

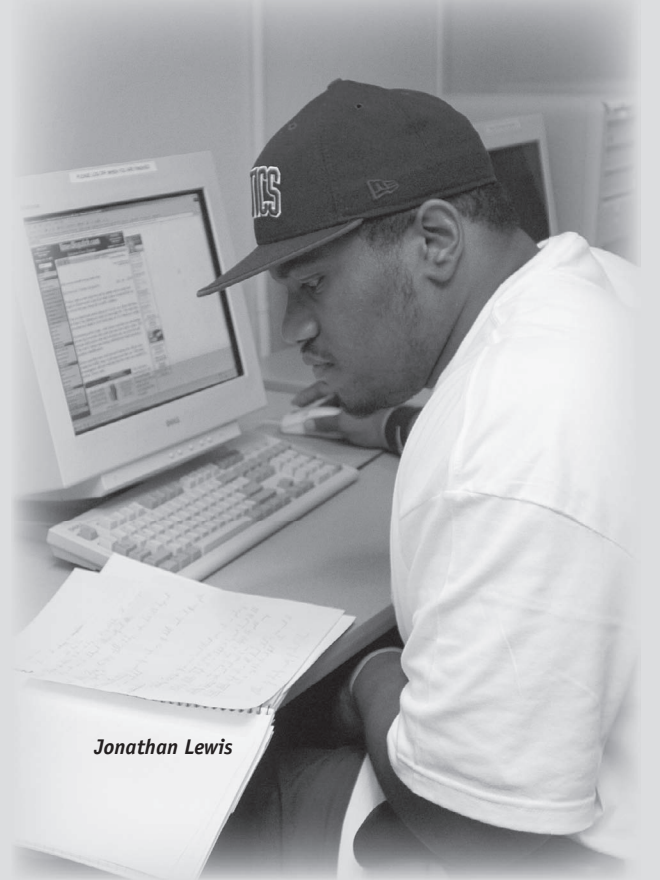
SUPPORT

Virginia Tech has outstanding support personnel and facilities in place to help student-athletes reach their potential both on the playing field and in life

INAUGURAL SEASON IN THE ACC

Building the Mind & Body

- Virginia Tech student-athletes receive outstanding academic support with state-of-the-art study areas and well over 100 tutors.
- Tech's athletic graduation rate is higher than the average overall graduation rate for all Division I universities and has risen significantly in the past few years.
- More than 85 percent of all Tech student-athletes who enrolled during the 10-year period from 1988-89 through 1997-98 and completed their eligibility have graduated.
- For the sixth year in a row, a new record of 482 3.0 GPAs or higher were earned by student-athletes, student trainers, student managers, HighTechs and cheerleaders. The students were recognized at the Athletic Director's Honors Breakfast for their academic achievements during in the 2003 calendar year.
- Tech had 193 student-athletes, approximately 20 percent of the student-athlete population, named to the dean's list, and 22 achieved a perfect 4.0 GPA during the fall or spring semesters of the 2003-04 academic year.
- A total of 13 Tech athletic teams achieved a 3.0 or better team GPA — five teams during the fall semester and eight during the spring semester.
- Tech student-athletes participate in the programs sponsored by the Virginia Tech Athletics Office of Student Life. The program, based on the NCAA/CHAMPS Life Skills program provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives.
- A full-time sport psychologist has been added to Tech's Athletic Performance Staff to help meet the personal and performance needs of the student-athletes.



Jonathan Lewis

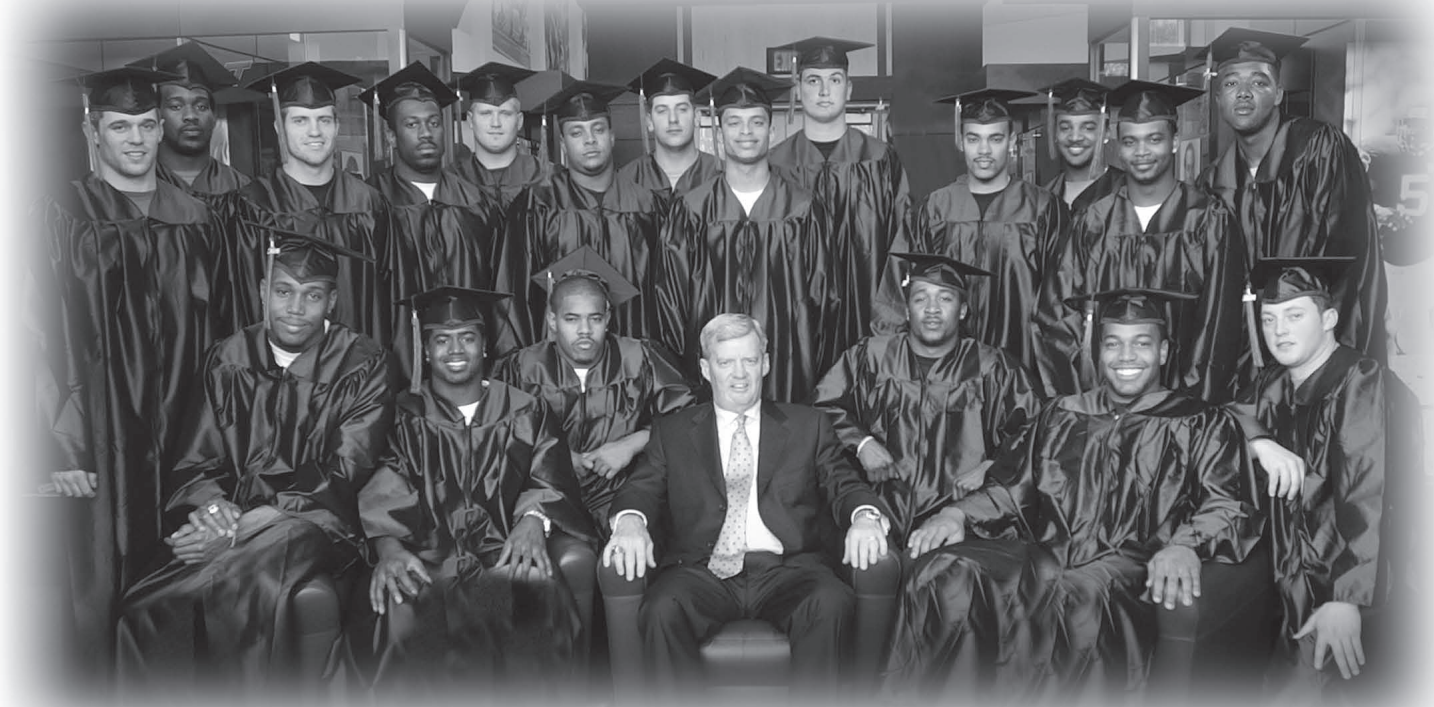
- Virginia Tech's strength and conditioning program is regarded as one of the best in the nation.
- The Hokies have more than 22,000 square-feet of strength and conditioning training space.
- Will Montgomery broke a Tech strength and conditioning record in the spring of 2004, recording a 380-pound effort in the power clean. Nine position records were broken, including four by kicker Nic Schmitt.
- Seventeen Hokies achieved Super Iron Hokie status during the spring of 2004, including four first-time members for the 2003-2004 year. Additionally, James Anderson became just the ninth member to attain Elite Level status.
- A brand new training and medical complex was completed in 2002 on the ground floor of the Jamerson Center.
- The "Training Edge" dining facility features a comprehensive system of eating for championship performance.
- Tech has added a full-time sports nutritionist to the Athletic Performance staff to help the student-athletes achieve their sports nutritional goals.
- A new training room has been completed in Rector Field House — Tech's indoor practice facility — to serve the football team when it moves indoors.



Tripp Carroll



Student Athlete Academic Support Services



Pictured with Coach Frank Beamer (center) are 19 seniors on the 2004 football team who either have graduated or are on track to graduate this year. (Front, l to r) James Griffin, Mike Daniels, Mikal Baaqee, Eric Green, Jim Davis, Lance Goff; (back, l to r) Brandon Manning, Isaac Montgomery, Chad Cooper, Kevin Lewis, Travis Conway, Jason Lallis, Jared Mazzetta, Vincent Fuller, James Miller, Vinnie Burns, Bryan Randall, Richard Johnson and Jon Dunn.

Providing the tools needed for success in the classroom

The success of Virginia Tech's football program rests largely on the academic progress of each student-athlete. The academic performance of Tech student-athletes has improved each year due in part to the Student Athlete Academic Support Services (SAASS).

The Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 70 percent in 2003 as compared to the national average of 62 percent. The 70 percent student-athlete graduation rate marks the second straight year and fifth time in the last 10 years that Tech has reached that level.

The Virginia Tech football program has been an integral part of this recent academic success. According to the American Football Coaches Association 2004 graduation rate, Tech has a 70 percent graduation rate as compared to the 59 percent

national average. Tech has received honorable mention accolades for the AFCA Academic Achievement Award in two of the past three years.

Of the 20 seniors on this year's squad, 17 are currently scheduled to graduate by the end of the fall semester, two of the remaining three are on track to graduate next spring, and the final senior should graduate in 2005. In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. For the sixth consecutive record setting year, 482 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs during the 2003 calendar year. These student athletes and students from support areas were recognized at the Athletic Director's Honors Breakfast last spring.

Student-athletes are the most visible student component

of a university. They entertain thousands of fans, students and alumni. Their athletic ability and achievement is the primary focus for national media attention. Athletic events bring back not only faithful alumni, but are a welcome mat for potential new students.

Student-athletes devote many hours to practice, conditioning and training that are not required of all students. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential.

The Virginia Tech Student Athlete Academic Support Services office is committed to providing fundamental and supplemental programming, consistent with University and NCAA policy, aimed at enhancing each student athlete's educational experience.

Stakeholders of the office's

mission include student athletes and their families, the university community, coaches and athletics administrators. SAASS seeks to develop relationships with its stakeholders that are founded on trust and respect, and provides the following services to accommodate their needs:

- University and NCAA information
- Orientation
- Academic assessment
- The development of an effective student life program
- Appropriate referrals
- Monitored study environments
- Tutorial programs
- State of the art technological learning assistance
- Student Athlete academic performance evaluations

The expectations of the Virginia Tech community are that each student-athlete achieves their maximum academic and

athletic potential. With the proper assistance, facilities and encouragement, these potentials can become a reality.

Student Athlete Academic Support Services provides programming for student-athletes from their freshman year through graduation. This includes a comprehensive orientation to Tech, study hall, mentoring, tutoring, academic monitoring, academic recognition and eligibility education. Additionally, student-athletes are referred to and encouraged to take advantage of other campus agencies charged with helping students in their academic pursuits.

Academic facilities for student-athletes include the Monogram Room, a large room used as a study hall area, adjacent to the SAASS office in Cassell Coliseum. The HEAT (Hokies Engaging in Advanced Technology) Lab and its satellite sites house over 40 computers on the second and third floors of Cassell Coliseum. Laptop computers are also available for Tech athletes to use when traveling to away contests. The athletic department also provides areas for private, quiet study for the athletes' convenience.

Together, these spaces provide the student-athlete with a variety of study environments conducive to their success. Athletes can use these facilities between classes, after practice



Chris Helms

Director of Student Athlete Academic Support Services

Beginning his sixth year at Virginia Tech, Chris Helms is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office. Helms oversees an office comprised of two associate directors, three assistant directors, an intern, and a secretary forming a group of professionals serving the needs of all student-athletes.

In addition to his duties directing SAASS, Helms serves as a liaison between the academic and athletic communities and is an ad hoc member of the University Athletic Committee.

Helms came to Tech from Michigan State University, where he served as the assistant director of the Student Athlete Support Services office.

Prior to MSU, Helms served as the coordinator of academic affairs for the Florida State University football program. Some of his other experience includes academic advisement for student-athletes at Central Connecticut State University.

Helms earned his bachelor's degree in psychology at Wake Forest University and received his master's in athletic counseling from Springfield College.

A native of Frederick, Md., he and his wife, Renee, have a son, Walker, and a daughter, Meigs.

or in the evenings, with flexible hours tailored to make the most of a student-athlete's limited time.

Chris Helms, in his sixth year at Tech, is the director and is responsible for the development and leadership of the Student Athlete Academic Support Services office.

Lois Berg, associate director, begins her 16th year at Tech. She is primarily in charge of developing the freshman orientation program, which ensures the student-athlete a smooth transition from high school to the university.

She is also responsible for providing programming to assigned student-athletes from the sports of baseball, softball,

men's and women's swimming, men's and women's tennis, managers, trainers, cheerleaders and HighTechs.

Colin Howlett begins his eighth year with Virginia Tech and serves as an associate director in the Student Athlete Academic Support Services office.

