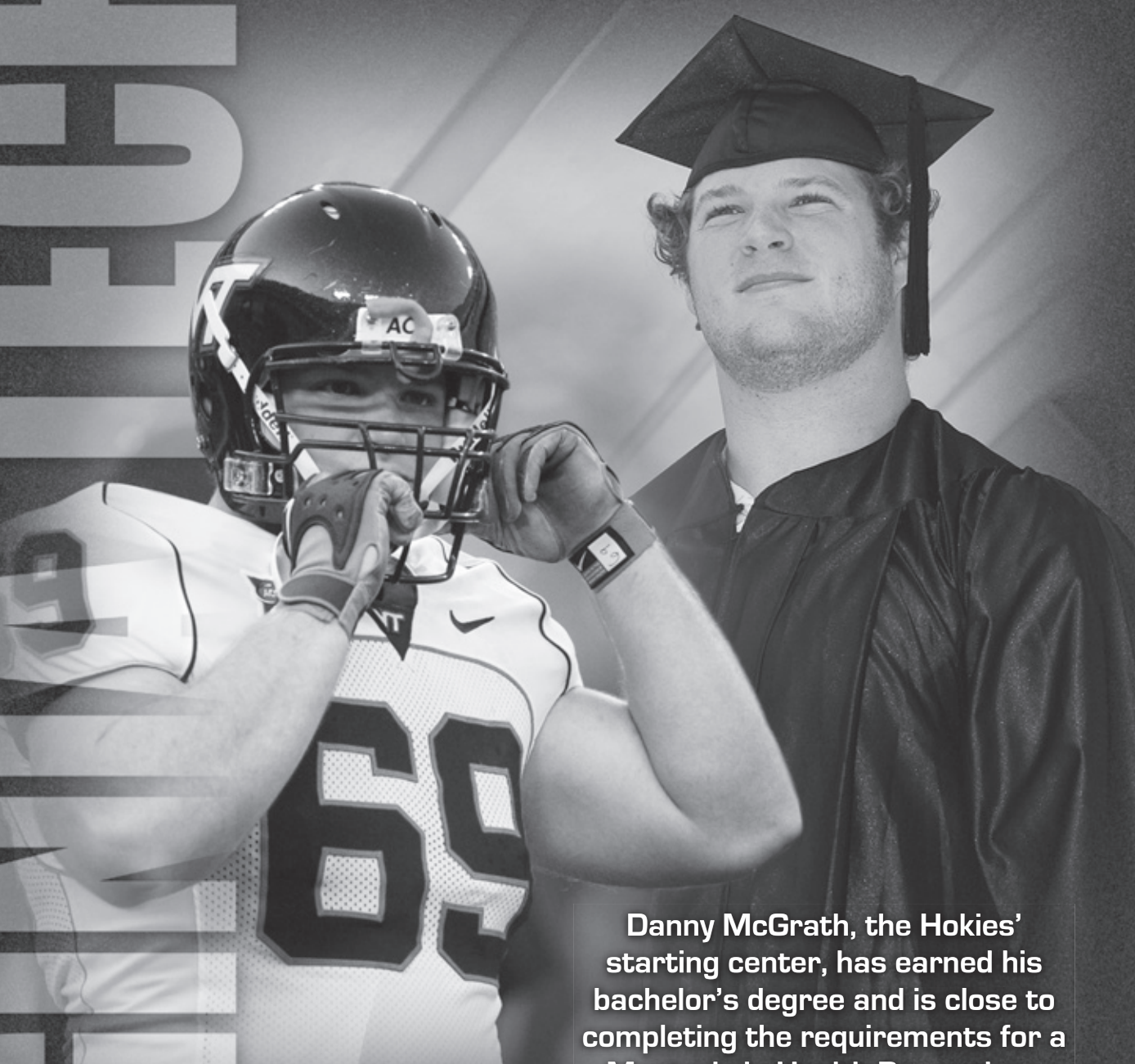


VA
TECH
WARRIORS



Danny McGrath, the Hokies' starting center, has earned his bachelor's degree and is close to completing the requirements for a Master's in Health Promotions

Building the Mind and Body

- Virginia Tech had 118 student-athletes named to the Dean's List in the Fall '05 semester and 133 student-athletes make the Dean's List in the Spring '06 semester.
- Sixteen of the 21 seniors on this year's football squad have either graduated or are on track to graduate by the end of the fall semester.
- The Virginia Tech football program was honored for graduating at least 70 percent of their football student-athletes according to the American Football Coaches Association annual Academic Achievement Awards data.
- Tech student-athletes participate in programs sponsored by the Virginia Tech Athletics Office of Student Life, based on the NCAA/CHAMPS Life Skills program. This is a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives.
- Tech's strength and conditioning program is regarded as one of the best in the nation, and the outstanding facilities include more than 22,000 square-feet of strength and conditioning training space.
- Tech's Athletic Performance Staff includes a full-time sport psychologist and a sports nutritionist.

SUPPORT SERVICES

Student Athlete Academic Support Services

Providing the Tools Needed for Success in the Classroom



Sarah Armstrong helps Hivera Green in the new SAASS offices at Lane Stadium.

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 is a school-best 74 percent for 2005. This marks the third time in the last four years that Virginia Tech's student-athlete graduation rate has been 70 percent or better.

The Virginia Tech football program has been an integral part of this recent academic success. According to the American Football Coaches Association 2006 graduation rate, Tech has a 74 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.

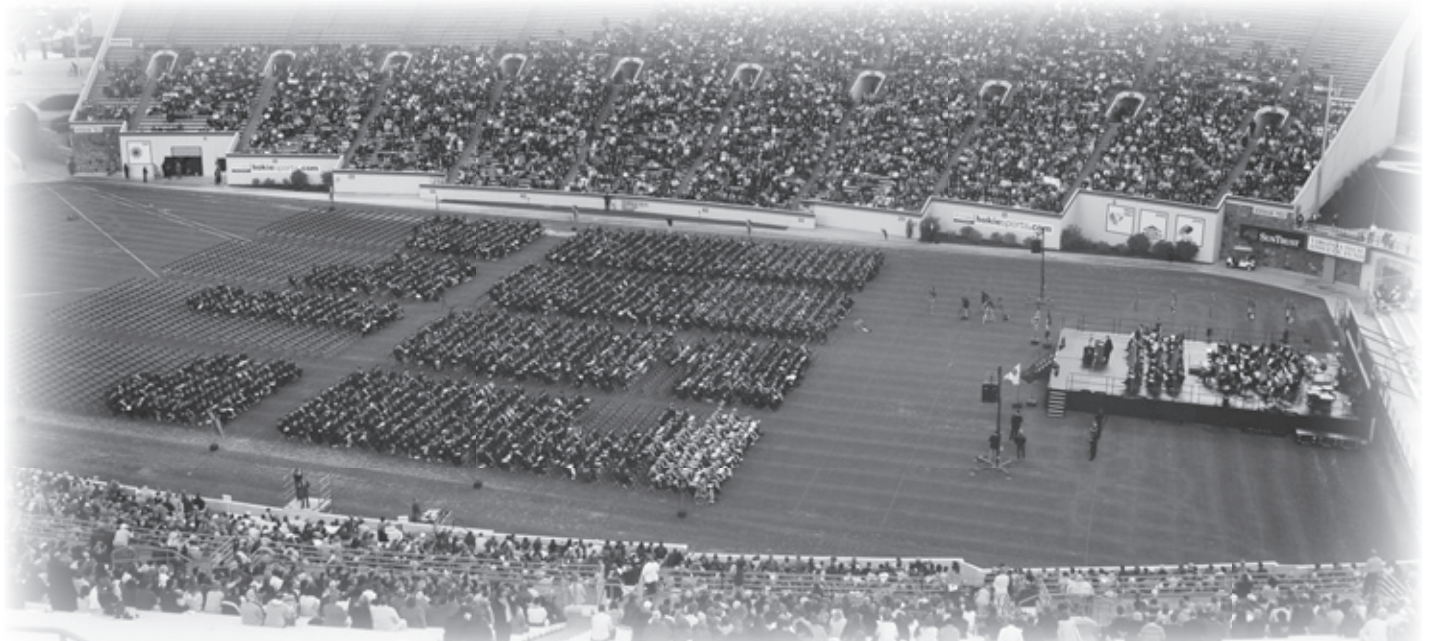
In addition to posting impressive graduation figures, current Virginia Tech student-athletes continue to excel in the

classroom. For the 2005 calendar year, 376 3.0 GPA's were earned by student-athletes, student trainers, student managers, cheerleaders and HighTechs. 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



Lane Stadium is the site of many exciting moments in most Virginia Tech football players' careers, including graduation ceremonies.

