



*Academics and athletics go hand-in-hand at Virginia Tech, and student-athletes have opportunities to achieve their goals both on and off the field*

*Carlton Powell has earned a bachelor's degree from Virginia Tech and plays tackle for the Hokies' top-ranked defense.*

*Building the*  
**MIND & BODY**



# We Are Virginia Tech

*A Proud University Inventing the Future!*

Beginning in 1872 with 132 students and two programs of study, Virginia Polytechnic Institute and State University, popularly known as Virginia Tech, has evolved into a comprehensive university of national and international prominence. With about 26,000 full-time students in Blacksburg and more than 2,000 other students statewide, the university produces world-class scholarship in a challenging academic environment. University tradition is firmly rooted in our motto, *Ut Prosim* (That I May Serve), and our historic land-grant mission is brought to life through learning, discovery, and engagement.

## Learning

Virginia Tech's challenging academic standards attract high-achieving students. Our eight colleges (Agriculture & Life Sciences, Architecture & Urban Studies, Engineering, Liberal Arts & Human Sciences, Natural Resources, Pamplin Business, Science and Virginia-Maryland Regional College of Veterinary Medicine) and Graduate School offer more degree programs than any other university in the state. Virginia Tech is one of the

nation's leaders in developing and using instructional technologies. More than 85 percent of our departments offer e-learning courses, which have attracted more than 96,000 enrollments (credit and noncredit) since 1998. During this time, more than 3,500 different courses have been offered by more than 700 different faculty members.

## Discovery

The university's groundbreaking research transforms lives and communities. With annual research expenditures of nearly \$322 million, Virginia Tech is ranked 56th among research universities in the United States. The university, which has more than 100 research centers, also consistently ranks among the top institutions in industry-supported research and near the top 10 in the number of patents issued each year. The university's nationally and internationally recognized faculty and motivated students are involved in more than 3,500 research projects in fields ranging from biotechnology to materials, from the environment and energy to food and human health and from transportation to computing information.

## Engagement

As part of our outreach mission and in adherence to our motto, we serve and engage the citizens of the commonwealth, the nation and the world. Virginia Tech is involved in a multitude of economic and community development projects. These efforts focus on education and the dissemination of knowledge to the global society in which we live.

Professionals, organizations and communities tap Virginia Tech's vast resources, expertise and research results through hundreds of continuing and professional education programs and five campus centers. Virginia Tech has a long history of providing innovative distance-learning techniques to meet the various needs of working adults and other nontraditional students.

The Inn at Virginia Tech & Skelton Conference Center on campus and The Hotel Roanoke & Conference Center in Roanoke, both owned by Virginia Tech, support the university's outreach mission by working with faculty to plan and host conferences and continuing education and professional programs.

## At a Glance

- Located in Blacksburg, Virginia
- Eight colleges and Graduate School
- 60 bachelor's degree programs
- Approximately 140 master's and doctoral degree programs
- About 28,000 students, most full-time
- 16:1 student-faculty ratio
- Main campus includes more than 100 buildings, 2,600 acres, and an airport
- Computing and communications complex for worldwide information access
- Ranked 56th in university research expenditures in the United States
- Has adjacent Corporate Research Center

Virginia Tech manages more than \$30 million in funded economic development projects in 27 countries and encourages faculty members to develop global course content and study abroad opportunities for students. In 2006-07, about 1,850 students from more than 100 foreign countries studied at Tech, while more than 800 Virginia Tech students studied abroad.

Virginia Cooperative Extension, operated jointly in the commonwealth by Virginia Tech and Virginia State University, has been helping people improve their economic, cultural, and social well being for more than 90 years. With 107 city/county offices, tens of thousands of volunteers, and programs across the state, Extension reaches and teaches millions of Virginians annually.