In addition to assisting the director in all facets of the program, Howlett oversees the advisement of football student-athletes with regard to satisfactory progress, eligibility and degree completion as set forth by the NCAA, ACC and Virginia Tech.

He also helps coordinate support services for the football program, including

tutorial support, mentoring, organized study table and major and career counseling. In addition to these responsibilities, Howlett assists in the recruitment, academic evaluation and admissions of prospective student-athletes.

Howlett came to Tech from the University of Maine, where he served for a year and a half as an academic advisor for the athletic department.

Some of his other experience includes academic advisement for student-athletes at Austin Peay State University and the University of Southern Mississippi.

Howlett earned his bachelor's degree in business administration at

SUPPORT



Nearly 500 student-athletes and students in support roles were honored at the 2004 athletic director's honors breakfast.

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES STAFF



Lois Berg
Associate Director



Colin Howlett
Associate Director



Katie Ammons
Assistant Director



Renia Edwards
Assistant Director



Drew Scales
Assistant Director



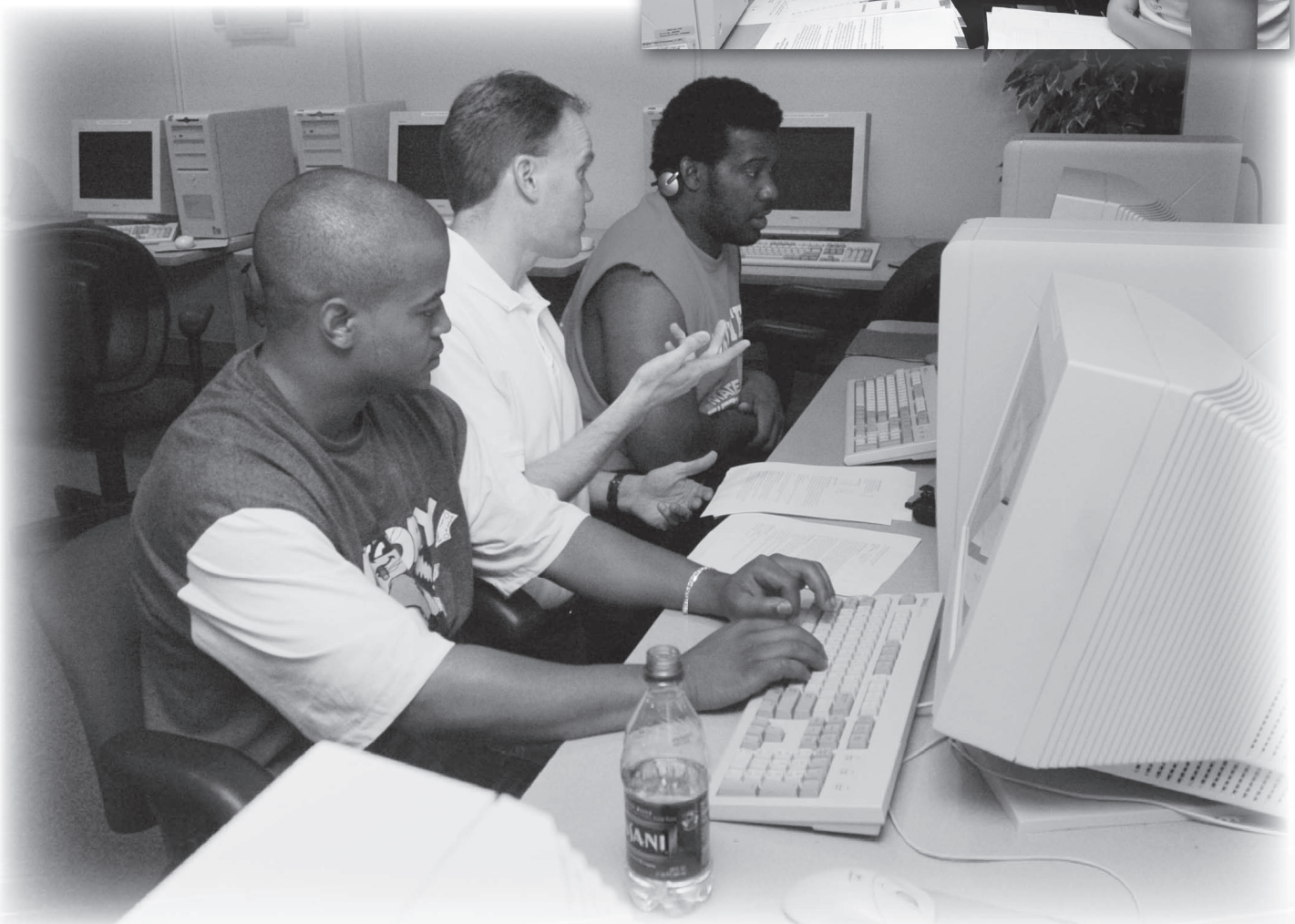
Terrie Repass
Secretary

Susquehanna University and received his master's in athletic administration from Southern Miss. A native of Allentown, Pa., he and his wife, Lisa, have two daughters, Natalie and Erika.

Katie Ammons is an assistant director who begins her sixth year and works with the men's and women's basketball, men's and women's cross country and men's and women's track programs.

Ammons is also in charge of the operation of the HEAT lab and other computing resources available for student-athletes. Ammons is a former standout Hokie student-athlete.

Renia Edwards is in her fourth year with Student Athlete Academic Support Services as an assistant director. Her primary responsibilities are providing academic support for the freshman student athletes in the sport of



Colin Howlett (center), assistant director of SAASS, helps D.J. Walton and Isaac Montgomery in the HEAT lab at Cassell Coliseum. Tech student-athletes also have tutors available to help with academic work (above).

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football and coordinating the SAASS tutorial program.

Edwards came to Tech from the University of Iowa where she worked as an academic counselor for the Women's Athletics Student Services office. She worked with women's basketball, volleyball, soccer and the track and field programs. She also served as the career coordinator and advisor to the minority focus group for men's and women's athletics.

The Rembert, S.C., native received her bachelor's degree in business management from Shaw University in 1995. She then went on to earn her M.S. Ed. in sports management from Northern Illinois University. While completing her master's degree, she served as tutor supervisor for the Academic Counseling Center for Student-Athletes at NIU. During her final year in the program, she served as academic advising intern at Austin Peay State University in Clarksville, Tenn.

Drew Scales begins his third year with Student Athlete Academic Support Services as an assistant director. Scales provides academic support for student-athletes in lacrosse, volleyball, men's and women's soccer and wrestling, in addition to overseeing the mentoring program.

Terrie Repass begins her 30th year of service at Virginia Tech. She serves as the office secretary and "first contact" person for the SAASS. She is responsible for organizing special events and meetings for the office. Repass prepares all accounting, purchasing and travel transactions for the office.

SAASS MISSION & PROGRAMS

The Virginia Tech Student Athlete Academic Support Services office is committed to providing fundamental and supplemental programming, consistent with University and NCAA policy, aimed at enhancing each student athlete's educational experience.

Following is a summary of the programs SAASS offers:

Athletic Transitions

All Freshman Student Athletes

A required course designed to ease the transition from high school to college.

Orientation

All Freshman and Transfer Student Athletes

Team and individual orientation sessions are scheduled.

Tutoring

All Student Athletes

Individual and group tutoring appointments are available on-site.

Advising-Counseling

All Student Athletes

SAASS works closely with each student's academic advisor within the college of their major.

Academic Progress

All Freshman and Transfer Student Athletes

Academic progress reports are sent from the student athlete's professors to his or her athletic academic advisors twice each semester.

HEAT Lab

All Student Athletes

The HEAT (Hokies Engaging in Advanced Technology) Lab is a computer integrated learning environment conveniently located in Cassell Coliseum.

Academic Recognition

Qualified Student Athletes

Student athletes with a GPA of 3.0 and above are recognized at the end of each semester as member's of the Athletic Directors Honor Roll.

Study Hall

All Freshman Student Athletes and Upperclassmen with a GPA Below the Team Requirement

Study Hall is mandatory for all freshman, transfer, and currently enrolled students with an overall GPA below 2.30.

Academic and Athletic Eligibility

All Student Athletes

Academic records are monitored to ensure that all student athletes are making progress towards their degree.

COMPUTER SERVICES DEPARTMENT

Another example of Virginia Tech's commitment to providing its student-athletes with the best academic resources possible is the presence of the Computer Services department, under the direction of Brad Tilley.

Because all Tech students are required to own computers, the Virginia Tech athletics department helps its scholarship athletes fulfill that requirement by providing them with computers.

In addition to ordering computers for the athletes, the office also addresses computer service needs for the student-athletes and the entire Virginia Tech athletics staff.

Brandon Mason is an assistant for computer and network support.



Brad Tilley



Brandon Mason

Office of Student Life

Assisting in development of the total person

The Virginia Tech Athletics Office of Student Life is committed to developing the total student-athlete. Director of the Office of Student Life Megan Armbruster is dedicated to enhancing the quality of the student-athlete experience through the programs that this office administers.

Last year, each athletic team was encouraged to complete two or more personal development workshops on a variety of topics. Subjects included How to Live Off-Campus, Media Relations, Alcohol 101 and Student-Athlete Scrutiny and Community Conduct. Also, a Women's Sports Summit, attended by seven women's athletics teams, focused on issues such as healthy relationships and healthy body image.

In addition to workshops held by each team, Virginia Tech student-athletes participate in community outreach, with over 50 community service events just last year, allowing for over 500 volunteer opportunities. Football players took trips to local hospitals and nursing homes, in addition to visiting numerous schools in Montgomery County. Players visited local high schools in November for American Education Week, middle schools in March for Read Across America Week and elementary schools in April for Winning Choices Week, impacting over 4,000 students.

Last year, members of the football team also participated in the White Ribbon Campaign, the largest effort in the world of men working to end men's violence against women. Players assisted in distributing white ribbons for the campaign, and Coach Frank

Beamer and the HokieBird donned ribbons during the home football game against Connecticut.

A new outreach program developed by the Virginia Tech Athletics Office of Student Life is the team community partners program, where each athletic team selects one local

charity on which to focus their philanthropic efforts throughout the year. The football team will solidify its partner and begin to focus volunteer efforts in collaboration with the program this fall.

Armbruster says, "The goal of our office is to provide

Community Outreach

The Athletics Office of Student Life community outreach program is "Hokies with Heart". Student-athletes are encouraged to volunteer throughout their college experience. In collaboration with the Virginia Tech Corp of Cadets and student leadership, the "Hokies with Heart" program works together with the Montgomery County Public Schools System to visit with local school kids about the importance of education and character development. Each athletic team is asked to partner with a community service organization. The teams volunteer their time and market their community service organization at home events. Along with large volunteer efforts, student-athletes show community support with visits to local hospitals, nursing homes, Montgomery County Christmas Store and various organization requests.



Quarterback Bryan Randall reads to children at a local daycare center as part of a community outreach program.

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students with the total college experience. When athletes graduate, I want them to look back and believe they had full access to a variety of opportunities while at Virginia Tech."

Virginia Tech Student Athlete Advisory Committee

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport team who meet twice a month to discuss issues and concerns regarding their sports and the department of athletics.

The SAAC encourages its teammates to get involved both on campus and in the community. The SAAC representatives help to design and provide programs that encourage academic success, health promotion, social responsibility and general awareness.

Upon entering the Atlantic Coast Conference, one member of the VT-SAAC will be chosen to represent Virginia Tech at the ACC-SAAC. This year, the SAAC representative from the football team is redshirt sophomore rover Cary Wade.

Career Development

In close collaboration with the Virginia Tech Career Services Center, programs and workshops are designed specifically for student-athletes. Resume design, career fair etiquette, mock interviews, interview attire and mini-career fairs are just a few examples of workshops hosted by the Athletics Office of Student Life. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting, along with securing internships and coops during their college careers. Last year, nearly 100 student-athletes attended the Student-Athlete Career Expo and 65 on-campus interviews were conducted as a result of the expo.



Megan Armbruster

Director of Student Life

Megan Armbruster is entering her second year at Virginia Tech as the director of student life. As director, she oversees the day-to-day operation of the Athletics Office of Student Life.

Armbruster came to Tech from the University of Nebraska, where she had spent the last several years. Before coming to Tech, she served as assistant academic counselor at the Hewitt Academic Center for Student-Athletes for two years. While pursuing her master's degree, Armbruster held various internships at NU, working in admissions, university housing, the vice-chancellor's office and the campus recreation center.

She earned her bachelor's degree in community health education in 1998 and received her master's in educational administration in 2001, both from Nebraska.