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.

SAASS 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.

In the 2006-07 academic year, the SAASS office will be moving to the West Side of Lane Stadium. Here, student-athletes will have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms, and direct access to the SAASS staff. This complex will be a focal point for the Athletics Department, both aesthetically and pragmatically, and provide a centralized place for student athlete services.

The new facility features:

- More than 18,000 square feet of functional space
- 10 Staff Offices
- 18 Private Tutor Rooms
- State-Of-The-Art Classroom
- 45 Station Computer Lab
- Three Reading/Study Rooms
- Conference Room
- Reference Library



Chris Helms

Director of Student Athlete Academic Support Services

Beginning his eighth 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 an associate director, four assistant directors, two learning specialists, a systems analyst, 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.

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

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

Colin Howlett begins his 10th year with Virginia Tech and serves as an associate director in the SAASS 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.



Colin Howlett works with Aaron Brown in the old SAASS offices.

Howlett earned his bachelor's degree in business administration at 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 eighth 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 computer labs and other computing resources available for student-athletes. Ammons is a former standout Hokie student-athlete.

Sarah Armstrong, assistant director, begins her second year as a full time member of the SAASS staff. Armstrong has undergraduate and graduate degrees from Virginia Tech and has served as SAASS's intern for the past two academic years. She works alongside Howlett and is responsible for providing academic programming for the freshman football students. Armstrong is also in charge of coordinating SAASS's tutorial program.

Drew Scales begins his fifth 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 mentor program.

Jessica Hegr begins her second year with SAASS and will work with student-athletes from the sports of baseball, softball, men's and women's swimming, men's and women's tennis, as well as the managers, trainers, cheerleaders and HighTechs.

Peggy Weiss serves as the learning specialist for the SAASS unit and is currently developing the Learning Assistance Program to help support student athletes and teach them more effective ways to study and perform well academically. Dr. Weiss will work in collaboration with the office of Services for Students with Disabilities and with all of the SAASS Academic Coordinators.

Joseph Goodman, systems administrator, is in his second year with the SAASS program. He provides SAASS and student athletes with the expertise to maintain and secure the windows computer lab and linux servers, develop web-based applications to enhance SAASS programming, and apply web-based applications using open source products to enhance education.

Terrie Repass begins her 32nd 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.

Student Athlete Academic Support Services Staff



Colin Howlett
Associate Director



Katie Ammons
Assistant Director



Sarah Armstrong
Assistant Director



Jess Hegr
Assistant Director



Drew Scales
Assistant Director



Dr. Peggy Weiss
Learning Specialist

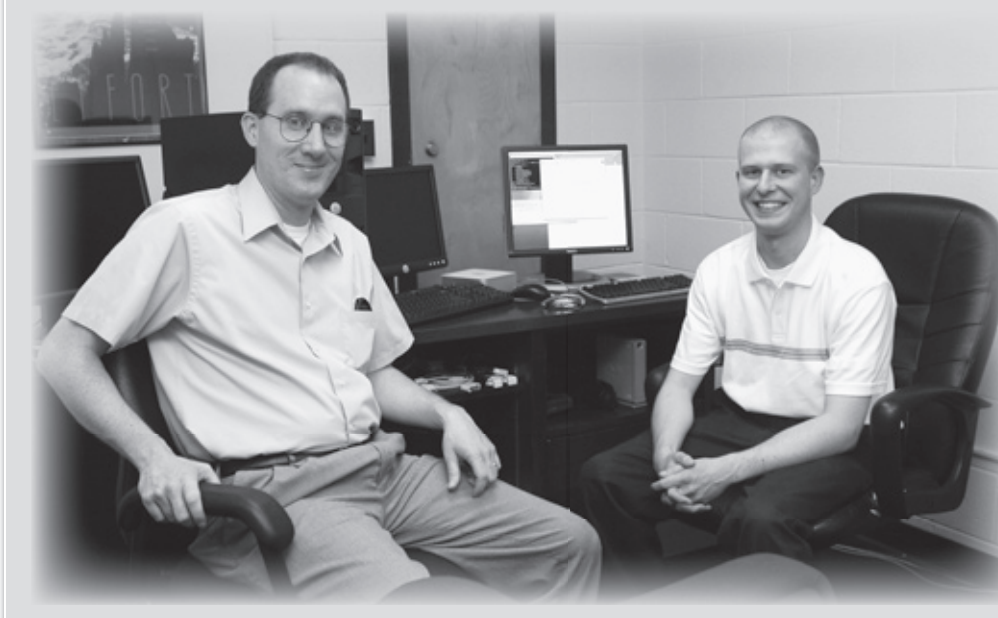


Joseph Goodman
Systems Administrator



Terrie Repass
Secretary

COMPUTER SERVICES



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 (left) and Brandon Mason.

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 state-of-the-art laptops equipped with the most recent software.

In addition to procuring laptops for the athletes, the office also addresses hardware and software needs for the student-athletes and the entire Virginia Tech athletics staff. Both Tilley and Mason are graduates of Virginia Tech.

Athletics Office of Student Life

Assisting in the Development of the Total Person

The Virginia Tech Athletics Office of Student Life is committed to developing the total student-athlete. The Director of the Office of Student Life, Megan Armbruster, is dedicated to enhancing the quality of the student-athlete experience through programs the office administers. The programming implemented by the Virginia Tech Athletics Office of Student Life is modeled after the NCAA/CHAMPS Life Skills Program. The five components are Personal Development, Career Development, Academic Excellence, Athletic Excellence and Community Outreach.

Personal Development

Virginia Tech student-athletes obtain personal development education through workshops and mandatory speakers. Presentation topics include gambling, alcohol abuse, sexual violence and healthy relationships, media relations and manners and etiquette dinners.

The Virginia Tech football team invites numerous speakers to present on a variety of topics during the fall two-a-day

practices and meetings. Topics covered in these presentations include: appropriate campus and community conduct, media relations, sports psychology, drug and alcohol education, sports agent relations, gambling and healthy relationships.

Career Development

In close collaboration with the Virginia Tech Career Services Center, career development programs 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. In the 2005-2006 academic year, Cintas Corporation, Ferguson and NVR, Inc. hosted workshops providing student-athletes the opportunity to hear job search strategies directly from employers.

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Megan Armbruster

Director of Student Life

Megan Armbruster is in her fourth year at Virginia Tech as the Director of Student Life. Armbruster is responsible for coordinating New Student-Athlete Orientation, Hokie Career Development, the "Hokies with Heart" community outreach programs, and serves as

advisor for the Virginia Tech Student Athlete Advisory Committee. She also nominates student-athletes for academic honors and awards.

Armbruster serves on a variety of campus committees including the Sexual Violence Prevention Committee, S.A.I.L. Leadership Committee, Virginia Tech Orientation Planning Committee and Hokie Hi Welcome Back Planning Committee. Armbruster was a team facilitator for the NCAA Life Skills Conference in 2005.