*Beautiful Burruss Hall, located at the center of the Drill Field, houses the university's administration offices as well as undergraduate admissions.*

# VIRGINIA TECH

## Interesting Facts and Figures

- The university's annual budget is about \$970 million.
- Virginia Tech has about 198,000 living alumni from every state and about 100 countries.
- All campus facilities, including residence halls, have high-speed connections to voice, data and video communications.
- Virginia Tech is one of three public universities in the country that offers the combined advantages of a military-style leadership development program — here it is through the Virginia Tech Corps of Cadets — and a traditional academic and social life.
- *U.S. News & World Report* ranked Virginia Tech's undergraduate program 34th among national public universities. Of all universities — public or private — it ranked Tech 77th.
- *Kiplinger Magazine* ranked Virginia Tech the 20th-best value in public higher education in the nation.
- The National Science Foundation ranked Tech 11th in the nation in agricultural and natural resources research expenditures.
- The university's undergraduate engineering program is 17th among the nation's engineering schools and eighth among public universities, according to *U.S. News & World Report*. Seven individual programs ranked in the top 25.
- *U.S. News & World Report* ranked the College of Engineering's graduate program 30th nationally, with seven individual programs in the top 30.
- The Corporate Research Center was cited for best practice of technology transfer in a national study.
- The Pamplin College of Business undergraduate program was ranked 37th in the nation and 22nd among public schools in the latest *U.S. News & World Report* rankings. The M.B.A. program was rated 63rd in the world by *Financial Times*.
- Virginia Tech consistently ranks among the top 15 schools in the nation in number of patents received.
- In its 2007 report, *DesignIntelligence*, the only national college ranking survey focused exclusively on design, ranked Virginia Tech's undergraduate architecture program fourth nationally and first among public universities. It also ranked the university's undergraduate interior design program seventh in the nation. In addition, it ranked the graduate architecture program 10th in the nation and the graduate interior design program fifth.



Most of the older buildings on the Virginia Tech campus are made of Hokie Stone, and the new structures are being built utilizing the local limestone as well.



# Student Athlete Academic Support Services

*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 will be a school-best 76 percent for 2007, with the football program leading the way with an 80 percent rate. This marks the fourth time in the last six 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 2007 graduation rate, Tech has a 75 percent graduation

rate as compared to the 60 percent national average. Tech has received honorable mention accolades for the AFCA Academic Achievement Award in three of the past four years.

In addition to posting impressive graduation figures, current Virginia Tech student-athletes continue to excel in the classroom. For the 2006 calendar year, 449 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 abilities and achievements are 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



*Colin Howlett helps Sam Wheeler organize his work in a computer lab at the SAASS offices in Lane Stadium, which is also the site of Tech's graduation ceremony (above).*



will allow them to maximize their academic potential.

The Virginia Tech SAASS 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.

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 moved to the West Side of Lane Stadium. Here, student-athletes have access to state-of-the-art technology, quiet study facilities, individualized tutorial rooms, and direct access to the SAASS staff. This complex is the focal point for the Athletics Department, both aesthetically and pragmatically, and provides 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

Together, these spaces provide the student-athletes 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

*Director of Student Athlete Academic Support Services*

Beginning his ninth 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, three interns 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.

Chris Helms, in his ninth 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 11th 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 athletics department.

Some of his other experiences 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 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 ninth year and works with the men's and women's basketball, men's and women's cross country and

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*Sarah Armstrong and Jason Worilds discuss his latest assignments.*

SAASS — continued from previous page

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 third year as a full-time member of the SAASS staff. Armstrong has undergraduate and graduate degrees from Virginia Tech and previously served as an intern in the SAASS office. 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 sixth year with SAASS 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 third year with SAASS and works 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.

Dr. Peggy Weiss and Melissa Daigneault serve as the learning specialists for the SAASS unit and have developed the Learning Assistance Program to help support student athletes and teach them more effective ways to study and perform well academically. Weiss and Daigneault 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 third 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 33rd year of service at Virginia Tech. She serves as the office secretary and "first contact" person for 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



**Melissa Daigneault**  
Learning Specialist



**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 Tommy Regan and Chris Mayer.

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 Regan and Mayer are graduates of Virginia Tech.

*Tommy Regan (standing) and Chris Mayer keep the department's computers running smoothly.*



# Athletics Office of Student Life

## *Assisting in the Development of the Total Person*

Led by the Virginia Tech Student Athlete Advisory Committee, Hokie student-athletes volunteered over 1,400 hours in the local community in the past year. In addition, over 400 Virginia Tech student-athletes earned a 3.00 grade point average during one or both semesters in 2006. The accomplishments are even more amazing in the context of the 2006-2007 athletic seasons being some of the most successful in Virginia Tech history.