Darryl Tapp (above) plays with elementary school students while on a visit to speak at a D.A.R.E graduation program. Members of the Hokie football team and other students participated in the "these hands are not for hurting" display during Virginia Tech's White Ribbon Campaign.



Athletes Supporting Each Other

As stated in the charge from the NCAA/CHAMPS Life Skills Programs, Virginia Tech provides opportunities for female and male student-athletes to hone their athletic skills from supportive coaches and staff. The Athletics Office of Student Life encourages student-athletes to support each other by adopting Brother-Sister teams. This program invites teams to attend, applaud and appreciate the work of their peers on the field.

ATHLETIC PERFORMANCE

There's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has combined strength and conditioning with nutrition and sport psychology to the benefit of its student-athletes. At Tech, these areas are part of the student-athletes preparation — not just for game day, but also for life after college. Virginia Tech tries to provide the best services, facilities and support staff for all of its student-athletes, to make them better athletes and better people.

Strength & Conditioning

Virginia Tech has one of the nation's top programs to help student-athletes get bigger, faster and stronger!

One of the most important aspects of a successful college football program is its strength and conditioning program. Before the lights ever come on, before the players run out of the tunnel for the first game and before the first touchdown is ever scored for a season, college football players work on getting themselves physically prepared for the rigors of a five-month season.

Thanks to the direction of Assistant Athletics Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation, helping to make the football program one of the best as well.

One of the main support centers of Tech football is the strength and conditioning program. The results of hard work by the staff and the student-athletes have paid huge dividends as the Hokies have pushed their streak to 11 consecutive bowl game appearances.

The football team trains in the beautiful 17,000-square foot training center on the first level of the Merryman Athletic Center. The weight room facility features free-weight equipment, a full line of Hammer Strength equipment, 12 platforms and a 6,000-square foot state-of-the-art speed and agility room.

Tech also has the use of a 10-by-40-yard sand pit located outdoors and adjacent to the weight room. This pit is used for resistive running drills to improve speed. The Hokies also have the new practice field for use in running drills.

Tech football players used to train in the Jim "Bulldog" Haren Weight Room. Located in Jamerson Athletic Center, the 5,000-square foot weight room was officially dedicated in September 1985 to Haren, a former Hokie player and long-time supporter of the Virginia Tech Athletics Department. With the two facilities, the Hokies have more than 22,000-square feet of strength and conditioning training space.

The Tech football strength program centers around four major lifts. The bench press and squat are lifts for building all-around strength; the push jerk and power clean help players develop explosive power. Gentry's program also includes conditioning and speed development, which the players do in the speed and agility room, Rector Field House (Tech's indoor practice facility) and on the Hokies' excellent track facilities.

Each player has personal goals which he works to achieve. The team is broken down into four



John Kinzer uses chains to vary his workout routine.

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groups based on the positions that are relevant to the players' body size. The players work to progress from Maroon, Orange, Hokie, Iron Hokie and Super Iron Hokie status to the Elite Level.

The Elite Level of Performance was created to push the athletes to higher levels. This level is a predetermined performance test which measures achievement for the individual's position. It comprises four tests in strength (bench press, squat, push jerk and power clean) and five tests in performance (vertical jump, 40-yard time, 10-yard time, sit-reach test and 20-yard shuttle).

Junior linebacker James Anderson became the newest member of the Elite Level during testing in the spring of 2004.

Assisting Gentry in the weight room this year are full-time assistant strength and conditioning coaches: Jay Johnson, director of strength and conditioning and Terry Mitchell, assistant director of strength and conditioning.

Former Tech football players Shyrone Stith, Steve Canter and Mike Jackson are graduate assistants for strength and conditioning.



Dr. Mike Gentry

Assistant Athletics Director for Athletic Performance

Dr. Mike Gentry begins his 17th season as the Hokies' director of strength and conditioning. As assistant athletics director for athletic performance, his duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. He is directly involved in the training of the football and women's basketball teams and manages programs for nutrition.

In May 2003, Gentry was honored by the Collegiate Strength and Conditioning Coaches when he was named a Master Strength and Conditioning Coach. Gentry is currently one of only 36 coaches in the country to have received the CSCC's highest award.

A native of Durham, N.C., Gentry received his bachelor's degree in physical education from Western Carolina University in 1979 and received his master's from the University of North Carolina at Chapel Hill in 1981. He received his doctorate in curriculum and instruction, with an emphasis in motor behavior, from Virginia Tech in 1999.

Gentry worked as an assistant strength coach at UNC and as the head strength coach at East Carolina University prior to coming to Virginia Tech in 1987.

In 1995 and 1996, Gentry was recognized by the National Strength and Conditioning Association as a finalist for the National Strength and Conditioning Professional of the Year.

Gentry has a son, Roy Christopher, 14.



Hard work in the weight room is a big part of the Hokies' success.

Coach Gentry's Philosophy

"Since 1987, our strength and conditioning program has developed a tradition. We have a team dedicated to training hard and striving for excellence. The younger student-athletes see the upperclassmen's intensity and it makes everyone want to train to be one's best. Our strength and conditioning program is designed to help our student-athletes build overall strength, power and stamina, while helping them develop self-discipline and realize their potential as athletes. We have a comprehensive program utilizing strength/power training, plyometrics, functional conditioning and flexibility training. Our goal is to become one of the most physical teams in the nation."

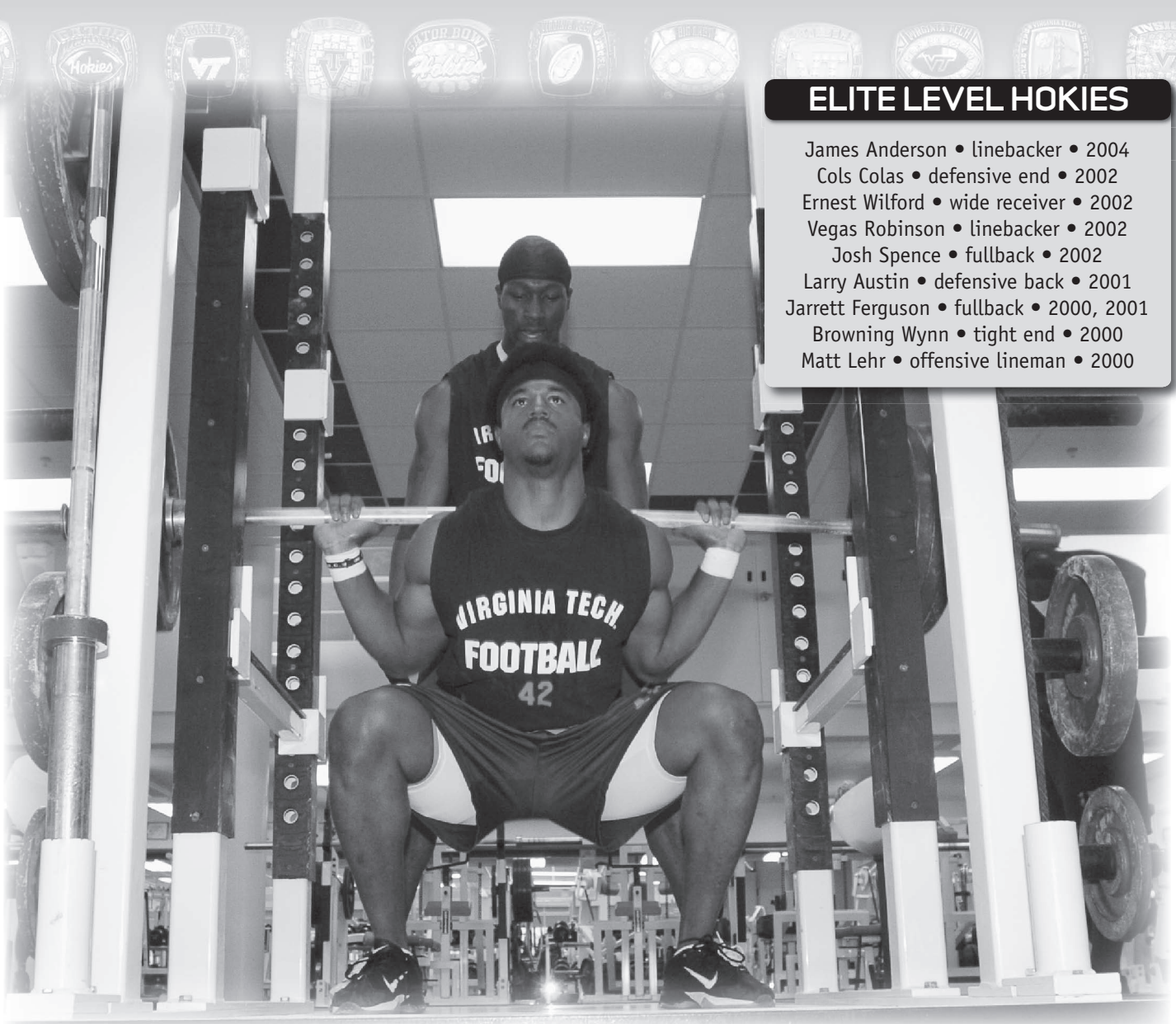
SUPPORT



Tight end Jeff King works to develop explosive power.

ELITE LEVEL HOKIES

James Anderson • linebacker • 2004
 Cols Colas • defensive end • 2002
 Ernest Wilford • wide receiver • 2002
 Vegas Robinson • linebacker • 2002
 Josh Spence • fullback • 2002
 Larry Austin • defensive back • 2001
 Jarrett Ferguson • fullback • 2000, 2001
 Browning Wynn • tight end • 2000
 Matt Lehr • offensive lineman • 2000



James Anderson, who achieved Elite Level status in the spring, works out doing squats.

STRENGTH & CONDITIONING RECORDS

Bold type indicates records set in Spring 2004 testing

POS.	BENCH PRESS	BACK SQUAT	HANG CLEAN	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YD TIME
TE	D. Carter 420 '99	B. Wynn 585 '00	J. Thompson 351 '99	B. Wynn 356 '00	B. Wynn 356 '00	B. Wynn 36.5" '99	K. Willis 4.58 '01
OT	J. Redding 500 '99	J. Redding 685 '99	C. Andreadis 405 '96	J. Martin 360 '03	C. Barry 386 '93	W. Flowers 36" '96	B. Frye 4.74 '04
OG	W. Montgomery 455 '04	W. Boatwright 755 '91	C. Malone 390 '95	W. Montgomery 380 '04	C. Burnette 390 '04	T. Smith 33.5" '98	A. Lambo 4.75 '99
C	J. Grove 500 '03	T. Washington 680 '97	T. Washington 445 '97	J. Grove 376 '00	K. Short 387 '98	J. Grove 35" '99	K. Short 4.81 '98
QB	B. Randall 370 '03	B. Randall 575 '03	J. Druckenmiller 405 '96	D. Meyer 300 '98	B. Randall 331 '03	M. Vick 41.0" '00	M. Vick 4.25 '00
FB	J. Meyers 480 '03	J. Meyers 650 '03	J. Allen 380 '03	J. Allen 361 '03	W. Briggs 401 '01	J. Spence 40.0" '02	E. Jones 4.37 '96
TB	J. Jeffries 400 '90	W. Ward 620 '00	K. Oxendine 370 '97	J. Spence 321 '01	K. Oxendine 361 '97	K. Jones 41.5" '03	L. Suggs 4.27 '00
WR	M. Sturdivant 360 '90	E. Wilford 555 '03	S. Scales 365 '97	T. Parham 321 '02	E. Wilford 346 '03	E. Johnson 41" '01	A. Davis 4.29 '99
DT	W. Jackson 475 '96	P. Moronta 700 '88	W. Jackson 405 '95	C. Beasley 361 '99	J. Baron 386 '95	C. Bradley 35.5" '98	C. Bradley 4.64 '98
DE	A. Chamblee 475 '89	D. Tapp 660 '04	D. Wheel 410 '97	N. Adibi 366 '02	J. Engelberger 401 '99	C. Taliaferro 39" '86	C. Moore 4.38 '99
ILB	J. Houseright 425 '01	R. Cockrell 670 '90	K. Gray 400 '94	B. Taylor 336 '01	R. Pendleton 361 '92	V. Robinson 40.5" '02	V. Robinson 4.46 '01
Whip LB	J. Anderson 380 '03	T. Butler 550 '00	M. McClung 345 '93	B. Manning 316 '03	J. Anderson 356 '03	P. Summers 42" '98	M. Hinton 4.34 '04
Rover	C. Bird 400 '00	C. Bird 575 '00	P. Prioleau 330 '97	C. Bird 341 '01	C. Bird 390 '00	P. Prioleau 43.5" '97	K. Burnell 4.21 '02
CB	A. Banks 400 '96	R. Whitaker 555 '02	A. Banks 340 '96	L. Austin 316 '01	L. Austin 341 '00	L. Austin 42.5" '00	D. Hall 4.15 '03
FS	T. Gray 370 '96	W. Pile 515 '99	S. Rice 331 '89	K. McCadam 294 '00	K. McCadam 316 '00	K. McCadam 37.5" '00	D. Russell 4.23 '90
Spec.	C. Anders 400 '99	N. Schmitt 605 '04	N. Schmitt 331 '04	N. Schmitt 316 '04	N. Schmitt 341 '04	S. Graham 34" '99	V. Burns 4.35 '01