In 2004-2005, she was an instructor for the WING program First Year Seminar. This class is taught to first-year students living in a co-educational environment in the Slusher Hall WING learning community.

Armbruster was honored by the United Way of Montgomery, Radford and Floyd for 'Exceptional Dedication.' She was also presented with an award from the Virginia Tech Women's Center in appreciation for her contributions to the Violence Against Women Act Grant.

Armbruster came to Tech from the University of Nebraska. At Nebraska, she served as assistant academic counselor at the Hewitt Academic Center for Student-Athletes for two years. 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.



Quarterback Sean Glennon reads to a group of students in a local school as part of the community outreach that the Virginia Tech football program extends.

Academic Excellence

The Virginia Tech Athletics Office of Student Life is responsible for nominating student-athletes for academic honors and awards. Athletes are nominated for on-campus, Atlantic Coast Conference and national awards. Student-athletes with a 3.0 GPA are rewarded each semester by being honored on the Athletic Director's Honor Roll. The 2005 calendar year listed 377 student-athletes with this honor. Neil Savage, men's swimming and diving, and Lindsay Pieper, women's lacrosse, received the Skelton Award for Academic Excellence in Athletics. The award is given to one male and one female student-athlete who demonstrate leadership, outstanding academic excellence and community involvement. The recipients of the award receive a \$5,000 scholarship donated by Dr. Bill and Peggy Skelton.

Several athletes from the Virginia Tech football team have received various academic awards. Thirty-eight Hokies made the Athletic Director's Honor Roll in 2005. James Anderson and Danny McGrath were named to the 2005 Virginia Tech All-Academic Team for attaining the highest GPA in 2004 on the football team. Anderson, Jeff King, McGrath, Will

Montgomery and Brandon Pace were named to the 2005 All-ACC Academic Football Team. The ACC recognized Anderson by naming him as a Weaver-James-Corrigan Honorary Award winner.

Athletic Excellence

The Virginia Tech Student-Athlete Advisory Committee (SAAC) promotes effective communication between athletic administration and student-athletes. SAAC is comprised of two representatives from each sport. These representatives meet twice a month to discuss issues and concerns regarding their sports, department of athletics, ACC and NCAA legislation. The student-athletes encourage their teammates to get involved both on campus and in the community. Each year, SAAC sponsors a canned food drive during the basketball season. The football team SAAC representatives are Cary Wade and Cory Price. Wade also serves as a member of the ACC-SAAC representing Virginia Tech student-athletes.

Anderson and Darryl Tapp were recognized during the 2005-2006 academic year for off-the-field accomplishments. Anderson was a finalist for the ARA National

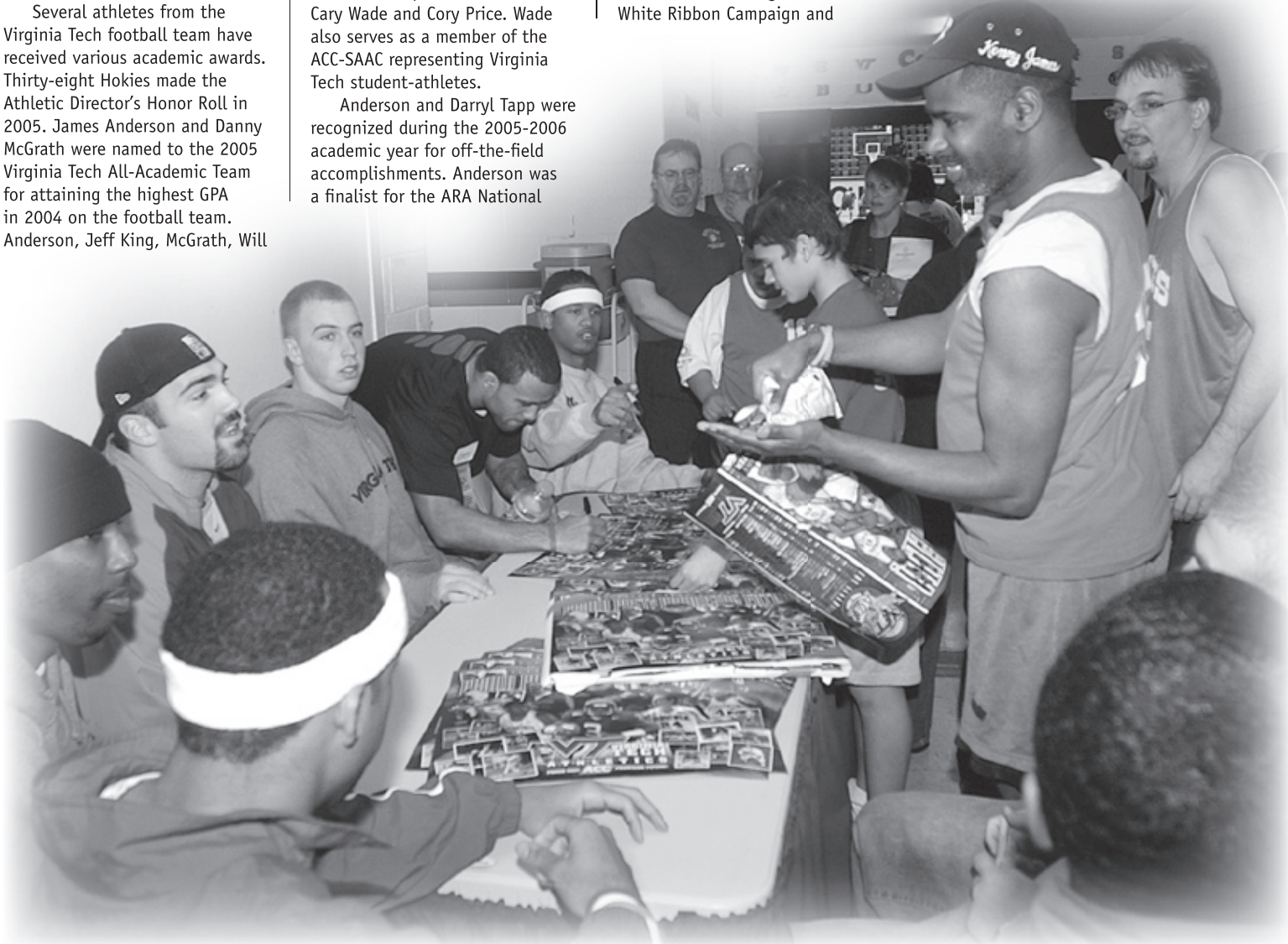
College Football Sportsmanship Award and the Wuerffel Trophy, considered the "Humanitarian Heisman." Tapp was a finalist for the Lott Trophy, which honors the college football defensive IMPACT player of the year.

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 Corps 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. In 2005, student-athletes also volunteered with the Montgomery County Christmas Store, Virginia Tech White Ribbon Campaign and

Hokies United Hurricane Relief Campaign.

Each athletic team at Virginia Tech is encouraged to select one local charity on which to focus their philanthropic efforts throughout the year. The football team works with the United Way of Montgomery, Radford and Floyd. Football players have participated in a bowling league with the NRV Agency for Persons with Mental Retardation. Seniors on the football team volunteer at a local soup kitchen sponsored by the United Way during Thanksgiving break. In 2005-2006, Hokie fans supported this partnership by purchasing orange "Team United" wrist bands. This year the Virginia Tech football team presented the United Way with a check for \$15,812, making the two-year total of the fundraiser more than \$50,000.



Members of the Virginia Tech football team sign autographs while volunteering at a Special Olympics Regional Basketball Tournament at Cassell Coliseum.

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. 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

One of the Nation's Top Programs Helps 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 13 consecutive bowl game appearances.

The football team trains in the 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 practice fields for use in running drills.

Tech football players can also 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' track facilities.