The Virginia Tech Athletics Office of Student Life is under the direction of Megan Armbruster. Patricia Lovett, who came to Tech from Murray State,

is the Coordinator of Student Life. The programs and services implemented by the Virginia Tech Athletics Office of Student Life are inspired by the NCAA/CHAMPS Life Skills Program. The program was honored for its commitment to serving the good of the student-athletes by the Division I-A Athletic Director's Association as a Program of Excellence.

### **Student Athlete Advisory Committee**

Both Armbruster and Lovett co-advise the Virginia Tech Student Athlete Advisory Committee (SAAC). Two members of each sport team serve on SAAC each academic year.

The leadership team during 2006-2007 was Lindsay Pieper, lacrosse, president; Coleman Collin, men's basketball, vice-president and Samantha Ference, women's cross country, secretary. Highlights of the 2006-2007 SAAC include the first student-athlete formal dance in January, a toy drive competition among the sports teams for the Montgomery County Christmas store collecting over 1,200 toys, a canned food drive competition versus University of Virginia's SAAC (donating over 4,000 canned foods to the local food banks) and participating in Virginia Tech's Relay for Life. For the first time in school history, SAAC has sponsored two members on Homecoming Court – Bryan Collier (men's soccer) and Jessica Botzum (women's swimming and diving).

### **Personal Development**

Virginia Tech student-athletes welcomed Michael Franzese to campus in November. Franzese, the son of a kingpin in New York's Columbo crime family, talked to student-athletes about the downfalls of gambling and the importance of integrity in themselves, their athletics and their community. As in past years, the Virginia Tech football team invited 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, sport psychology, drug and alcohol education, sports agent relations, gambling and healthy relationships.

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**Megan Armbruster**  
*Director of Student Life*

Megan Armbruster is in her fifth 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 co-

advisor for the Virginia Tech Student Athlete Advisory Committee. She also nominates student-athletes for academic honors and awards. Under Armbruster's direction, the Virginia Tech Athletics Office of Student Life was recognized by the Division I-A Athletic Director's Association with the 2006 Program of Excellence Award.

Armbruster serves on a variety of campus committees including the Sexual Violence Prevention Committee, Virginia Tech Campus Climate Team, Virginia Tech Alcohol Task Force, Virginia Tech Orientation Planning Committee and Hokie Hi Welcome Back Planning Committee. Armbruster was a teacher for new NCAA Life Skills programs at the 2006 Life Skills Orientation Conference in Savannah, Ga. She will be a mentor for three new Life Skills programs at Concord University, Manhattan College and University of Maryland, Eastern Shore during the 2007-2008 academic year.

In 2005, 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.



**Patricia Lovett**  
*Coordinator of Student Life*



*Eddie Royal joined other Hokie football players spreading holiday cheer at the Carillion Pediatric Christmas party in December 2006.*

*Student Life —  
continued from  
previous page*

**Career Development**

Virginia Tech student-athletes are savoring their collegiate athletic experiences with the understanding that upon graduation, they will need to have a job secured. Armbruster and Lovett work with Becca Scott in the Virginia Tech Career Services Center to create programs designed to teach student-athletes why they are much sought after for their transferable skills (resiliency, time-management, teamwork, competitiveness, ambition).

For the first time, student-athletes had the opportunity to participate in a mock interview night with company representatives from Wolseley North America, Northwestern Mutual Finance and Newell Rubbermaid. In addition to the mock interview night, student-athletes are offered workshops on topics such as resumé design, career fair etiquette, interview attire and mini-career fairs. Student-athletes are encouraged to participate in on-campus interviewing and eRecruiting along with securing internships and co-ops during their college careers.

**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 2006 calendar year listed 449 student-athletes with this honor, a 20 percent increase from the 2005 calendar year. Fifty-six Hokie football players were named to the 2006 Athletic Director's Honor Roll.

Andrew Montgomery (men's cross country) and Jessica Botzum (women's swimming and diving) 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.

Mason Baggett was named to the 2006 Virginia Tech All-Academic Team for attaining the highest GPA in 2006 on the football team. Brandon Pace was named to the 2006 All-ACC Academic Football Team. The ACC also recognized Pace by naming him as a Weaver-James-Corrigan Honorary Award winner.

