dollars of activity and service fees each year to Student Organizations, the FSU Student Union, and Campus Recreation.