Each player has personal goals which he works to achieve. The team is broken down into four groups based on positions 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).

Assisting Gentry in the weight room this year are four full-time assistant strength and conditioning coaches. Terry Mitchell is the assistant director of strength and conditioning. Former football players Jarrett Ferguson and Keith Short, as well as Jamie Meyer, serve as coordinators for strength and conditioning.

Mike Crist and former Hokie football player Thenus Franklin are graduate assistants for strength and conditioning.



Fullback Kenny Jefferson works out doing interval dumbbell lying tricep extensions.



Dr. Mike Gentry

Assistant Athletics Director
for Athletic Performance

Dr. Mike Gentry begins his 20th 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.

Gentry was named the second-annual Samson Strength & Conditioning Coach of the Year in the March 2005 issue of *American Football Monthly*.

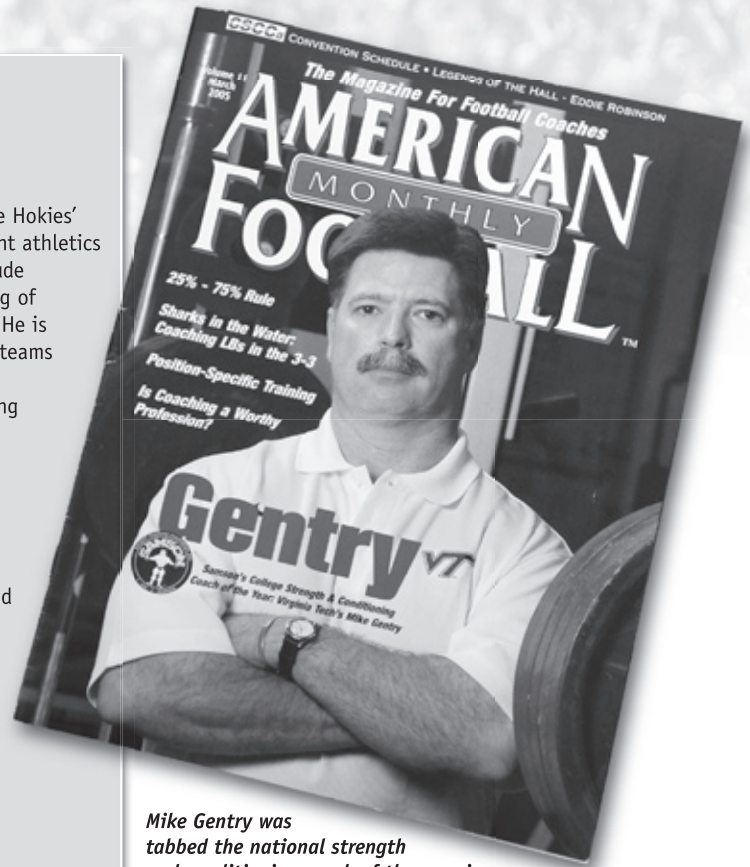
In May 2003, Gentry was honored by the Collegiate Strength and Conditioning Coaches when he was named a Master Strength and Conditioning Coach. Gentry is currently one of only 36 coaches in the country to have received the CSCC's highest award.

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, 16.



Mike Gentry was tabbed the national strength and conditioning coach of the year in the March 2005 issue of *American Football Monthly*.

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."

Strength & Conditioning Records

Bold type indicates records set in Spring 2006 testing

POSITION	BENCH PRESS	BACK SQUAT	HANG CLEAN	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YD TIME
Tight Ends	D. Carter 420 '99	B. Wynn 585 '00	J. Thompson 351 '99	J. Kinzer 360 '05	J. Kinzer 366 '05	J. Kinzer 37" '05	K. Willis 4.58 '01
Offensive Tackles	J. Redding 500 '99	B. Fyre 705 '06	C. Andreadis 405 '96	J. Martin 360 '03	C. Barry 386 '93	W. Flowers 36" '96	B. Frye 4.74 '04
Offensive Guards	B. Gore 460 '06	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
Centers	J. Grove 500 '03	T. Washington 680 '97	T. Washington 445 '97	W. Montgomery 390 '05	W. Montgomery 391 '05	J. Grove 35" '99	K. Short 4.81 '98
Quarterbacks	B. Randall 370 '03	B. Randall 575 '03	J. Druckenmiller 405 '96	D. Meyer 300 '98	G. Boone 334 '06	M. Vick 41.0" '00	M. Vick 4.25 '00
Fullbacks	J. Meyers 480 '03	J. Meyers 650 '03	J. Allen 380 '03	J. Allen 395 '05	W. Briggs 401 '01	J. Spence 40.0" '02	E. Jones 4.37 '86
Tailbacks	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
Wide Receivers	E. Royal 365 '05	E. Wilford 555 '03	S. Scales 365 '97	T. Parham 321 '02	E. Wilford 346 '03	E. Johnson 41" '01	E. Royal 4.22 '06
Defensive Tackles	W. Jackson 475 '96	P. Moronta 700 '88	W. Jackson 405 '95	K. Robertson 400 '06	C. Burnette 405 '05	C. Bradley 35.5" '98	C. Bradley 4.64 '98
Defensive Ends	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
Inside Linebackers	J. Houseright 425 '01	R. Cockrell 670 '90	K. Gray 400 '94	M. Muncey 341 '06	R. Pendleton 361 '92	V. Robinson 40.5" '02	X. Adibi 4.41 '06
Whip Linebackers	J. Anderson 380 '03	T. Butler 550 '00	M. McClung 345 '93	B. Manning 316 '03	J. Anderson 356 '03	P. Summers 42" '98	R. Parker 4.33 '06
Rovers	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
Cornerbacks	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
Free Safeties	T. Gray 370 '96	W. Pile 515 '99	S. Rice 331 '89	J. Hamilton 295 '05	K. McCadam 316 '00	J. Hamilton 37.5" '05	D. Russell 4.23 '90
Specialists	C. Anders 400 '99	N. Schmitt 605 '04	N. Schmitt 331 '04	N. Schmitt 360 '05	N. Schmitt 360 '05	S. Graham 34" '99	V. Burns 4.35 '01

Elite Level Hokies

Brandon Frye • offensive lineman • 2005, 2006
 Will Montgomery • offensive lineman • 2005
 John Kinzer • fullback • 2005
 James Anderson • linebacker • 2004, 2005
 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



Ryan Shuman (above) does the bench press with chains attached for dynamic resistance. Stephan Virgil (left) Roland Minor (below) and Barry Booker (right) take part in various drills as part of the complete strength and conditioning program the Hokies go through.



Virginia Tech Football All-Time Elite Club

Bold type indicates records set in Spring 2006 testing

BENCH PRESS	BACK SQUAT	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YARD DASH
J. Grove 500 '03	W. Boatwright 755 '91	K. Robertson 400 '06	W. Montgomery 391 '05	P. Prioleau 43.5 '97	D. Hall 4.15 '03
J. Redding 500 '99	B. Frye 705 '06	J. Allen 395 '05	C. Burnette 405 '05	L. Austin 42.5 '00	K. Burnell 4.21 '02
J. Meyers 480 '03	C. Burnette 700 '04	W. Montgomery 390 '05	W. Briggs 401 '01	I. Charlton 42 '98	D. Russell 4.23 '90
A. Chamblee 475 '89	P. Moronta 700 '89	J. Grove 376 '00	J. Engelberger 401 '99	P. Summers 42 '98	M. Vick 4.25 '00
M. Udinski 475 '82	M. Lehr 700 '00	N. Adibi 366 '02	C. Bird 390 '00	M. Malone 42 '04	L. Austin 4.26 '00
W. Jackson 475 '96	A. Nelson 700 '02	C. Beasley 361 '99	J. Martin 390 '05	K. Jones 41.5 '03	L. Suggs 4.27 '00
K. Short 460 '99	N. Marshman 690 '05	J. Ferguson 360 '01	K. Short 387 '98	J. Anderson 41.4 '04	Ma. Vick 4.28 '05
D. McGrath 460 '03	J. Redding 685 '99	D. Perez 360 '05	J. Baron 386 '95	A. Midget 41.5 '97	T. Drakeford 4.28 '92
W. Montgomery 460 '05	T. Washington 680 '97	J. Kinzer 360 '05	J. Petrovich 386 '93	G. Wilds 41.5 '02	A. Davis 4.29 '99
B. Gore 460 '06	R. Cockrell 670 '88	N. Schmitt 360 '05	B. Smith 386 '84	M. Vick 41 '00	K. Jones 4.3 '03



Hard work is the key for the Hokies, whether it is on the field, or in their strength and conditioning workouts.