**Community Outreach**

As stated earlier, the Virginia Tech student-athletes were involved more than ever in the local community. Having volunteered over 1,400 hours in the schools, community groups and hospitals, the student-athletes are setting a high precedent for all involved with the program. Under the "Hokies with Heart" umbrella, each sports team has a community partner with which it volunteers time and hosts at a home match to honor the partnership program. In 2006-2007, the Virginia Tech football team partnered with the United Way of Montgomery, Radford and Floyd to raise funds for local programs and services. Football players helped kick off the annual campaign at the opening luncheon in the fall. Other players volunteered at the Radford/Fairlawn Daily Bread during Thanksgiving week — helping serve meals and maneuver heavy piles for the volunteers at the shelter. At the Chick-fil-A Bowl in Georgia, Hokie football players volunteered their time to Egleston Children's Hospital pediatric unit — spreading good will while in Atlanta.



*Brandon Frye and Ryan Hash visited Children's Nest Daycare the week of Homecoming 2006 for a Hokie pep rally.*



*The football team partners with the United Way, and helped out at Radford/Fairlawn Daily Bread Soup Kitchen last year.*

## 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, 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 14 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.

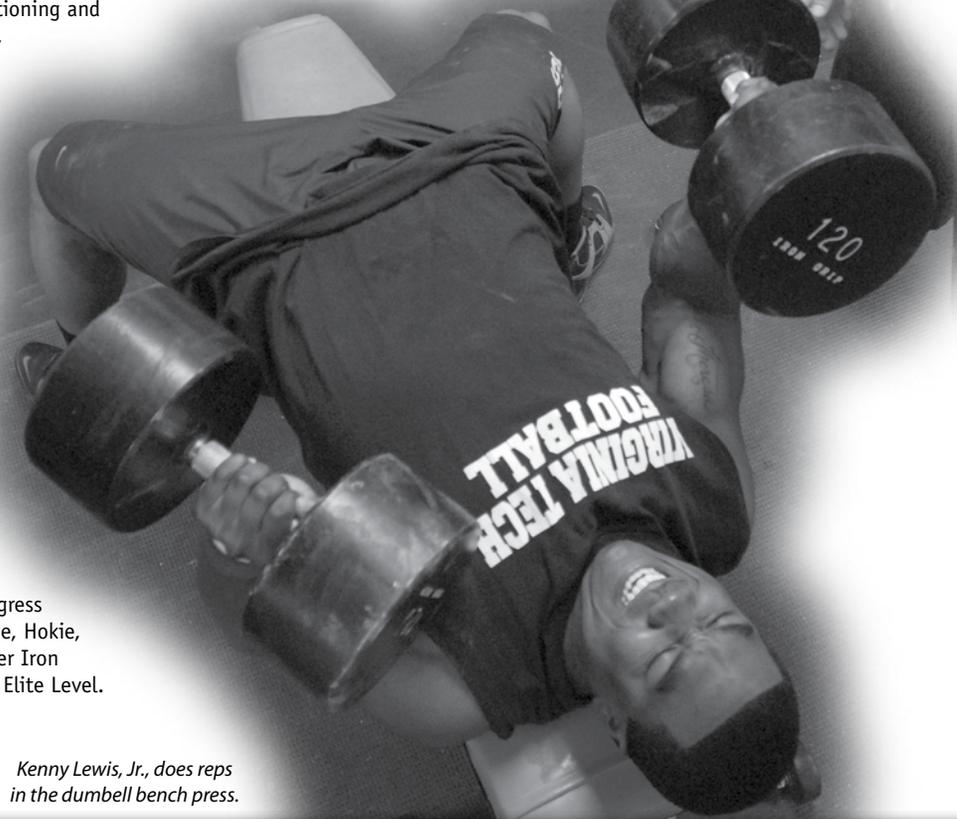
Each player has personal goals, which he works to achieve. The team is broken down into four groups based on positions relevant to the players' body size. The players work to progress from Maroon, Orange, Hokie, Iron Hokie and Super Iron Hokie status to the Elite Level.

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).