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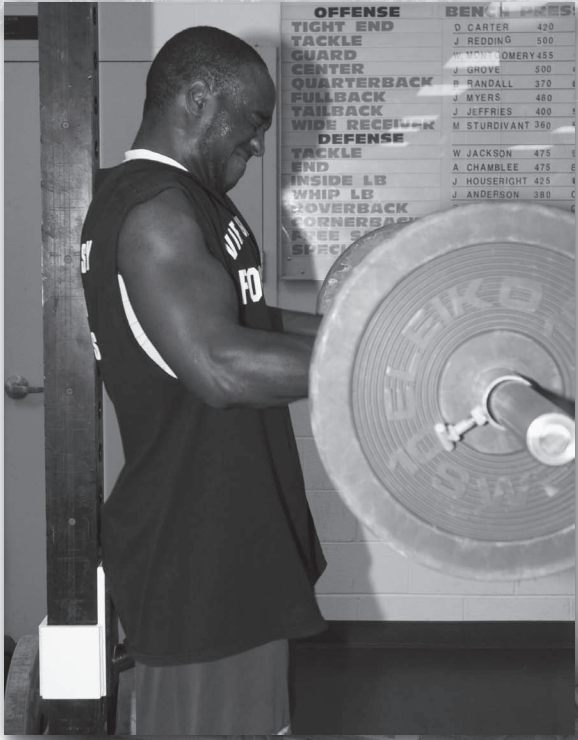
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SUPER IRON HOKIES

Todd Grantham	1988	Brian Edmonds	1996	Michael Vick.....	2000
Malcolm Blacken	1988	Ryan Smith	1996,97,98	André Davis	2000
Horatio Moronta	1989	Cory Bird	1996,97,98,99,00	Lee Suggs	2000,01,02
Myron Richardson.....	1989	Gennaro DiNapoli	1997	Chris Buie.....	2000,01,03
Karl Borden.....	1989,90	Corey Moore	1997,98,99	Ernest Wilford.....	2000,01,02,03
David Hackbirth	1989	Shawn Scales	1997	Josh Spence	2000,01,02
Sean Lucas.....	1989	Al Clark	1997	Anthony Nelson	2000,01,02
Frank Mooney	1989,90	Jason Buckland	1997	Keith Burnell.....	2001,02
Scott Rice	1990	John Engelberger	1997,99	Joe Wilson	2001,02
Marvin Arrington.....	1990	Brad Baylor	1997	Cols Colas	2001,02,03
Al Chamblee.....	1990	Todd Washington	1997	Vegas Robinson	2001,02,03
Phil Bryant	1991	Brian Welch	1997,98,99,01	Jason Lallis	2001
William Boatwright.....	1991	Wayne Briggs	1997,98,99,00,01	Brandon Manning.....	2001,02, 03,04
Jon Jeffries	1991	Tyron Edmond.....	1998	Bryan Randall.....	2002,03
Kirk Gray	1991	Josh Redding	1998,99	Doug Easlick	2002,03
Chris Peduzzi.....	1991,93,94	Pierson Prioleau.....	1998	Mikal Baaqee.....	2002,03,04
Jim Pyne	1992,93	Carl Bradley	1998,99	Ken Keister	2002
P.J. Preston	1992,93	Daniel Nihipali	1998,99	Kevin Jones	2003
Hank Coleman	1992,93	Terrell Parham	1998,99,00,01	James Anderson.....	2002,03,04
John Burke	1992,93	Rick Wright	1998,99	Richard Johnson	2002,03
Joe Swarm	1992	Jarrett Ferguson	1999,00,01	Brandon Gore	2003,04
Vernon Dozier.....	1992	André Kendrick	1999	Will Montgomery	2003,04
George DelRicco.....	1992,93,94,95	Derrius Monroe	1999	Jesse Allen	2003,04
Rafael Williams	1992,94,95	Matt Lehr	1999,00	Chris Clifton.....	2003,04
Jim Druckenmiller	1993,94,95,96	Browning Wynn	1999,00	Justin Hamilton.....	2003,04
Waverly Jackson	1994,95,96	Shyrone Stith	1999	Nathaniel Adibi	2003
Keith Gray	1994	Ricky Hall	1999	Darryl Tapp	2003,04
Ken Oxendine	1995,96,97	Chad Beasley.....	1999	Nic Schmitt.....	2003,04
Jim Baron	1995	Jake Houseright.....	1999	Jason Meyers.....	2003,04
Danny Wheel	1995,96,97	Ike Charlton.....	1999	Travis Conway.....	2003,04
Antonio Banks.....	1995,96	Jake Grove	1999,00	John Kinzer	2003,04
Myron Newsome.....	1996	Mike Davis	1999,00	Chris Burnette	2004
Cornelius White	1996	Larry Austin	2000,01	Jeff King	2004
Billy Conaty	1996	Tee Butler	2000	Omar Hashish	2004
Torrian Gray	1996	Dave Meyer	2000	Nick Leeson	2004
Steve Tate	1996,97	Marvin Urquhart.....	2000,01		



Michael Malone shows the hard work and dedication that is put into the strength and conditioning program year-round in order to be successful on the field.



OFFENSE	BENCH PRESS
TIGHT END	D. CARTER 490
TACKLE	J. REDDING 500
GUARD	W. MONTGOMERY 455
CENTER	J. GROVE 500
QUARTERBACK	P. RANDALL 376
FULLBACK	J. MEYERS 480
TAILBACK	J. JEFFRIES 400
WIDE RECEIVER	M. STURDIVANT 380
DEFENSE	
TACKLE	W. JACKSON 475
END	A. CHAMBLEE 475
INSIDE LB	J. HOUSERIGHT 425
WHIP LB	J. ANDERSON 380
COVERBACK	
CORNERBACK	
FREE S	
SURGE	



The strength and conditioning program encompasses many areas to help the Hokies get bigger, faster and stronger. Some of the players (above) run on the track. Xavier Adibi works out in the weight room (left). Tech's outstanding agility room provides a spacious area for David Clowney and his teammates to improve their quickness and conditioning.



VIRGINIA TECH FOOTBALL ALL-TIME ELITE CLUB

Bold type indicates records set in Spring 2004 testing

BENCH PRESS	BACK SQUAT	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YARD DASH
J. Grove 500 '03	W. Boatwright 755 '91	W. Montgomery 380 '04	W. Briggs 401 '01	P. Prioleau 43.5 '97	D. Hall 4.15 '03
J. Redding 500 '99	C. Burnette 700 '04	J. Grove 376 '00	J. Engelberger 401 '99	L. Austin 42.5 '00	K. Burnell 4.21 '02
J. Meyers 480 '03	P. Moronta 700 '89	N. Adibi 366 '02	C. Bird 390 '00	I. Charlton 42 '98	D. Russell 4.23 '90
A. Chamblee 475 '89	M. Lehr 700 '89	J. Allen 361 '04	C. Burnette 390 '04	P. Summers 42 '98	M. Vick 4.25 '00
M. Udinski 475 '82	A. Nelson 700 '02	C. Beasley 361 '99	K. Short 387 '98	K. Jones 41.5 '03	L. Austin 4.26 '00
W. Jackson 475 '96	J. Redding 685 '99	J. Ferguson 360 '01	J. Baron 386 '95	J. Anderson 41.4 '04	L. Suggs 4.27 '00
K. Short 460 '99	T. Washington 680 '97	J. Martin 360 '03	J. Petrovich 386 '93	G. Wilds 41.5 '02	T. Drakeford 4.28 '92
W. Montgomery 455 '04	R. Cockrell 670 '88	B. Wynn 356 '00	B. Smith 386 '84	A. Midget 41.5 '99	A. Davis 4.29 '99
W. Briggs 450 '01	D. Tapp 660 '04	K. Lewis 336 '02	D. McMahon 386 '94	E. Johnson 41 '01	K. Jones 4.3 '03
T. Kritsky 450 '82	B. Gore 660 '04	B. Gore 336 '04	C. Barry 386 '93	M. Vick 41 '00	B. Still 4.31 '94

SUPPORT

INAUGURAL SEASON IN THE ACC

Sport Psychology

Helping student-athletes in all aspects of their lives

Virginia Tech also offers another important service to all its student-athletes — sport psychology. Dr. Gary Bennett coordinates the sport psychology department, which offers psychological and performance enhancement services for student-athletes. Bennett also works closely with the Cook Counseling Center.

Bennett meets with student-athletes on an individual basis for personal counseling and to discuss the mental aspects of the game. He also works on team building, communication and performance enhancement.

Mike Gentry, assistant AD for athletic performance, says, "I've always felt that (sport psychology) was an important element. We want to be a holistic model of an athletics department, and we wanted to and needed to include sport psychology in that model.

"We try to address all the various factors that affect student-athletes' performance on and off the field," Bennett says. "We believe we can help athletes perform better by addressing those concerns."

The sport psychology department also offers an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week and also meet weekly with teams as the need arises.

A new addition to the sport psychology resources is the Dynavision 2000, a unique conditioning and training program designed to increase focus and concentration, improve coordination and visuomotor reactions, and increase peripheral awareness. Virginia Tech is

privileged to be one of only a handful of schools with this cutting-edge technology.

The response to the sport psychology program has been very positive. The student-athletes are very receptive to the services offered by the doctors. The

sport psychology office reaches out to athletes who may not have considered going to the counseling service that is offered to all students at Virginia Tech.

"It is a great resource for our coaches and our athletes," Gentry says. "We've improved

a lot in areas of strength and conditioning, nutrition and in sport psychology. It's all about becoming a well-rounded athletic program and helping student-athletes. We want to give them all the resources we can, to put them in a position to be successful."



Dr. Gary Bennett works with Mike Parham on the Dynavision 2000.



Dr. Gary Bennett

Sport Psychologist

Dr. Gary Bennett is in his fifth year as the sport psychologist for the Virginia Tech Athletics Department. The Lexington, Ky., native began working at Virginia Tech in 1995 at the Cook Counseling Center. In addition to seeing students in therapy, Bennett has taught and supervised pre-doctoral level interns.

In athletics, Bennett also serves on the substance abuse committee and the planning committee for the "Summit for Student-Athlete Success" events. The 45-year-old also does work with various teams in the area of performance enhancement.

Bennett received a B.A. in English from Centre (Ky.) College in 1981, where he played baseball. He was awarded a Master's in rehabilitation counseling from the University of Kentucky in 1988 and received a Ph.D. in counseling psychology from UK in 1995. Bennett is licensed as a clinical psychologist and has additional training in sport psychology.

Bennett lives in Blacksburg and enjoys playing golf and basketball, as well as hiking and skiing in his spare time.

Sports Nutrition

Educating student-athletes about the best food choices

Eating healthy and choosing nutritious diets are important aspects of a Virginia Tech student-athlete's life, and that's why in July 2002, the athletics department implemented the sports nutrition program. Amy Freel serves as the director.

Freel works individually with student-athletes to provide them with information they need on their diet. She also provides individual players with diet counseling on issues such as gaining lean muscle mass, losing body fat, and eating choices to improve performance.

She also designs preseason menus, snacks and training table menus for the football team.

"It is extremely beneficial for our student-athletes to have nutrition education and counseling available to them in order for them to remain successful in their sports and outside of athletics," Freel said.

"The individualized nutrition education allows me and the athletes to get very specific on their nutritional, personal and sport-specific goals."

The sports nutritionist works with the "Training Edge," a dining option for health-conscious students and athletes, to design menus for training tables and daily menu selections.

Also in July 2002, the Virginia Tech Athletics Department purchased the BOD POD body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BOD POD is found in many professional training facilities, such as the NFL and Major League Baseball. It accurately measures body composition (percent of body fat, lean muscle mass and fat mass) through air displacement within five minutes. Research has



Amy Freel

Director of Sports Nutrition

Amy Freel enters her third year as the sports nutritionist in the Virginia Tech Athletics Department. Prior to serving as the nutritionist, she served as the coordinator of student life for a little more than two years.

Freel, a native of Glen Ellyn, Ill., received her undergraduate degree in dietetics in 1996 from Ball State University in Muncie, Ind., while competing in gymnastics for four years. She became a registered dietitian in 1997 and earned her master's degree in dietetics from Ball State in 1998.