Super Iron Hokies

Todd Grantham	1988	Cornelius White	1996	Jake Houseright.....	1999	Justin Hamilton.....	2003,04,05
Malcolm Blacken	1988	Billy Conaty	1996	Ike Charlton.....	1999	Nathaniel Adibi	2003
Horatio Moronta	1989	Torrian Gray	1996	Jake Grove	1999,00	Darryl Tapp	2003,04
Myron Richardson.....	1989	Steve Tate	1996,97	Mike Davis	1999,00	Nic Schmitt.....	2003,04,05,06
Karl Borden	1989,90	Brian Edmonds	1996	Larry Austin	2000,01	Jason Meyers.....	2003,04
David Hackbirth.....	1989	Ryan Smith	1996,97,98	Tee Butler	2000	Travis Conway.....	2003,04
Sean Lucas.....	1989	Cory Bird	1996,97,98,99,00	Dave Meyer.....	2000	John Kinzer	2003,04,05,06
Frank Mooney	1989,90	Gennaro DiNapoli.....	1997	Marvin Urquhart.....	2000,01	Chris Burnette	2004,05,06
Scott Rice.....	1990	Corey Moore	1997,98,99	Michael Vick.....	2000	Robert Parker	2004
Marvin Arrington.....	1990	Shawn Scales	1997	André Davis	2000	Jeff King	2004,05
Al Chamblee.....	1990	Al Clark	1997	Lee Suggs	2000,01,02	Omar Hashish	2004,05
Phil Bryant	1991	Jason Buckland	1997	Chris Buie.....	2000,01,03	Nick Leeson	2004,05
William Boatwright.....	1991	John Engelberger	1997,99	Ernest Wilford.....	2000,01,02,03	Brandon Frye.....	2005
Jon Jeffries.....	1991	Brad Baylor	1997	Josh Spence	2000,01,02	Duane Brown.....	2005
Kirk Gray	1991	Todd Washington	1997	Anthony Nelson	2000,01,02	John Candelas	2004,05
Chris Peduzzi.....	1991,93,94	Brian Welch	1997,98,99,01	Keith Burnell.....	2001,02	Cedric Humes	2005
Jim Pyne	1992,93	Wayne Briggs	1997,98,99,00,01	Joe Wilson	2001,02	Mike Imoh	2005
P.J. Preston	1992,93	Tyron Edmond.....	1998	Cols Colas	2001,02,03	Cory Gordon	2005
Hank Coleman	1992,93	Josh Redding	1998,99	Vegas Robinson	2001,02,03	D.J. Walton.....	2005
John Burke	1992,93	Pierson Prioleau.....	1998	Jason Lallis	2001	George Bell	2004
Joe Swarm	1992	Carl Bradley	1998,99	Brandon Manning.....	2001,02,03,04	Danny McGrath	2005
Vernon Dozier.....	1992	Daniel Nihipali	1998,99	Bryan Randall.....	2002,03	Stevie Ray Lloyd	2005
George DelRicco.....	1992,93,94,95	Terrell Parham	1998,99,00,01	Doug Easlick.....	2002,03	Marcus Vick.....	2005
Rafael Williams	1992,94,95	Rick Wright	1998,99	Mikal Baaqee	2002,03,04	Demetrius Taylor	2005,06
Jim Druckenmiller	1993,94,95,96	Jarrett Ferguson	1999,00,01	Ken Keister	2002	Devin Perez.....	2005,06
Waverly Jackson	1994,95,96	André Kendrick	1999	Kevin Jones	2003	Greg Boone.....	2005,06
Keith Gray	1994	Derrius Monroe	1999	James Anderson.....	2002,03,04,05	Josh Morgan	2005,06
Ken Oxendine	1995,96,97	Matt Lehr	1999,00	Richard Johnson	2002,03	Jimmy Martin	2004,05
Jim Baron	1995	Browning Wynn	1999,00	Brandon Gore	2003,04,05	Carlton Weatherford.....	2006
Danny Wheel	1995,96,97	Shyrone Stith	1999	Will Montgomery.....	2003,04,05	Eddie Royal.....	2006
Antonio Banks.....	1995,96	Ricky Hall	1999	Jesse Allen	2003,04,05	Nick Marshman	2006
Myron Newsome.....	1996	Chad Beasley.....	1999	Chris Clifton.....	2003,04	Noland Burchette.....	2006

ATHLETIC PERFORMANCE

Sport Psychology



Helping Student-Athletes in All Aspects of Their Lives

Virginia Tech 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. On average, the psychologists conduct 20 individual sessions per week and 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
Sport Psychologist

Dr. Gary Bennett is in his seventh 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.

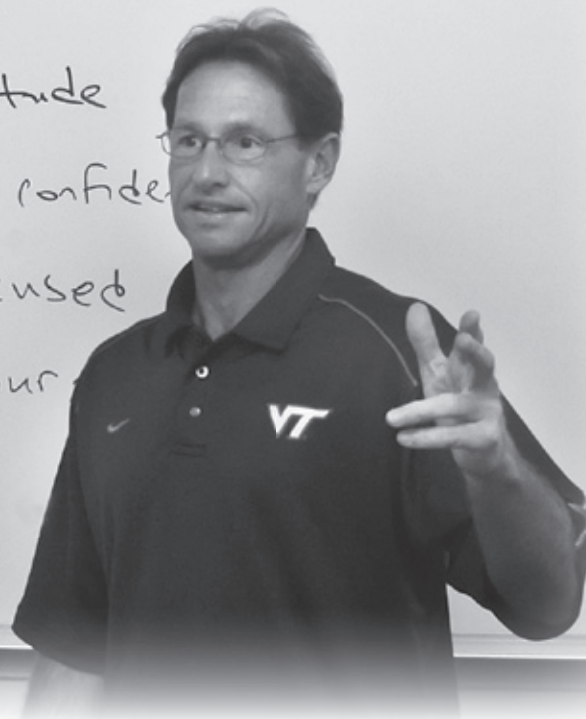
In athletics, Bennett also serves on the substance abuse committee and the planning committee for the "Summit for Student-Athlete Success" events. The 46-year-old also does work with various teams in the area of performance enhancement.

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.

Formula for success

- preparation
- positive attitude
- playing with confidence
- staying focused
- executing your



Speaking with teams or groups is one of the ways Dr. Gary Bennett helps Virginia Tech's student-athletes.

ATHLETIC PERFORMANCE

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



Amy Freel talks with Brenden Hill and Cory Holt about food choices and serving sizes in her Merryman Center office.

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 BodPod body composition system. Tech is one of a handful of college athletic departments using this type of technology. The BodPod 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 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

Sports Nutritionist

Amy Freel enters her fifth 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.

In 2005, she was named the Young Dietician of the Year by the Virginia Dietetic Association for her work as the nutritionist in the Tech athletics department

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 three children, Ben (5), Matt (4), and Ashley, who was born in January, live in Blacksburg.



Amy Freel with Roland Minor in the BodPod — a great tool for measuring body composition and maximizing potential.