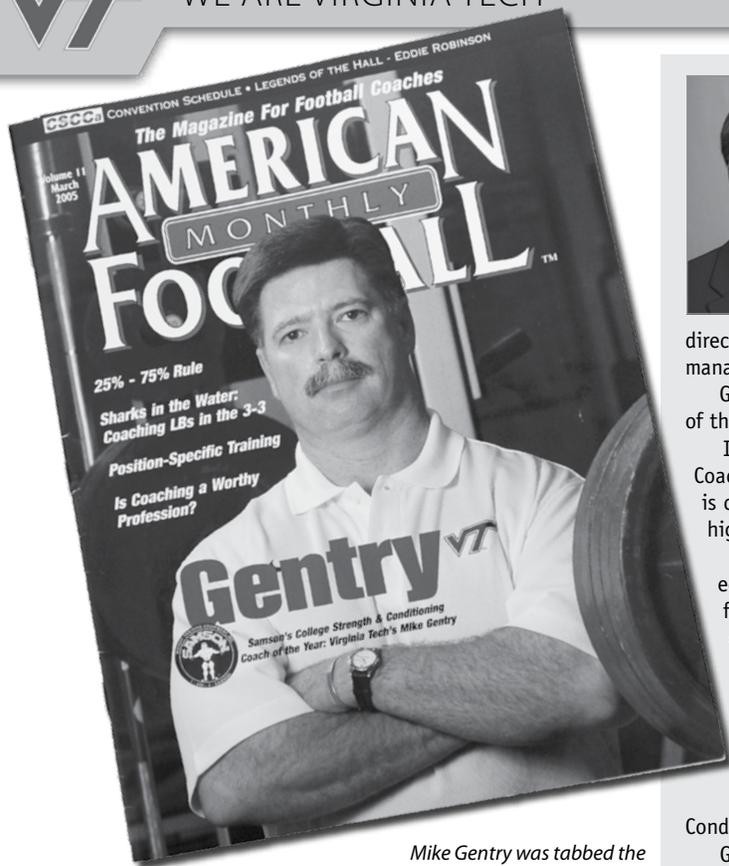
Assisting Gentry in the weight room this year are four full-time assistant strength and conditioning coaches. Terry Mitchell

is the assistant director of strength and conditioning. Former football players Jarrett Ferguson and Keith Short, as well as former Tech volleyball player Jamie Meyer, serve as coordinators for strength and conditioning.

Sam Brown, a former Virginia Military Institute football player, and former Hokie football player Mason Baggett are graduate assistants for football's strength and conditioning program.



*Kenny Lewis, Jr., does reps in the dumbbell bench press.*



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



**Dr. Mike Gentry**  
Assistant Athletics Director  
for Athletic Performance

Dr. Mike Gentry begins his 21st 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, 17. Gentry is married to the former Wendy Ann Williams.

### 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."*

### Virginia Tech Football Strength & Conditioning Records

*Bold type indicates records set in Spring 2007 testing*

POSITION	BENCH PRESS	BACK SQUAT	HANG CLEAN	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YD TIME
Tight Ends	D. Carter 420 '99	<b>G. Boone 595 '07</b>	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. Frye 705 '06	C. Andreadis 405 '96	J. Martin 360 '03	J. Martin 390 '05	W. Flowers 36" '96	B. Frye 4.74 '04
Offensive Guards	S. Render 480 '06	W. Boatwright 755 '91	C. Malone 390 '95	W. Montgomery 380 '04	W. Montgomery 410 '05	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>S. Glennon 375 '07</b>	B. Randall 575 '03	J. Druckenmiller 405 '96	S. Glennon 305 '05	B. Randall 331 '03	M. Vick 41.0" '00	M. Vick 4.25 '00
Fullbacks	W. Briggs 450 '01	D. Eastlick 600 '03	D. Perez 385 '05	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	<b>G. Bell 365 '07</b>	K. Jones 41.5" '03	L. Suggs 4.27 '00
Wide Receivers	E. Royal 365 '05	E. Wilford 555 '03	S. Scales 365 '97	J. Morgan 326 '06	E. Wilford 346 '03	M. Malone 42" '04	E. Royal 4.22 '06
Defensive Tackles	W. Jackson 475 '96	P. Moronta 700 '88	W. Jackson 405 '95	<b>K. Robertson 405 '07</b>	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	<b>D. Taylor 365 '07</b>	V. Robinson 40.5" '02	X. Adibi 4.41 '06
Whip Linebackers	J. Anderson 380 '03	J. Anderson 555 '05	M. McClung 345 '93	J. Anderson 326 '04	J. Anderson 356 '03	P. Summers 42" '98	R. Parker 4.33 '06
Rovers	C. Bird 400 '00	C. Bird 575 '00	J. Patton 331 '05	C. Bird 341 '01	C. Bird 390 '00	P. Prioleau 43.5" '97	P. Prioleau 4.39 '98
Cornerbacks	A. Banks 400 '96	R. Whitaker 555 '02	A. Banks 340 '96	J. Cheeseman 321 '06	L. Austin 341 '00	L. Austin 42.5" '00	D. Hall 4.15 '03
Free Safeties	T. Gray 370 '96	M. Daniels 550 '04	S. Rice 331 '89	DJ Parker 304 '06	K. McCadam 316 '00	C. Price 38.5" '06	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**
- Kenny Younger • fullback • 2007
  - Purnell Sturdivant • linebacker • 2007
  - 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