After graduation, Freel served as a clinical dietitian at the Lewis-Gale Medical Center for a year-and-a-half before coming to Tech in September of 1999. She became the full-time director of sports nutrition in July 2002.

Her husband, Mike, works for Virginia Tech Recreational Sports. The couple and their two children, Ben (3) and Matt (2), live in Christiansburg.

shown that an increase in lean muscle mass will increase athletic performance. The Sports Nutrition

Program has helped countless Tech athletes maximize their athletic performance.



Amy Freel uses a variety of methods to help educate players about nutritional eating including discussing food choices (above) and measuring body composition with the BodPod (right).



SUPPORT



Sports Medicine

Providing the Hokies with experienced, professional care



Head team physician Dr. Gunnar Brolinson works with a player in one of the Merryman Center medical offices — part of an extensive sports medicine complex.

The Virginia Tech Sports Medicine Department is an ever-changing and developing unit that strives to provide the most current and comprehensive care to all student-athletes. The department, under the leadership of Gunnar Brolinson, D.O., Delmas Bolin, M.D., and Mike Goforth, director of athletic training, is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopaedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sport psychologists, nutritionists and orthotists — is available to manage the health care of Tech athletes.

As part of the evolution, Tech recently completed its second full

year in the new 4,300-square-foot Eddie Ferrell Memorial Training Room. This area consolidated the training rooms that existed in the Merryman Center and Cassell Coliseum. The new facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes. There is top-of-the-line equipment

and a unique style of architecture, developed by Glenn Reynolds, AIA and Larry Perry as the consulting engineer.

The new room, which nearly doubles the size of the former Merryman Center facility, also allows the staff to utilize that room for physical therapy, chiropractic care and massage

therapy. With its completion, Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing Tech in the top five percent nationally. In addition, the \$10 million Merryman Center, a state-of-the-art facility which includes 2,400 square feet of medical space, will supplement the new training

SUPPORT



Dr. Gunnar Brolinson, D.O.

Head Team Physician

Dr. Gunnar Brolinson enters his third year as the Virginia Tech football team physician. Brolinson joined the program through an initiative between Tech athletics and the new Edward Via Virginia College of Osteopathic Medicine.

Prior to coming to Tech, Brolinson served as the Medical Director of the Primary Care Sports Medicine Fellowship at the Toledo Hospital and the Corporate Wellness Program for the ProMedica Health System. He also served as the team physician for the University of Toledo, the United States Ski Team and has acted as a volunteer physician for the United States Olympic Committee.

Brolinson graduated with an undergraduate degree in biology from the University of Missouri at Columbia and completed his medical training at the Kirksville College of Osteopathic Medicine.



room. This treatment room has numerous treatment modalities, including portable X-ray, electric stimulation, ultrasound, hot and cold packs and a lumbar/cervical traction unit. It also has offices for the staff, dozens of training tables, two cold tubs, whirlpools, an underwater treadmill, a Biodex System 3 and various other pieces of rehabilitation equipment. In addition, a new training room has been constructed in Rector Field House to serve the football team when it practices indoors.

"We, as a staff, are very pleased with our new facility and the opportunity for all of us to come together for the benefit of our athletes," Goforth said.

Research is also considered to be instrumental to the sports medicine department. The department has participated in grant development and data collection for a strategic health care planning grant. This grant, titled "The Center for Performance and Sports Medicine Excellence," was initiated by Dr. Charles Baffi, Dr. Kerry Redican, Dr. Mike Gentry and Goforth and was awarded to develop a multidisciplinary model for Division I health care.



Dr. Delmas Bolin, M.D., Ph.D.

Team Physician

Dr. Delmas Bolin is the associate team physician with Virginia Tech. Bolin is board-certified in family medicine and is fellowship-trained in sports medicine and was recently elected as a fellow of the American College of Sports Medicine.

Prior to moving to Virginia, he was the co-director of the University of Pittsburgh primary care Sports Medicine Fellowship Program. Bolin worked extensively in sports medicine with Western Michigan University and Kalamazoo College while completing his family medicine residency at Michigan State-Kalamazoo. He received his medical degree and Ph.D. in biochemistry from the University of Illinois in 1996 and his undergraduate degree in biochemistry from Millersville College, where he played varsity soccer, in 1988.

Bolin is currently an Associate Professor at the Edward Via Virginia College of Osteopathic Medicine and oversees a private practice at Primary Care Associates in Salem, Va., dealing primarily with family and sports medicine.

"Our goal with this program is to formally provide our athletes with the most effective and efficient health care delivery system possible," Goforth said. "This grant will serve as a framework for universities across the country to provide high-level health care services for their athletes, and at the same time, creates the first collaboration between academic research and athletics here at Virginia Tech."

The Virginia Tech Sports Medicine Department in

conjunction with the Via College of Osteopathic Medicine and other research departments at Tech has also initiated several new research projects focusing on head injuries, ankle injuries and the treatment of low back conditions. The head injury study, titled B.I.E.R.S.T. (Brain Injury Evaluation in Real Time Sports Trauma), started last season and is an exciting new pilot study that evaluates the forces generated in helmets during real-time events in football. The project

is headed by Dr. Brolinson and Stephan Duma from mechanical engineering and has steadily gained the attention of both the medical and engineering communities.

After the sports medicine staff diagnoses and treats an ill or injured athlete, the staff then starts collaborative work with the strength and conditioning staff to give the best injury prevention and performance enhancing programs possible. The training, medical, and strength and conditioning staffs

each have a role in bringing the athlete back quickly and ready to play. After an injury, an athlete will go through rehabilitation and physical therapy. Athletes are then moved to weight training, as they become able. The strength and conditioning staff uses specific programs for each injury in an effort to get the athlete back quickly. Prior to return to full participation, the athlete will also complete a series of drills and progressions that are specific to the athlete's position that will help insure that the athlete is ready to return with a greatly reduced risk of re-injury.

The range of benefits athletes have access to include custom orthotics, custom mouth guards,

SUPPORT



Team physician Dr. Delmas Bolin explains the results of an x-ray to a student-athlete in his convenient Merryman Center office.

specialized DonJoy prophylactic bracing and many other options to help prevent or protect them from injuries. The sports medicine staff also takes great pride in treating the athlete year-round. Special attention is paid to off-season activity. During this time, the staff will analyze past injury data from each participant and construct a preventative program that is followed over a nine-week period between the end of the season and the beginning of spring practice. This same procedure is followed during the summer.

"If our strength and conditioning is so important, and it is, then we owe it to our athletes to provide them with the necessary resources to keep them actively participating," Goforth said. "We basically adopt the attitude that in the fall, our mission is to keep them participating on the field and during the other times of the year, it is our job to keep them participating in our strength and conditioning program."

Their programs consist of strengthening, stretching and most importantly movement pattern analysis and training to help prevent the re-occurrence of injuries.

"We value the off-season greatly within our department," Goforth said. "We have adopted the same mindset as our strength and conditioning staff and look at our off-season time as an opportunity to get our athletes better as opposed to time off for our staff."

Most of the off-season activity is based on programs that are designed to detect movement patterns that might lead to injury or could be causing a drop in performance.

"The beauty of this program is that it is a multi-disciplinary tool that is designed to show the athlete where their deficiencies lie," Goforth said.

A vital part of student-athletes services is the access to the Schiffert Student Health Center in McComas Hall. A health center and counseling services are available on one



Mike Goforth

Director of Athletic Training

Mike Goforth is in his fifth year as the director of athletic training and seventh year on Tech's athletic training staff. Goforth came to Tech from the Hamilton Medical Center/Bradley Wellness Center in Dalton, Ga., where he was the director of wellness and sports medicine.

He has an extensive background in sports medicine, working at East Tennessee State University, Virginia Tech, William Fleming High School, Tusculum College, Greene County Sports Medicine/Industrial Cooperative and Pioneer Sports Medicine/Physical Therapy Clinic. He also has numerous opportunities to consult on program development throughout the country.

Goforth graduated from East Tennessee State University in 1991 with a bachelor's degree in physical education with a concentration in athletic training. He earned his master's in sport management from Virginia Tech in 1995 and is currently pursuing his doctorate in health education, also from Virginia Tech.

side of McComas Hall, while recreation sports and fitness programs are available on the other. The center also has a fully operational diagnostic laboratory, X-ray facilities and eight full-time physicians.

If physical therapy is needed, student-athletes can be seen by therapist Mark Piechoski in the Ferrell Training Room. Piechoski, who is a Certified Athletic Trainer, Physical Therapist, and Strength and Conditioning Specialist



Director of athletic training Mike Goforth (right) coordinates activity in the Eddie Ferrell Memorial Training Room.

plays a large role in the overall program developed to return the injured athlete back to 100 percent. In addition, staff sport psychologist Gary Bennett is available to all student-athletes for personal and performance issues. Virginia Tech also has the services of Dr. Greg Tilley, team chiropractor. Dr. Tilley provides Tech athletes with specialized treatment for spine related conditions and also plays a huge role in performance enhancement through various chiropractic techniques.

"For us as certified athletic trainers, to have the resources of folks like Mark Piechoski, Greg Tilley and Gary Bennett is a tremendous asset," Goforth said. "The knowledge and skill that they bring is invaluable.

"Our goal is to provide the same high level of health care that professional and Olympic athletes receive," Goforth continued. "Our usage of specialist care is modeled after the NFL system and incorporates components of the Olympic Training Center in Colorado Springs."

Team orthopaedic surgeons Dr. Marc Siegel, Dr. Scott Urch and Dr. Joe Prudhomme bring a wealth of experience and skills to assist when athletes need

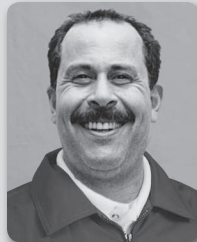
orthopaedic surgery to repair certain types of sports-related injuries that occur from time to time.

Tech also maintains a special relationship with Montgomery Regional Hospital. Montgomery Regional Hospital is the choice for state-of-the-art equipment to perform surgeries, diagnostic imaging and processing of laboratory requests.

This year, the staff will consist of five graduate assistant athletic trainers who all have professional or collegiate experience — Nick Richey (New Orleans Saints), David Jager (Northwestern), Nate Miller (Cleveland Browns), Dave Deittce (New Orleans Saints) and Roland Lovelace (Baltimore Ravens).

Over the past 10 years, Virginia Tech has developed the reputation for producing top-level certified athletic trainers. Graduates are now employed in positions across the country at various levels of the profession. Mitch Bellmay/Josh Signs (Marshall), Daniel Jarvis (Villanova), Jim Shorten (Appalachian State), Chris Peduzzi (Philadelphia Eagles), Danny Sterling (UVA Wise), Craig Moorhouse (Tusculum College), Joe Whitson (Carson Newman College), Jay McCloy (College of Wooster), as well as numerous others who are employed at the high school, collegiate and clinical levels.

MEDICAL & TRAINING PERSONNEL



Dr. Marc Siegel
Orthopaedic Surgeon



Dr. Michael Sampson
Assistant Team Physician



Dr. Scott Urch
Orthopaedic Surgeon



Dr. Joe Prudhomme
Orthopaedic Surgeon



Dr. Greg Tilley
Chiropractor



Dr. Lawrence Kyle
Dentist



Dr. Steve Jacobs
Optometrist



Keith Doolan
Athletic Trainer



Kevin Domboski
Athletic Trainer



Jimmy Lawrence
Athletic Trainer



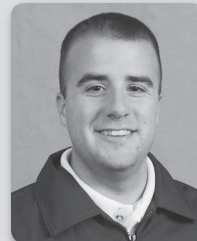
Megan Rittler
Athletic Trainer



Mark Piechoski
Physical Therapist



Aaron Gresham
Brace Consultant



Nick Richey
Athletic Trainer



Graduate assistant athletic trainer Nick Richey works with Cedric Humes in the HydroTrack — an excellent resource for rehabilitation of leg injuries.

SUPPORT



Videography



Wide receivers coach Tony Ball uses the Hokies' excellent video system to go over game tape with his players in their Merryman Center meeting room.

These days, college football is as competitive as ever and each school is looking for something that will give it an advantage. And while star athletes, weight training and practice can make a big difference, Virginia Tech has something that puts it over the top — Pinnacle System 2.0.

The system is regarded as the best in the country. NFL teams use it. College teams wish they had it. Tech does.

The Tech video department, under the direction of Kevin Hicks, has the most state-of-the-art video systems in the country and has expanded its operations to include all the equipment the team needs to be on the cutting edge of video study.