Sports Medicine

Providing the Hokies with Experienced, Professional Care



The Eddie Ferrell Memorial Training Room provides a state-of-the-art home to Virginia Tech's Athletic Training program.

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 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 fifth full year in the 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 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 Ferrell Training Room, which nearly doubles the size of the former Merryman Center facility, 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 that includes 2,400 square feet of medical space, supplements the new training 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 training room has been constructed in Rector Field House to serve the football team when it practices indoors.

The range of benefits athletes have access to include custom orthotics, custom mouth guards, 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 athletes year-round.

Continued on next page



Dr. Marc Siegel reviews digital radiographic images with an injured athlete in the Eddie Ferrell Memorial Training Room.

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.

A vital part of student-athlete services is access to the Schiffert Student Health Center in McComas Hall. A health center and counseling services are available on one 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, 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. Tilley provides Tech athletes with specialized treatment for spine-related conditions and 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 and Dr. Scott Urch 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 three graduate assistant athletic trainers: Richard Stewart, Carrie Hendrick and Jacob Botts.

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.



Dr. Delmas Bolin and Dr. Greg Tilley team up to assess performance issues related to Vince Hall's low back and spine prior to weight testing.



Graduate assistant athletic trainer Carrie Hendrick and assistant trainer Chad Hyatt work with Elan Lewis as he rehabilitates an injury in the HydroTrack.



Dr. Gunnar Brolinson works with quarterback Sean Glennon in his office in the Merryman Center medical complex.

Medical and Athletic Training Personnel



Mike Goforth

Director of Athletic Training

Mike Goforth is in his seventh year as the director of athletic training and eighth 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.

Goforth is married to Tracy, a teacher at Blacksburg Middle School, and has two sons Ethan, 9, and Luke, 5.



Gunnar Brolinson, D.O.

Team Physician

Dr. Gunnar Brolinson enters his fifth 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.



Chad Hyatt

Assistant Athletic Trainer

Chad Hyatt returns to Virginia Tech and begins his first year as an athletic trainer with the football team. Hyatt came to Tech from Athens Orthopaedic Clinic in Athens, Ga., where he was a staff athletic trainer.

In addition to his duties with the football team, he is the head athletic trainer for golf and also supervises the lacrosse athletic trainer.

A 2002 graduate of Virginia Tech, Hyatt earned his bachelor of science in human nutrition, foods and exercise while minoring in communication studies. He earned his master's in sports management from the University of Georgia. During his time with the Bulldogs, Hyatt worked extensively with the football team, helping coordinate meals and hydration schedules when on the road.

While an undergraduate at Tech, Hyatt worked with football, softball, indoor track, women's soccer, women's tennis and the cheerleading and dance teams.



Marc Siegel, M.D.

Orthopaedic Team Physician

Marc Siegel enters his 19th season as orthopaedic team physician for the Virginia Tech Department of Athletics. Siegel received his medical degree from the Medical College of Georgia and completed his residency at Tulane University Medical School.

Siegel is actively involved in numerous professional organizations and has academic appointments at both Virginia Tech and the Edward Via Virginia College of Osteopathic Medicine.

In addition, Siegel is widely known for his orthopaedic knowledge and sports medicine skills as evidenced by the increasing numbers of high school, college and professional athletes that come to the New River Valley for his care.



Dr. Delmas Bolin
Team Physician



Dr. Michael Sampson
Team Physician



Dr. Scott Urch
Orthopaedic Surgeon



Dr. Greg Tilley
Chiropractor



Dr. Lawrence Kyle
Dentist



Dr. Steve Jacobs
Optometrist



Jesse Donnenwerth
Athletic Trainer



Keith Doolan
Athletic Trainer



Jimmy Lawrence
Athletic Trainer



Megan Rittler
Athletic Trainer



Mark Piechoski
Physical Therapist



Aaron Gresham
Brace Consultant

Videography

Giving Players and Coaches an Edge in Preparation



Coach Curt Newsome goes over video with a player.

College football keeps getting more and more competitive, and each school is looking for something that will give it an advantage. While star athletes, weight training and practice make a big difference, Virginia Tech has something that puts it over the top — XOS Technology 7.0.

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

The Tech video department, under the direction of Kevin Hicks, has one of the top 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. When on the road, coaches and players can use laptop computers to watch video away from the Merryman Center.

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

Here's how the system works.

Tape is gathered with video of opponents' games, Tech games and practices. Each play is

labeled in terms of down, distance, formation, protection, play result and 15 other factors.

This information, matched alongside 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 the coaches' meeting rooms, they can instantaneously have video footage of any scenario that they can dream up of Tech opponents or the Hokies themselves.

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 with an ACE backfield? 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.

"It's been a great tool," says Tech defensive coordinator Bud Foster. "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 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," video coordinator Tom 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."



Kevin Hicks

Director of Video Operations

Kevin Hicks is in his ninth year in the Virginia 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. He is constantly working to make sure Tech has state-of-the-art video equipment.

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

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, allowing players or coaches to access the footage any time they want. 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 gives the coaches access to plays they need.

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 Louisville in last year's Gator Bowl. In the days leading up to the game, coaches were given laptops by the videography department that contained hours of Louisville 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 Louisville 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."

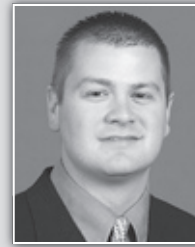
While the practice video is great for players and coaches, fans are also reaping the benefits of the video department's hard work. HokieVision was added six seasons ago to the delight of fans.

Did you miss that acrobatic touchdown grab by Eddie Royal or that big hit Vince Hall 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 HokieVision crew uses five cameras to cover all of the action in Lane Stadium, along



Tom Booth
Video Coordinator



Brian Walls
Asst. Video Coordinator



Jed Castro
Asst. Video Coordinator

with four replay machines to help out with the operation of the video scoreboards. The videography department also has four editing stations that aid in editing and production of in-game entertainment. The video staff produces and directs the games from the control room in the Merryman Athletic Center. Before the 2005 season, the control room was completely revamped to coincide with the installation of a new 16:9 video board that provides larger-than-life replays. The control room is completely digital, providing a better, clearer and more reliable picture than ever before.

There has been nothing but positive reaction to the 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. Fans love to see themselves on the board," Booth says.

In addition to Hicks and Booth, Brian Walls and Jed Castro also work full-time in the video department. There are six undergraduate student assistants: Michael Russell, Megan Caliguri, Laura Prangley, Amanda Totten, Kevin Sanders and Stephanie Bartholic; and graduate assistants Eric Frey and Jeremy Daniel. Eight to 10 other people are hired on a game-by-game basis to work with the video board during football season.

The video staff mans the control room in the Merryman Center office.



ISP 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 other radio programming including The Advance Auto Parts Hokie Hotline, a two-hour radio talk show featuring Roth, Tech coach Frank Beamer, Director of Athletics Jim Weaver, and various assistant coaches every Monday night. The Davenport Virginia Tech Sports Quiz, a daily two-minute program, airs on radio stations every weekday from August through March.

ISP Sports Gameday Broadcast Schedule

Davenport & Company College Football Digest — The network's radio coverage begins 90 minutes prior to kickoff. The program features Tech Director of Athletics Jim Weaver and other guests who preview the day in college football.

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, late-breaking news, and features such as Great Moments in Virginia Tech History presented by the University Bookstore, The Kroger Roth Report, Ford Inside Scoop, and ACC Traditions presented by Virginia Farm Bureau Insurance.



Bill Roth and Mike Burnop

The Game Broadcast presented by the Virginia Lottery — 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 through 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, and game highlights.

Roth — a six-time winner of Virginia's Sportscaster of the Year Award — is in his 19th 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.

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.