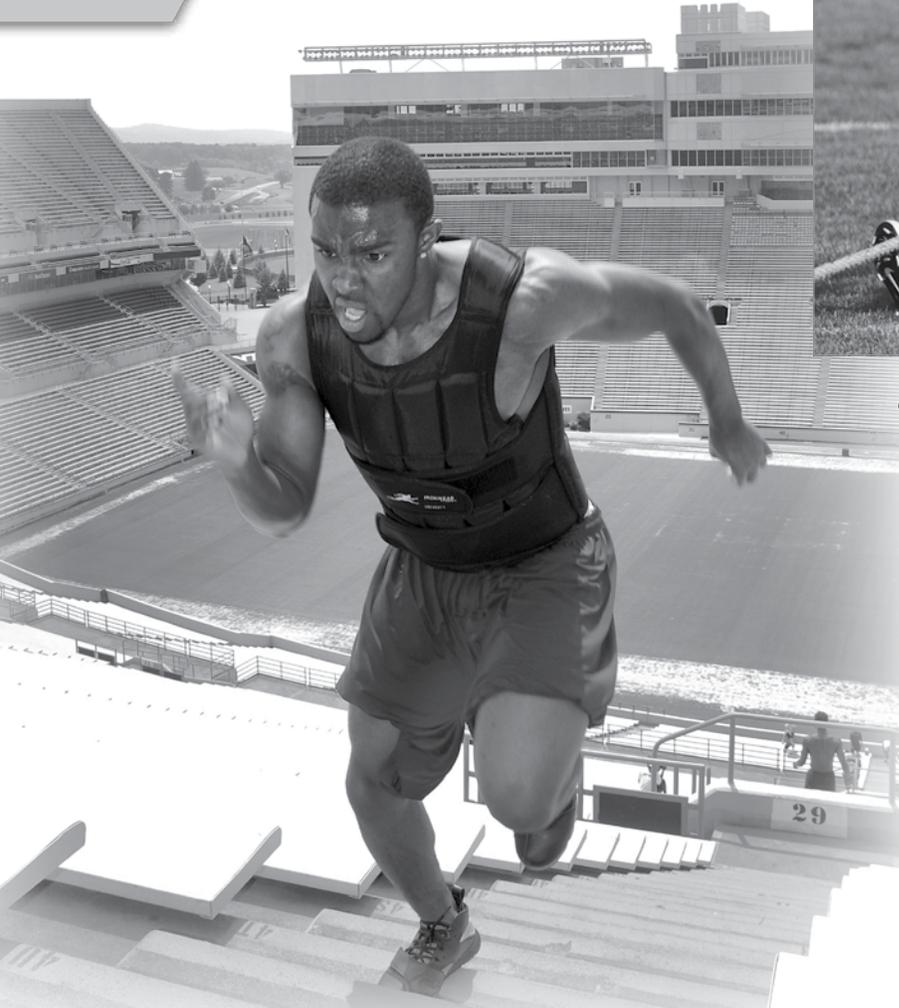


Aaron Brown (above), Chris Ellis (top) and Carlton Weatherford (right) have all seen the positive effects of Coach Mike Gentry's strength and conditioning program.