This state-of-the-art video equipment has prepared the Hokies for any possible scenario they may come across in any game. And it's not just available on game days. The equipment is available 24 hours a day, seven days a week and coaches and players can even use laptop computers to watch video while they are away from the Merryman Center.

What makes this system so potent in terms of preparing a team for a game is convenience, convenience, convenience.

Here's how the system works. Every practice is videotaped. The tape is gathered along with video of opponents' games. Then, assistant video coordinator Tom Booth, along with the graduate assistants, label each play in terms of down, distance, formation, ball placement, pass, run and unit.

This information, along with the video, is entered into the computer. Once this is done, the

coaches and players can access any situation with a click of the mouse. With computers in all coaches' meeting rooms, they can instantaneously have video footage of any scenario that they can dream up of Tech opponents or the Hokies.

What has Virginia run on second downs when the ball is placed on the right hash mark? Click, click. How many times has N.C. State gone to the shotgun on second and long? Click, click. How many pass plays has Miami run on first down? Click, click. It's all available any time someone wants to view it.

The system gives the coaches an option block that they use to punch in these scenarios. After the coach chooses the situation, the video is queued up in a matter of seconds.

This new program is definitely preferred by the video staff. The old way consisted of taking the game film without the use of a personal computer and then cutting it up into different segments to make more films. This was an all-night job that sometimes lasted into the early hours of the next morning.

SUPPORT



Kevin Hicks

Director of Video Operations

Kevin Hicks has wasted no time moving up the ranks in the Tech video office. After spending four years as a student intern, while pursuing his degree in communication studies from Tech, the Yorktown, Va., native was hired in May of 1998 as the assistant video coordinator. Within a year, Hicks moved up to head video coordinator. He is currently the director of video operations.

As director of video operations, Hicks has numerous duties. Supervising undergraduate students, helping coaches with video to prepare for upcoming games, producing highlight videos for each sport and running the video board at Lane Stadium are just a few of Hicks' responsibilities.

Born in Newport News, Va., in 1976, Hicks graduated from Tabb High in 1994. Hicks and his wife, Kristen, reside in Blacksburg. In his spare time, he enjoys playing volleyball and softball.



The staff in the videography department takes pride in what they do for the football staff.

"We are a big part of the football team, in that we are there every day — taping practice, traveling with them on the road and attending every game," says Hicks. "Seven days a week we are here with football, so when they win you feel like you are a part of that."

"We feel like part of the team," Booth says. "Everyone helps out with the team to do their part. We help the coaches to see the things they need to see, especially when it comes to breaking down the opponents' tapes."

The update in technology not only means an improved program but also improved video-viewing options. Each of the individual position meeting rooms has a pull-down projection screen and a video projector connected to a computer to display scouting material, where players or coaches can access the footage any time they want it. The videographers also tape every single practice, which can be viewed by the coaches at the click of a button. This helps the team prepare for games, and also gives the coaches access to plays they need.

"It's been a great tool," Tech defensive coordinator Bud Foster says. "Besides the quality and convenience, it's right there at your fingertips. Players at this level have

to realize that there is a lot more involved than just playing the game. The average person doesn't know all the preparation that's involved."

The equipment has been used the past couple years to help give Tech that extra edge, in both regular season and bowl games. An example of the program's presence came in the Hokies' bowl game against Cal in last year's Insight Bowl. In the days leading up to the game coaches were given laptops by the videography department that contained hours of California video that the coaches could view at their convenience.

Each position had its own meeting room in the hotel with a laptop set up so the players could watch video of practice or Cal 24 hours a day. Being able to transport game video with relative ease gives the Hokies an advantage, even on the road.

"The greatest teaching tool is the ability to show someone what they're doing, right or wrong," head coach Frank Beamer says. "With our video equipment, we can do that quickly. The ease with which we can do these things and the way we can put certain plays and scenarios together makes us more efficient in getting ready to play a game on Saturday."

While the practice video is great for players and coaches, fans are also reaping the benefits of the video department. HokieVision was added three seasons ago to the delight of fans.

Did you miss that acrobatic touchdown grab by Richard Johnson or that big hit Darryl Tapp just put on the opposing quarterback? Relax. Just look to the sky and you can receive instant gratification from the video scoreboard located in the north end zone of Lane Stadium. The scoreboard was made by Trans-Lux, and is the largest one they have ever built, at 35 feet, 6 inches tall and 90 feet wide and standing almost 60 feet above ground.

At least three cameras have been added in Lane Stadium, along with four replay machines to help out with the operation of the video scoreboards.

The videography department also has three editing machines that aid in editing and production of in-game entertainment. The video staff produces the games from the cutting edge control room in the Merryman Athletic Center.

There has been nothing but positive reaction to the new video boards that have been placed in both Lane Stadium and Cassell Coliseum. "People like seeing the replays, and people especially like the crowd shots. People love to see themselves on the board," Booth says.

The addition of the new equipment has produced the need for more staff. In addition to Hicks and Booth, Brian Walls also works full-time in the video department. There are also four undergraduate student assistants: Brian Davenport, Lindsay Mirabito, Jay Reid and Lauren Sensabaugh; and graduate assistants Clay Delk and Rudy Picardo. Hicks will hire about eight to 10 other people on a game-by-game basis to work with the video board during football season.



Tom Booth
Assistant
Video Coordinator



Brian Walls
Assistant
Video Coordinator



Kevin Hicks and Tom Booth man the controls for Tech's HokieVision scoreboard.

SUPPORT

Radio & TV Network

'From the blue waters of the Chesapeake Bay to the hills of Tennessee, the Virginia Tech Hokies are on the air!'

That familiar refrain — delivered by Bill Roth, the Voice of Virginia Tech football — opens every Tech sports broadcast and reflects the network's goal of reaching Hokie fans everywhere. So, whether they're sailing off Virginia's eastern shore, hiking in the Blue Ridge Mountains, or sitting in their homes anywhere throughout the Commonwealth, Tech fans know they're always within range of a Tech network radio station.

With a massive network of radio and television stations throughout the region, the Virginia Tech ISP Sports Network serves as the main communications link between Tech's football program and the Hokies' avid legion of fans.

In addition to game broadcasts, ISP Sports also produces *The Advance Auto Parts Hokie Hotline*, a two-hour radio talk show featuring Roth and Tech coach Frank Beamer every Monday night. *The Davenport Virginia Tech Sports Quiz*, a daily two-minute program, airs on radio stations every weekday from August through March. And the network's award-winning television magazine show, *Virginia Tech Sports Today*, is seen every Sunday on a network of TV stations

ISP Sports Gameday Broadcast Schedule

Virginia Tech Gameday The network's radio coverage begins 90 minutes prior to kickoff with Virginia Tech Gameday featuring Tech Director of Athletics Jim Weaver.

Advance Auto Parts Hokies' Countdown The perfect tailgating companion, the *Hokies' Countdown* clock starts 60 minutes before kickoff with a complete preview of the game, interviews with Tech coach Frank Beamer and the opposing head coach, the ACC Report with Tony Luftman, late-breaking news, and features such as *Great Moments in Virginia Tech History*, *The Kroger Roth Report*, *Ford Inside Scoop*, and *ACC Traditions*.



Bill Roth & Mike Burnop

The Game Broadcast TOUCHDOWN TECH!! Bill Roth and Mike Burnop fill the airwaves with their unique blend of excitement and wit. The two have called every Tech football game since the 1988 season. Whether the Hokies are playing in Lane Stadium or on the road, you can always find Hokie fans by the thousands with their portable radios following the action from ISP Sports.

The Kroger Point After Perhaps the network's most popular show, the *Kroger Point After* is a fast-paced, 90-minute postgame show which features locker room interviews, score reports from around the country, game highlights, and listener telephone calls.

and cable networks throughout Virginia and the southeastern United States.

Roth — a six-time winner of Virginia's Sportscaster of the Year Award — is in his 17th season as the Voice of Virginia Tech football and basketball. A native of Pittsburgh, Pa., Roth graduated from Syracuse University in 1987, earning a degree in broadcast journalism. He also won the distinguished Robert Costas Academic Scholarship in 1986.

During the off-seasons, Roth has worked for ESPN in a variety of roles, including calling play-by-play of NCAA lacrosse, baseball, basketball, kick boxing and field hockey.

Roth's cries of "TOUCHDOWN TECH!" have become a favorite of Hokie fans of all ages and his accurate and exciting descriptions of Tech football and basketball have made him one of the most popular figures on the Tech athletic scene.

"If football coach Frank Beamer is the leader of the Hokie Nation, and assistant coach Bud Foster is the Minister of Defense, then some might call Roth Tech's Secretary of State. "He's very much a part of what we're all about here," Beamer said. "When you hear his voice, you immediately think Virginia Tech football," wrote Howard Wimmer of *The Roanoke Times*.

Former Virginia Tech tight end Mike Burnop is serving his 22nd season

in the booth as the network analyst. Burnop, a star for the Hokies in the early 1970s, was inducted into Virginia Tech's Hall of Fame in 2000.

In addition to his role as analyst, Burnop handles all post-game interviews from Tech's locker room. He's showed his versatility as a broadcaster by shining as the analyst on Tech's basketball broadcasts over the years.

Together, Roth and Burnop comprise one of college sports longest-running broadcasting teams, having described the action of every Tech football game since the 1988 season.

Tech radio broadcasts are available to fans anywhere in the world via Tech's official Web site (hokiesports.com). Again this year, hokietv.com will provide live streaming video of the Hokie Hotline every Monday night and several Tech games will be aired on Armed Forces Radio to U.S. Military personnel and their dependents throughout the world.

Virginia Tech Sports Today, presented by the University Bookstore and Volume II Bookstore, can be seen every Sunday on an impressive list of television stations throughout the Commonwealth. The 30-minute program, featuring Roth, Burnop, and Beamer is shown each week on WAVY-TV in Norfolk, WSLV-TV in Roanoke, WRIC-TV in Richmond, WCYB-WB in Bristol, WHSV-TV in Harrisonburg, WGPX-TV in Greensboro, N.C., and Newschannel 8 in Washington, DC. The show is also rebroadcast every Tuesday on Comcast SportsNet and every weekday on Cox Cable of Roanoke.

Virginia Tech ISP Sports Network 2004 Football Affiliates

Alexandria, Va.	WTEM	980	AM	Lynchburg, Va.	WZZI	97.9	FM
Amherst, Va.	WRVX	97.7	FM	Marion, Va.	WZVA	103.5	FM
Beckley, W.Va.	WKQY	100.9	FM	Martinsville, Va.	WMVA	1450	AM
Bedford, Va.	WBVE	610	AM	Norfolk, Va.	WNIS	790	AM
Blacksburg, Va.	WBRW	105.3	FM	Onley, Va.	WESR	103.3	FM
Blackstone, Va.	WBBC	93.5	FM	Onley, Va.	WESR	1330	AM
Bluefield, W.Va.	WKQY	100.9	FM	Richlands, Va.	WGTH	540	AM
Bristol, Va.	WFHG	92.7	FM	Richlands, Va.	WGTH	105.5	FM
Bristol, Va.	WFHG	980	AM	Richmond, Va.	WXGI	950	AM
Charlottesville, Va.	WKAV	1400	AM	Roanoke, Va.	WBVE	610	AM
Clifton Forge, Va.	WXCF	1230	AM	Roanoke, Va.	WBRW	105.3	FM
Clifton Forge, Va.	WXCF	103.9	FM	Staunton, Va.	WTON	1240	AM
Culpeper, Va.	WCUL	103.3	FM	Tazewell, Va.	WKQY	100.1	FM
Fredericksburg, Va.	WGRQ	95.9	FM	Virginia Beach, Va.	WNIA	790	AM
Galax, Va.	WWWJ	1360	AM	Warsaw, Va.	WNNT	100.9	FM
Gate City, Va.	WGAT	1050	FM	Warsaw, Va.	WNNT	690	AM
Harrisonburg, Va.	WMXH	105.7	FM	Washington, D.C.	WTEM	980	AM
Lebanon, Va.	WLRV	1380	AM	White Stone, Va.	WNDJ	104.9	FM
Leesburg, Va.	WAGE	1200	AM	W. Sulpher Springs, W.Va.	WSLW	1310	AM
Lewisburg, W.Va.	WKCJ	103.1	FM	Winchester, Va.	WINC	1400	AM
Luray, Va.	WRAA	1330	AM	Wytheville, Va.	WXBX	95.3	FM

ISP Sports, a national leader in the collegiate sports marketing industry, is in its 10th year as the exclusive worldwide multi-media and advertising rightsholder for Virginia Tech Athletics. In this partnership with the athletics program, ISP develops, produces and sells an extensive range of sports marketing opportunities for Tech, including radio play-by-play and call-in shows, television coaches shows and live events, Lane Stadium and Cassell Coliseum venue signage and print and Internet advertising.