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

Former Virginia Tech tight end Mike Burnop is serving his 24th 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 has shown 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, several Tech games will be aired on the American Forces Radio Network to U.S. Military personnel and their dependents throughout the world. In addition, Tech games can be heard on XM Satellite Radio.

ISP Sports Television programming includes Virginia Tech Sports Today, a weekly 30-minute program which is seen every Sunday on a network of TV stations and cable networks throughout the mid-Atlantic region. The program features highlights of every Virginia Tech game, features and interviews with Tech players and coaches.

The Hokie Playback is a weekly television re-broadcast of Virginia Tech home football games. The telecasts will be shown on Comcast SportsNet every Sunday afternoon at 12:30 p.m. and on WDBJ-TV in Roanoke Sunday nights at 11:30 p.m. Hokie Playback will also air on WDBJ's digital station 7.2/Channel 25 on Tuesday, Wednesday, and Friday evenings at 11 p.m.

Virginia Tech ISP Sports Network 2006 Football Affiliates

Abingdon	WFHG-FM	92.7	FM	Onley	WESR-AM	1330	AM
Blacksburg	WBRW-FM	105.3	FM	Onley	WESR-FM	103.3	FM
Blackstone	WBBC-FM	93.5	FM	Richlands	WGTH-AM	540	AM
Bluefield, WV	WKQY-FM	100.9	FM	Richlands	WGTH-FM	105.5	FM
Bristol	WFHG-AM	980	AM	Richmond	WRNL-AM	910	AM
Charlottesville	WKAV-AM	1400	AM	Richmond	WRVA-AM	1140	AM*
Clifton Forge	WXCF-AM	1230	AM	Roanoke	WZBL-FM	104.9	FM
Clifton Forge	WXCF-FM	103.9	FM	Tazewell	WKQY-FM	100.1	FM
Clintwood	WDIC-FM	92.1	FM	Warsaw	WNNT-AM	690	AM
Fredericksburg	WGRQ-FM	95.9	FM	Warsaw	WNNT-FM	100.9	FM
Galax	WWWJ-AM	1360	AM	Washington, DC	WTEM-AM	980	AM
Gate City	WGAT-AM	1050	AM	Winchester	WINC-AM	1400	AM
Harrisonburg	WMXH-FM	105.7	FM	Wytheville	WXBX-FM	95.3	FM
Lebanon	WLRV-AM	1380	AM				
Leesburg	WAGE-AM	1200	AM				
Lynchburg	WLNI-FM	105.9	FM				
Marion	WZVA-FM	103.5	FM				
Martinsville	WMVA-AM	1450	AM				
Norfolk	WNIS-AM	790	AM				

XM RADIO: Follow ACC Football on Channels 191-194.
YAHOO: Hear the Hokies at yahoo.com.

*-station will carry night games only.

ISP Sports, a national leader in the collegiate sports marketing industry, is in its 11th 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 promotions, along with print and Internet advertising.

The partnership between ISP Sports and Virginia Tech Athletics is ongoing. In November 2002, the two sides reached an agreement to extend their relationship through April 2008.

"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."

ISP, which is based in Winston-Salem, N.C., was founded in 1992 by Sutton.

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 two-hour 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 and basketball seasons are other very popular items 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 and basketball game programs and the official athletics newspaper (*hokiesports the newspaper*). ISP Sports is your corporate connection to Virginia Tech athletics!



Josh Bullock, Rick Barakat, Bill Roth, Mike Burnop, Jeff Shumate and Josh Tessar.

ISP Sports – Virginia Tech Staff

- Rick Barakat is in his third year with ISP, serving as assistant vice president and general manager for the company's Virginia Tech property. Prior to 2006, Barakat served as associate general manager for ISP at Virginia Tech. His duties include sponsorship sales and development, daily office management and serving as the primary liaison with the Tech Athletics Department administration. Barakat is a graduate of the University of North Carolina and holds a master's in sports management from the University of Georgia.

- Josh Bullock is in his third year with the Virginia Tech staff, having accepted his position as an associate general manager in April of 2004. He came 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. Bullock is a graduate of UK with a degree in sport management.

- Jeff Shumate is in his first year with the Virginia Tech staff. As an assistant general manager, Jeff will assist in all aspects of sales, sponsorship fulfillment and management of the property. Prior to ISP, Jeff was an area marketing manager for Nextel Partners based in Roanoke, where he worked with Nextel's sponsorship of the NASCAR Nextel Cup Series. Overall, he has 17 years of sales and marketing experience. Jeff is a graduate of the University of North Carolina.

- Josh Tessar rejoined the staff at Virginia Tech as an account executive in 2006 after working on the ISP Sports Houston team for over a year. Josh first gained experience as an intern on the ISP Sports staff at Virginia Tech. While an undergraduate at Tech, he also assisted with ticket sales promotions in the athletics marketing department. Josh earned a bachelor of science degree in sociology at Tech.

- Chris Ferris, a 15-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 tenth 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 six years ago and works in developing relationships with both current and prospective radio stations.

Virginia Tech Sports Today Affiliates

(as of June 1, 2006)

WDBJ-TV	Roanoke, Va.	Ch. 7	11 a.m.	
WDBJ-TV	Roanoke, Va.	Ch. 7.2	10 a.m.	<i>Virginia Tech Sports Today</i>
WAVY-TV	Norfolk, Va.	Ch. 10	Noon	<i>can be seen</i>
WRIC-TV	Richmond, Va.	Ch. 8	Noon	<i>every Sunday</i>
WVVA-TV	Bluefield, Va.	Ch. 6	Noon	<i>on a network</i>
WCYB-TV	Bristol, Va.	Ch. 5	9:30 a.m.	<i>of television</i>
WHSV-TV	Harrisonburg, Va.	Ch. 3	Noon	<i>stations</i>
WJZY-TV	Charlotte, N.C.	Ch. 46	10 a.m.	<i>throughout the</i>
WRAZ-TV	Raleigh, N.C.	Ch. 50	11:30 a.m.	<i>Mid-Atlantic</i>
WGFX-TV	Greensboro, N.C.	Ch. 16	1 p.m.	<i>region.</i>
News 8	Washington, D.C.	Ch. 8	10 a.m.	
Comcast Sportsnet		Cable	Noon	

The Hokie Playback — See the game again! With Hokie Playback, Tech fans can see the re-broadcast of at least six Virginia Tech home games Sunday afternoons on Comcast SportsNet at 12:30 p.m., and on WBDJ-7 in Roanoke, Va. At 11:30 p.m. In addition, Hokie Playback can be seen on WBDJ's digital station 7.2/Channel 25 on Tuesday, Wednesday, and Friday nights at 11 p.m.

ISP is the exclusive worldwide multi-media rightsholder for Auburn, UAB, Baylor, Boston College, BYU, CAL, UCLA, UCF, Cincinnati, East Carolina, Georgia Tech, Houston, Marshall, Ohio, Pittsburgh, Southern Mississippi, Syracuse, Tulane, University of Texas El Paso, Vanderbilt, Villanova, Virginia Tech and Wake Forest. ISP additionally is a joint venture partner with Learfield Communications as the multi-media rightsholder for the University of Alabama, Clemson, Georgia, Miami, Washington and South Carolina athletic programs.

hokiesports.com

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 six official Virginia Tech athletics auxiliary sites. These include hokiephotos.com, 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*.

hokiephotos.com allows fans to purchase select athletics

department photos of some of the most memorable athletes and moments in Virginia Tech history. hokieTV.com provides streaming video clips that are exclusive to the site. One-of-a-kind coach and player interviews as well as video coverage of events are available.



Damian Salas

hokietv.com broadcasts the weekly Hokie Hotline radio show, football media conferences and postgame interviews in the live streaming format for the 2006 season.

hokietickets.com contains links and updates about tickets for Hokie athletics events, while the

popular hokiepages.com provides the user with great wallpapers to add to their computers, extra photo scrapbooks, on-line greeting

cards and many new features which change every day.