The partnership between ISP Sports and Virginia Tech Athletics will continue for several more years. In November 2002, the two sides reached an agreement to extend their relationship through April 2006.

"ISP Sports is excited and pleased to extend our relationship with Virginia Tech and an athletics program that is the equal of any in America," said Ben Sutton, president and CEO of ISP Sports. "We have enjoyed an excellent relationship with the university in the past and are confident that our partnership will continue to grow stronger in the future."

Founded in 1992 by Sutton, ISP Sports is also presently the exclusive rightsholder for Auburn University, the University of Central Florida, the University of Cincinnati, Georgia Tech, the University of Houston, Marshall University, Ohio University, the University of Southern Mississippi, Syracuse University, Tulane University, Vanderbilt University, Villanova University and Wake Forest University.

ISP, which is based in Winston-Salem, N.C., is additionally a joint venture partner with Learfield Communications as the multi-media rightsholder for the athletic programs at Alabama, Clemson, Miami and South Carolina.

During its very successful partnership with Virginia Tech, ISP Sports has developed the Virginia Tech ISP Sports Network into the largest collegiate sports radio network in Virginia. Broadcast coverage includes the Commonwealth of Virginia, as well as portions of Maryland, North Carolina, Tennessee, Kentucky and West Virginia.

In addition to the live network broadcasts, ISP produces *The Hokie Hotline*, a live weekly 90-minute call-in show featuring Tech head coach Frank Beamer and his staff during their season. ISP also keeps Hokie fans involved throughout the year with daily reports that air statewide from August through March.

ISP's television coverage of Tech Athletics is centered around *Virginia Tech Sports Today*, a weekly magazine show aired on a network of affiliates throughout the region, including Comcast SportsNet. The 30-minute show features an action-packed, magazine-style format, and with its superior production, animation and videography, has the look and feel of a national sports telecast. *Virginia Tech Sports Today* airs from mid-August until mid-March.

Other advertising and marketing opportunities represented by ISP Sports include the state-of-the-art videoscreens ("HokieVision") in both Lane Stadium and Cassell Coliseum. Pregame hospitality events during football season are another very popular item managed by ISP Sports.

The company also provides a wide variety of sponsorship opportunities for Tech supporters at every level with print advertising in the football game program, basketball game cards and official athletics newspaper (*hokiesports the newspaper*).



Josh Bullock, Mike Wolfert, Rick Barakat, Bill Roth, Adam Raak and Mike Burnop.

ISP SPORTS — VIRGINIA TECH STAFF

- Mike Wolfert is in his fifth year with ISP, serving as vice president and general manager for the company's Virginia Tech property. His duties include sponsorship sales and development, office management and serving as the primary liaison with the Tech Athletics Department administration. Wolfert is a graduate of Indiana University and holds a master's in sports administration from Ohio University.
- Rick Barakat joined the ISP Sports family in Winter 2004 as an associate general manager with the Virginia Tech staff. In that role, he assists in all administrative, sales and management duties involving the Hokies. Rick has built a solid background in sports marketing with established companies such as Raycom Sports, ACC Properties and GMR Marketing in Charlotte. He is a 1996 North Carolina graduate and holds a master's in sports management from Georgia.
- Josh Bullock is a recent addition to the ISP Virginia Tech staff, having accepted his position as associate general manager this past April. He comes to Blacksburg after a very successful three-year tenure as an account executive for Clear Channel Communications in Cincinnati. Prior to that time, he served as an athletic relations coordinator and recruiting assistant in the University of Kentucky football program. Josh is a graduate of UK with a degree in sport management.
- Adam Raak is in his first year as a marketing assistant with the ISP Blacksburg staff. He holds a degree in marketing from Michigan State and a master's in athletic administration from Indiana University.
- Chris Ferris, a 13-year veteran of the ISP staff, currently serves as vice president of radio operations. His responsibilities include supervision of all programming and syndication of the ISP Sports radio networks. Ferris is a 1987 graduate of the University of North Carolina.
- Jamie Frye is in her eighth year as the radio and television network manager of ISP. Her duties include affiliate relations for the nearly 300 radio and television stations which make up the ISP Sports Networks. Frye is a graduate of UNC Greensboro.
- Taylor Durham has a vital responsibility with the Virginia Tech ISP Radio Network as recruitment manager for all Hokie affiliates. The Elon College graduate joined ISP four years ago and has been a positive factor by bringing new stations into the ISP fold.

SUPPORT

Virginia Tech Sports Today Affiliates

WAVY-TV	Norfolk, Va.	Ch. 10	Sundays 10 a.m.
WGTX-TV	Greensboro, N.C.	Ch. 16	Sundays 2 p.m.
WRIC-TV	Richmond, Va.	Ch. 8	Sundays 1 p.m.
WSLS-TV	Roanoke, Va.	Ch. 10	Sundays 10 a.m.
WCYB-TV	Bristol, Va.	Ch. 4	Sundays 9:30 a.m.
WHGB-TV	Harrisonburg, Va.	Ch. 3	Sundays 11:35 p.m.
News8	Washington, D.C.	Ch. 8	Sundays 10 a.m.
ComCast SportsNet		(cable)	Tuesdays 2:30 p.m.



hokiesports.com

Comprehensive Web site is the official source for information on Virginia Tech sports

Regardless of where they are, Virginia Tech sports fans have the luxury of getting up-to-date information on their favorite Tech sports or athletes on a daily basis. hokiesports.com is every Tech fan's source for fast, accurate and official coverage of all Hokie sports teams and events.

hokiesports.com is the lead site of five official Virginia Tech Athletics sites. The other four sites are: hokietv.com, hokietickets.com, hokiepages.com and hokieshop.com. There is also a direct link to the popular on-line version of *hokiesports the newspaper*.

Through the efforts of the sports information department, pregame releases, game stories and individual features — as well as up-to-date statistics and results for all 21 athletic teams — are posted to hokiesports.com, providing the fastest, most complete source for Hokie news on the Web.

Other offerings include individual home pages for each of Virginia Tech's sports. Breaking news and archived releases about all Tech teams can be found, along with media guides containing player and coaching staff profiles, schedules, records, historical information and other pertinent facts for every sport.

Also, accessible on every sport's home page are the rosters, with links to player bios, schedules and results, as well as conference standings.

The "Coaches Notebook" is updated as the season progresses by the coaches themselves as they choose.

With fast "live stats," fans can view home football, men's and women's basketball, baseball, softball, men's and women's tennis, volleyball and wrestling stats as they happen via the Web.

A special football Game Day section informs fans about parking and traffic, as well as listing special activities planned for that day.



hokietv.com provides streaming video clips that are exclusive to the site. Coach and player interviews and video coverage of events that are one-of-a-kind are available to site users. hokietv.com will broadcast the weekly Hokie Hotline radio show, football media conferences and postgame interviews in the live streaming format for the 2004 season. This past season fans could also watch home baseball games on hokietv.com.

hokietickets.com contains links and updates about tickets for Hokie athletics events. The site provides the user with information about season and individual game tickets. Tech fans can now visit this site and have instant access to tickets-online, a ticket renewal system. Fans will be able to purchase new football season tickets on-line as well.

The popular hokiepages.com provides the user with

great wallpapers to add to their computers, extra photo scrapbooks, weekly polls, on-line greeting cards and many new features which change every day.

The in-house site was first launched on Nov. 29, 1999, and has provided Hokie fans around the world various news releases, images, movies and in-depth stories. The site also provides links to live broadcasts of men's and women's basketball, as well as football, and occasionally broadcasts Olympic sports special events as well. Since August 2003, hokiesports.com has averaged more than 152,000 unique visitors per month.

The Web site is managed by Peg Morse, director of Internet services,

and designed by Damian Salas, webmaster. Student interns and workers assist with the Web site development and video production.

Morse has served the athletics department since 1985 in the area of promotions and marketing until her present position was created in 1999. Salas created the first in-house Web site and maintained it from 1995 to 1998, and became a full-time athletic staff member in January 2000.



Peg Morse

Damian Salas

SUPPORT

hokiesports the newspaper

In-house publication provides in-depth coverage of the Hokies

A lot of new things are taking place in Blacksburg with Tech's entry into the Atlantic Coast Conference. But at least one thing is remaining constant – accurate information coming from *hokiesports the newspaper*.

This newspaper has served as the written voice of Virginia Tech's athletics department for the past 20 years. The newspaper, formerly *The Hokie Huddler*, came about in 1984 when then director of athletics and football coach Bill Dooley wanted an in-house publication devoted to coverage of all of Tech's sports, primarily football. Since then, the newspaper has undergone numerous changes, including a name change and a move to the Internet. But providing accurate, timely and quality information remains the constant for the newspaper staff.

"Being a weekly newspaper, we have some restraints dealing with the postal service," editor Jimmy Robertson said. "But going on-line has helped us overcome some of those and we're always going to be committed to being creative as far as the type of news and features we do for our print version. We want a publication that's both interesting and newsworthy, and to produce that type of publication, we have to be creative and do things differently than a daily newspaper."

During the past 10 years, subscriptions to the publication have soared as Tech fans everywhere crave to read about the success of Virginia Tech athletics and to read the most current information on what's happening within the athletics department.

Today, there are more than 6,200 devoted subscribers to the print version, and almost 200 registered for the on-line version of the paper, which became available to Hokie fans in the fall of 2000. The on-line version of the publication is entering its fifth year and has started to become a popular way to gain valuable information about Virginia Tech athletics.

"It enables people who live far away to get the information immediately rather than having to wait seven to 10 days," Robertson said. "Plus, we do a lot of writing for the athletics department Web site, *hokiesports.com*. We see this as a good way to cross-promote both the Web site and the newspaper, while continuing to provide information that fans want."

hokiesports the newspaper is updated every week from late August through March on-line (bi-monthly in the spring) by the staff so news can get to Hokie fans as it happens.

"I hope that more fans will take advantage of the on-line version of the publication because the Internet is the wave of the future," Robertson said. "It's cheaper, too, which is another plus for fans."

The print version of the newspaper is a colorful publication that is printed 33 times per year — weekly during

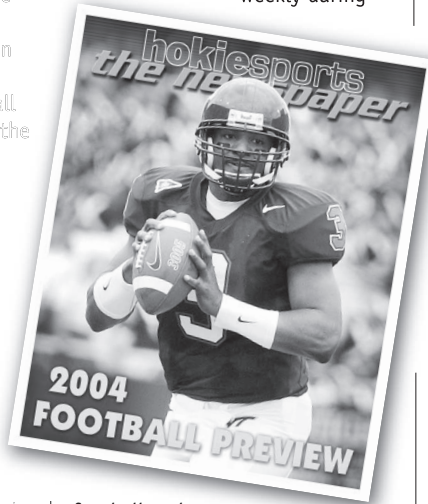
the publication and also covers women's basketball and writes features. Veteran photographer David Knachel, who began working on the paper in 1985, takes all the photos and designs the cover for each issue.

The up-to-date news provided in the paper is primarily on football, men's and women's basketball and baseball. Fans can get the depth chart (during the football season), features on players and former athletes (the "Where are They Now?" section), statistics and standings, notes and quotes and recruiting profiles on football, men's and women's basketball recruits, along with information about other sports recruits as well.

Robertson will be entering his ninth year as the editor of the newspaper. Doug Waters served as the first editor in 1984-85 and then Chris Colston handled the duties for the next 11 years. Colston resigned in 1996 to take a job with *Baseball Weekly* (now *Sports Weekly*), leaving the job in the hands of Robertson.

Since then, Tech has entered into the BIG EAST for all sports, gone to bowl games every year, played for the national championship and sent off a second Hokie as the first pick in the NFL Draft. Now, by entering the ACC for all sports, the entire program has a bright future — which allows no limitations to *hokiesports the newspaper* and its potential.

For the printed version, a one-year subscription costs \$37.95, while a two-year subscription costs \$69.95. For an additional \$12 per year, fans who subscribe to the print version can access the on-line version. Or, for \$25 annually, fans who don't subscribe to the print version can view the entire newspaper via the Internet. Also, newspapers are available on newsstands at certain convenience stores through the Blacksburg-Christiansburg area. For additional subscription information, call the *hokiesports the newspaper* office at (540) 231-3908, or visit the Web site at www.hokiesports.com.



football and basketball seasons and bi-monthly during the spring. The newspaper consists of the ever-popular "Insider" section, which is a page of short blurbs of interesting "inside" information — things one won't get anywhere else. With *hokiesports the newspaper* being owned by the athletics department, it allows the staff to be closer to coaches and players to get that inside information. Most sports publications of this kind are independent of their school's athletics departments.

hokiesports the newspaper also consists of columns by Robertson, Bill Roth, the Voice of the Hokies, and assistant editor Matt Spiers. Robertson focuses more on Tech, while Roth devotes more attention to ACC news. Spiers handles the layout and design of



Jimmy Robertson

hokiesports the newspaper editor

Jimmy Robertson is entering his ninth season as the editor of the Hokies' in-house publication. He came to Tech after spending two years as a copy editor in the sports department of *The Roanoke Times*, in Roanoke, Va.