On the main site, hokiesports.com, one can find an array of information on Tech athletics. 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, providing the fastest, most complete source for Hokie news on the Web. Other offerings include individual home pages for each Virginia Tech sport. Breaking news and archived releases 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 rosters with links to

player bios, schedules and results, as well as conference standings. With fast "live stats," fans can view home football, men's and women's basketball, baseball, softball, lacrosse, men's and women's tennis, men's and women's soccer, volleyball and wrestling stats as they happen via the Web.

The in-house site, celebrating its tenth anniversary, was first launched on July 1, 1996. This past year, hokiesports.com has averaged more than two million page views and over 700,000 visitors per month. In a recent survey of ACC official websites, hokiesports.com ranked 2nd in average page views per month and unique visitors per month.

The site is managed and designed by Damian Salas, director and webmaster. Student interns and workers assist with the site.

hokiesports the newspaper

In-House Publication Provides In-Depth Coverage

Tech enjoyed its second season in the ACC and one entity brought fans coverage of all 21 sports every step of the way — *hokiesports the newspaper*.

But then, the newspaper has been serving Tech fans for more than 20 years. Formerly *The Hokie Huddler*, the idea of a newspaper 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.

Today, there are more than 7,500 devoted subscribers to the print version, and more than 100 registered for the on-line version of the paper, which became available to Hokie fans in the fall of 2000. *hokiesports the newspaper* is a colorful publication that is printed 33 times per year (weekly during football and basketball seasons and bi-monthly during the spring). The newspaper consists of the ever-popular "Inside Tech Sports" section, which is a page of short notes on the latest events within the Tech athletics department. 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.

The 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.

Jimmy Robertson, a 1994 graduate of Roanoke College, serves as the editor of the publication. Robertson has been the editor for 10 years and has won four national awards, including two in 2004 when his feature on former Tech tailback Kevin Jones was voted the "Best

Football Feature" by the College Sports Publisher's Association and his story on international student-athletes was voted the "Best Olympic Sports Feature" by CSPA.

Matt Spiers, a native of Richmond and a 2000 graduate of Virginia Tech, has been the assistant editor since 2000 and handles the layout and design of the publication, while also covering women's basketball and writing features. Veteran photographer David Knachel, who began working on the paper in 1985, takes all the photos and designs the cover for each issue. Bill Roth, the Voice of the Hokies, is a weekly guest columnist.



Jimmy Robertson



Matt Spiers

For the printed version of *hokiesports the newspaper*, 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.

Virginia Tech Athletic Fund

Hokie Club Works to Keep Tech's Momentum Building

Virginia Tech's second season in the ACC was successful, both in competition and fundraising. Donors gave a record \$24 million in support of the athletics program. The Hokie Club is charged with raising funds to support the scholarship, capital and programmatic needs of the Athletics Department.

"Virginia Tech's high national profile in football continues to motivate our fans in their support of the program. They are proud that their football team has been to bowl games in each of the last 13 years, including four BCS games. Being a member of the ACC has also added momentum to our fund raising efforts," said Lu Merritt, who has served as director of the Athletic Fund since 1994.

Donors make gifts in outright forms such as cash and real estate, or through planned or deferred gifts such as a will or retirement plan.

The Athletic Fund is proud of its staff and its volunteers who help ensure that 65 Hokie Clubs throughout the region continue

their active efforts to support and promote athletics at Virginia Tech.

Renny Lynch of Roanoke, Va., is the current president of the Athletic Fund and R.T. Avery of Richmond, Va., is the vice president.

www.hokieclub.com

The Hokie Club's own Web page with Hokie Club information

Phone: (540) 231-6618
Fax: (540) 231-3260



The Hokie Club staff: (front, l to r) Brandy Bratton, Sharon Linkous, Jane Broadwater, Lu Merritt, Vicky Moore, Johnny Hoehn, Dana Partin; (back, l to r) Terry Bolt, Scott Davis, David Everett, Brian Thornburg, John Moody and Diana Fain.

The Monogram Club

Staying Connected with Former Teammates and Coaches

Virginia Tech's student-athletes hold a special place at the university, even after their playing days are over. That is why the Tech Athletics Department created the Virginia Tech Monogram Club, an organization that caters to former athletes, trainers and managers.

Current athletics director Jim Weaver resurrected the Monogram Club in 1998 and has added several advantages for former athletes. He hired former track and field coach Russ Whitenack in 2001 and Whitenack has guided the Club to new prominence.



Russ Whitenack

Under his leadership, the Club has begun serving as the host for tailgates prior to most home football games and bowl games.

During the weekend of the Spring Game, the Monogram Club holds a golf tournament and several socials for members and their families. Whitenack also organizes many team and sport reunions as part of his role.

Club members also receive several other benefits. Each member receives a complimentary subscription to *hokiesports the newspaper*. Additionally, the Monogram Club

receives an allotment of 100 tickets for each home football game that they can sell on a first-come, first-serve basis. For many games, Club members are the only people who can buy individual game tickets.

Just recently, the Monogram Club finished work on a new website for its members — www.virginiatechmonogramclub.com. This site offers several new features such as selling tickets, signing up for tailgates and reunions, or searching for the addresses of former teammates, among other things.

All the former athletes registered with the Monogram Club get invitations to Virginia Tech Athletics reunions.

These added perks have naturally translated into larger membership numbers for the Club. However, Whitenack wants to see those numbers continue to grow, particularly among recent graduates. A one-year membership costs \$40. A five-year membership costs \$160, and a lifetime membership costs \$800.

So if you are a former Hokie athlete, trainer or manager, contact Whitenack to join the Monogram Club at 540-231-9156 or rwhitenack@vt.edu. It is one of the best values in Tech athletics, and it is the department's way to keep saying thank you for your service to the university.

NCAA 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. For NCAA rules purposes, you become a prospective student-athlete once you have started classes for the ninth grade.
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. A booster may not solicit your enrollment in any manner (no phone calls, letters or in-person encounters).
5. It is not permissible for you (or your family) to 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 any college.
6. A "contact" is any off-campus, face-to-face encounter between you or your parent(s) or legal guardian and a member of a college coaching staff during which any dialogue occurs beyond an exchange of greeting. NCAA rules do not permit contacts until July 1 prior to a prospect's senior year.
7. An "evaluation" is any off-campus activity by a member of a college coaching staff 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.
8. For most sports, phone calls to you from college coaches may begin at the start of your junior year in high school. Men's basketball coaches may call a little sooner: June 15 prior to the junior year they may begin making one call per week to each prospect or the prospect's family. Women's basketball coaches may not call a prospect or the prospect's family until April of the prospect's junior year (one call per month is permitted during April, May, and June). Football coaches may not call a prospect or the prospect's family until the month of May near the end of the prospect's junior year (one call in the month of May is permitted).

Following the completion of the prospect's junior year, regular calls may begin – not to exceed one per week – on the following dates: June 21 (women's basketball), July 1 (all other sports), or September 1 (football). The men's basketball staff is permitted two calls per week beginning on July 1 after the junior year, and continuing throughout the senior year.

If you are a prospect, unlimited calls to you or your family may be made under the following circumstances:

- During the five days immediately before your official (paid) visit to a collegiate institution;
- 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 athletics departments are permitted to utilize a toll-free number to receive telephone calls from you (or your family) on or after July 1 following your junior year.

9. Letters to you from coaches 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. These following materials must be sent via regular first-class mail service:
 - 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 "Official Visit" is a visit by a prospect to a college where the college pays for some or all of the prospect's expenses. These expenses may include transportation, lodging, meals, and/or entertainment. Official Visits are permissible once a prospect has started senior classes.

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.

Compliance Office Staff



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