A native of Roanoke, Robertson graduated from Roanoke College in Salem, Va., in 1994 with a degree in English. While in college, he worked part time for *The Roanoke Times* covering various high school athletic events and also local auto racing. It was during this time that Robertson developed an interest in sports journalism and secured a job at the newspaper shortly after graduating from college.

Born in Roanoke in 1972, Robertson graduated from Craig County [Va.] High in 1990. In June of 2000, he married the former Deanna Moore of Roanoke and they currently reside in Christiansburg. In his spare time, he enjoys playing golf, playing softball, traveling and watching baseball.



Matt Spiers
Assistant Editor

INAUGURAL SEASON IN THE ACC

SUPPORT

Virginia Tech Athletic Fund

Hokie Club working to keep Tech's momentum building

The 2003-2004 year was a great success with another record-setting performance for the Virginia Tech Athletic Fund. Enthusiastic and supportive Hokie fans gave in excess of \$16 million to support the scholarship and capital needs of the Athletics Department.

The Hokie Club is charged with raising funds to support the scholarship, capital and programmatic needs of the Athletics Department. Donors make gifts in outright forms such as cash, real estate, securities, gifts in kind or corporate matching programs, or through planned or deferred gifts such as a will, living trust, life income trust, retirement plans, life insurance or charitable lead trusts.

"The ongoing national success of the football program has continued to motivate our fans to increase their financial support," said Lu Merritt, director of development for intercollegiate athletics. "They fully understand that for Virginia Tech to maintain its upward momentum, additional funds need to be raised. They are proud of the fact that their football team has been to bowl games each of the last 11 years. Tech fans know that the Hokies can compete for national championships and they want to do their part to provide the needed resources for scholarships and facilities. Our move to the ACC has generated additional excitement and, as a result, additional support."

John Moody, associate director, serves the North Carolina area and focuses on major gift fundraising and special projects. A former football player at Tech, Moody has worked in the Hokie Club for 32 years.

David Everett serves as director of major gifts for the Hokie Club. A member of the Hokies' 1986 Peach Bowl team, Everett currently serves the Richmond area in addition to his major gift responsibilities.

Terry Bolt, also an associate director and director of the annual fund for athletics, serves the Tidewater and Southside areas of Virginia, while also overseeing the planning and direction of the Annual Fund.

Brian Thornburg and Tommy Graham serve as assistant directors. Their primary responsibilities include working with the various Hokie Clubs as well as the annual fund.

Sharon Linkous and Vicky Moore handle all aspects of gift entry and membership records. Diana Fain manages the budget process and produces all meeting notices for the Hokie Clubs. Jane Broadwater serves as executive secretary for the office. Nancy Gabbard works part-time in the office, bringing additional experience to the team.

The Athletic Fund is proud of its volunteers who help ensure that 65 Hokie Clubs throughout Virginia, West Virginia, Maryland, North and South Carolina,

Delaware, New Jersey, Georgia, Pennsylvania and Tennessee continue in their active efforts to support and promote athletics at Virginia Tech. Along with bus trips, game-watching parties and other social events, Tech alumni, fans and friends gather to cheer on the Hokies.

John Clary of Lawrenceville, Va., is the current president of the Athletic Fund and Renny Lynch of Roanoke, Va., is the vice president.



The Hokie Club staff: (l to r) Lu Merritt, John Moody, Brian Thornburg, Terry Bolt, David Everett, Brandy Bratton, Diana Fain, Sharon Linkous, Jane Broadwater, Vicky Moore and Tommy Graham (not pictured is Nancy Gabbard).



Lu Merritt

Director of Development for Intercollegiate Athletics

Lu Merritt has served as Director of the Athletic Fund since 1994. He came to Virginia Tech after a 23-year career in banking. A 1968 graduate of Tech, he received his degree in business administration with a major in management. While at Tech, he was a member of the tennis team, serving as captain in 1967. Following graduation, Merritt served in the U.S. Army including a tour of duty in Vietnam. Merritt currently serves as President of the National Association of Athletic Development Directors and has been a speaker at NAADD and CASE (Council for Advancement and Support of Education) national conferences. Lu and his wife Brynda, who works in the Registrar's office on campus, have one daughter. In his spare time, he enjoys playing tennis and still competes in sanctioned events in the Mid-Atlantic region.



The Monogram Club

Staying connected with former teammates and coaches

The Monogram Club was originally created as a social organization for former athletes who earned at least one monogram (letter) in any varsity sport at Virginia Tech. All former coaches are designated as honorary members. This club is an opportunity for athletes to remain active with and connected to their sport once their careers are completed.

The main goal of this club is to keep an open line of communication between the Athletics Department and the former letterwinners. Athletes are encouraged by way of sponsored pre-game and post-game social events to come back and reconnect with their old teammates and coaches. Over the past six years, the club has been revitalized under new direction.

In 1998, Terry Strock, a veteran coach and administrator for many years at Tech, became the first-full time director of the Monogram Club. Under his leadership, the club more than doubled its membership, increasing from 220 active members to 550. Its total membership now sits at over 700 active members. When Strock retired in 2000, former football letterman Derek Carter took over



Athletic Director Jim Weaver addresses members of the Monogram Club during a 2003 football game weekend.

for one year before becoming director of athletics at Virginia State University.

In 2001, the club proudly welcomed its current director, Russ Whitenack, the former Virginia Tech men's head track coach of 28 years, from 1974-2002.

"Many people stop by to see old friends," said Whitenack. "That is what we want to provide. If you're a former athlete, [the Monogram Club] is the best way to stay connected."

Anyone who joins the Monogram Club receives a personalized membership card that grants them access to the variety of events sponsored by the club. The Monogram Club hosts two free tailgates per year, open only to members. One is before the annual Spring Game, and the other occurs early in the fall. In addition, the club hosts tailgates at every football game in the Ambulatory of Cassell Coliseum. Tickets to these tailgates are also only available

to members of the Monogram Club. Members of the club are eligible to enter the biannual golf tournament, and are welcome to attend a weekend of wine tasting at the Chateau Morrisette, all sponsored by the Monogram Club.

The member benefits include a subscription to *hokiesports the newspaper* which is published 33 times per year. Each member is given the right to purchase four tickets from an allotment of 100 located in the South End Zone stands to attend individual football games.

"We would really like to reach people we don't have contact information for," Whitenack said. Whitenack encourages all former athletes to update their information regularly through hokiesports.com.

Last year, a complimentary membership was instituted to recent graduates, allowing them a three-year membership into the club once their eligibility is expired. Membership dues are \$25 per year with a discounted rate of \$100 for five years. The membership year lasts from July 1 to June 30. A lifetime membership has been installed with the amount set at \$500, and \$400 for former athletes over the age of 65.



Russ Whitenack

Director of the Monogram Club

For 28 years, Russ Whitenack held the reins of the men's track program, guiding it to conference titles and national recognition. Prior to taking over in 1974, Whitenack served as an assistant coach for two years. In addition to being the men's coach, he also guided the women's team for 10 years during the 1980s and early 1990s.

A 1969 graduate of the University of Tennessee, Whitenack was a member of the Volunteers' All-America 440-yard relay team. UT won three Southeastern Conference team championships during his four years on the squad. He served for one season as a graduate assistant at Tennessee and three years as coach at Palmetto Junior High in Miami before coming to Tech in 1972.

During Whitenack's tenure, the Tech program produced 20 All-Americans, including former coach Steve Taylor and Erick Kingston. Whitenack led the Hokies to two Metro Conference indoor championships, one in 1993 and one in 1994, and he was chosen by his peers as Metro Coach of the Year during the 1992 outdoor season and again following Tech's 1993 indoor championship. During the late 1990s, the Hokies dominated the Atlantic 10 Conference, capturing both the indoor and outdoor titles four straight years. Whitenack was named the A-10 indoor and outdoor coach of the year for each of those victories. He also received the Walt Comrack Award for excellence in coaching from the Virginia Military Institute in 1997. Whitenack and his wife, Judy, have one son, Jon. In his spare time, Whitenack enjoys outdoor activities, especially kayaking, boating and jet-skiing.

NCAA Rules Compliance

Virginia Tech athletics — winning the right way!

INFORMATION FOR PROSPECTS AND THEIR PARENTS:

Compliance with NCAA rules is a never-ending process that requires diligence on the part of both the Department of Athletics and Virginia Tech as a whole. Below is a brief summary of the basic issues that you may be faced with as a prospective student-athlete.

1. You become a prospective student-athlete if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.

2. A “representative of an institution’s athletics interests” (commonly referred to as a booster) is defined by the NCAA as anyone who:

- Is now, or previously has been, a member of any organization promoting the institution’s intercollegiate athletics program;
- Has made a financial contribution to the athletics program or an athletics booster organization;
- Has helped arrange any employment for a student-athlete;
- Has been involved, in any way, in the promotion of the athletics program.

3. Please be aware that any former Virginia Tech student or former or current member of the Hokie Club is automatically considered a representative of Virginia Tech’s athletics interests (booster). According to NCAA rules, once an individual is identified as a booster, he/she retains that status forever.

4. You become a “recruited” prospective student-athlete at a particular college if any coach or booster solicits you or your family for the purpose of securing your enrollment and participation in intercollegiate athletics. Activities by coaches or boosters that trigger recruited status are:

- Paying some or all of your expenses during a visit to campus (known as an “official” visit);
- Arranging an in-person, off-campus encounter with you or your parent(s) or legal guardian; or
- Initiating or arranging a telephone contact with you, your family or guardian on more than one occasion for the purpose of recruitment.

5. A booster may not solicit your enrollment in any manner (no phone calls, letters or in-person encounters).

NCAA Position on Gambling

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of “sport.” Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

For these reasons, the NCAA membership has adopted specific rules prohibiting athletics department staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events.

The NCAA Position on Gambling was approved by the NCAA Administrative Committee on March 19, 1997.

6. You (or your family) may not receive any benefit, inducement or arrangement such as cash, clothing, cars, improper expenses, transportation, gifts or loans to encourage you to sign a National Letter of Intent or to attend an NCAA school.

7. A “contact” is any face-to-face encounter between you or your parent(s) or legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting.

8. Phone calls to you from faculty members and coaches (but not boosters) are permitted beginning July 1 (Sept. 1 for football) after completion of your junior year. In addition, football coaches may call a prospect or the prospect’s family once during the month of May during the prospect’s junior year. All other sports are permitted one call in March of the prospect’s junior year. A college coach or faculty member is limited to one telephone call per week to you (or your parents or legal guardians). Unlimited calls to you (or your parents or legal guardians) may be made under the following circumstances:

- During the five days immediately before your official visit by the university you will be visiting;
- On the day of a coach’s off-campus contact with you;
- During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after the signing date; and
- In the sport of football only, during the permissible off-campus contact periods and during the 48 hours prior to and 24 hours after 5 a.m. on the initial signing date for the National Letter of Intent. Coaches also may accept collect calls, and universities are permitted to utilize a toll-free number to receive telephone calls from you (or your parents or legal guardians) on or after July 1 after completion of your junior year.

9. Letters to you from coaches and faculty members (but not boosters) are permitted beginning Sept. 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:

- General correspondence, including letters, U.S. Postal Service postcards and institutional note cards;
- Game programs which may not include posters and one Student-Athlete Handbook;
- NCAA educational information;
- Pre-enrollment information subsequent to signing a National Letter of Intent with the university;
- One athletic publication (media guide or recruiting brochure);
- Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students;
- Schedule and business cards;
- Questionnaires which may be provided prior to your junior year; and
- Camp brochures which may be provided prior to your junior year.

10. An “evaluation” is any off-campus activity designed to assess your academic qualifications or athletic ability, including any visit to your high school (during which no contact occurs) or the observation of any practice or competition in which you participate.

The purpose of the compliance office is to make you aware of all relevant NCAA rules and make sure that you know how to remain eligible. Your eligibility, however, is ultimately in your own hands. This page is a quick-reference guide to provide a basic understanding of NCAA rules. It is not all-inclusive, but rather a tool to help you avoid inadvertent involvement in a violation of NCAA legislation. We encourage you to always ASK BEFORE YOU ACT. Please contact the Virginia Tech Compliance Office if you have any questions at (540) 231-2937 or (540) 231-5497.