**Virginia Tech Football All-Time Elite Club**

*Bold type indicates records set in Spring 2007 testing*

BENCH PRESS	BACK SQUAT	POWER CLEAN	PUSH JERK	VERTICAL JUMP	40 YARD DASH
J. Grove 500 '03	W. Boatwright 755 '91	<b>K. Robertson 405 '07</b>	C. Burnette 405 '05	P. Prioleau 43.5 '97	D. Hall 4.15 '03
J. Redding 500 '99	B. Frye 705 '06	J. Allen 395 '05	W. Briggs 401 '01	L. Austin 42.5 '00	K. Burnell 4.21 '02
J. Meyers 480 '03	C. Burnette 700 '04	W. Montgomery 390 '05	J. Engelberger 401 '99	I. Charlton 42 '98	D. Russell 4.23 '90
A. Chamblee 475 '89	P. Moronta 700 '89	<b>D. Perez 380, '07</b>	W. Montgomery 391 '05	P. Summers 42 '98	M. Vick 4.25 '00
M. Udinski 475 '82	M. Lehr 700 '00	J. Grove 376 '00	C. Bird 390 '00	M. Malone 42 '04	L. Austin 4.26 '00
W. Jackson 475 '96	A. Nelson 700 '02	N. Adibi 366 '02	J. Martin 390 '05	K. Jones 41.5 '03	L. Suggs 4.27 '00
K. Short 460 '99	N. Marshman 690 '05	C. Beasley 361 '99	K. Short 387 '98	A. Midget 41.5 '97	Ma. Vick 4.28 '05
D. McGrath 460 '03	J. Redding 685 '99	J. Ferguson 360 '01	J. Baron 386 '95	G. Wilds 41.5 '02	T. Drakeford 4.28 '92
W. Montgomery 460 '05	T. Washington 680 '97	<b>M. Muncey 360 '07</b>	J. Petrovich 386 '93	J. Anderson 41.4 '04	A. Davis 4.29 '99
B. Gore 460 '06	R. Cockrell 670 '88	<b>D. Taylor 360 '07</b>	B. Smith 386 '84	M. Vick 41 '00	K. Jones 4.3 '03



Ike Whitaker (above), Devin Radford (left) and Hivera Green (below) execute some of the tasks Coach Mike Gentry and his staff come up with to keep strength and conditioning training and testing interesting.



### Super Iron Hokies

Todd Grantham ..... 1988  
 Malcolm Blacken ..... 1988  
 Horatio Moronta..... 1989  
 Myron Richardson..... 1989  
 Karl Borden ..... 1989,90  
 David Hackbirth..... 1989  
 Sean Lucas..... 1989  
 Frank Mooney.....1989,90  
 Scott Rice..... 1990  
 Marvin Arrington..... 1990  
 Al Chamblee..... 1990  
 Phil Bryant ..... 1991  
 William Boatwright..... 1991  
 Jon Jeffries..... 1991  
 Kirk Gray ..... 1991  
 Chris Peduzzi..... 1991,93,94  
 Jim Pyne ..... 1992,93  
 P.J. Preston ..... 1992,93  
 Hank Coleman ..... 1992,93  
 John Burke ..... 1992,93  
 Joe Swarm ..... 1992  
 Vernon Dozier..... 1992  
 George DelRicco ..... 1992,93,94,95  
 Rafael Williams ..... 1992,94,95  
 Jim Druckenmiller ..... 1993,94,95,96  
 Waverly Jackson..... 1994,95,96  
 Keith Gray..... 1994  
 Ken Oxendine ..... 1995,96,97  
 Jim Baron..... 1995  
 Danny Wheel ..... 1995,96,97  
 Antonio Banks ..... 1995,96  
 Myron Newsome..... 1996  
 Cornelius White ..... 1996

Billy Conaty ..... 1996  
 Torrian Gray ..... 1996  
 Steve Tate..... 1996,97  
 Brian Edmonds ..... 1996  
 Ryan Smith ..... 1996,97,98  
 Cory Bird ..... 1996,97,98,99,00  
 Gennaro DiNapoli ..... 1997  
 Corey Moore ..... 1997,98,99  
 Shawn Scales ..... 1997  
 Al Clark ..... 1997  
 Jason Buckland..... 1997  
 John Engelberger ..... 1997,99  
 Brad Baylor ..... 1997  
 Todd Washington ..... 1997  
 Brian Welch..... 1997,98,99,01  
 Wayne Briggs ..... 1997,98,99,00,01  
 Tyron Edmond ..... 1998  
 Josh Redding ..... 1998,99  
 Pierson Prioleau..... 1998  
 Carl Bradley ..... 1998,99  
 Daniel Nihipali ..... 1998,99  
 Terrell Parham ..... 1998,99,00,01  
 Rick Wright ..... 1998,99  
 Jarrett Ferguson ..... 1999,00,01  
 André Kendrick ..... 1999  
 Derrius Monroe ..... 1999  
 Matt Lehr..... 1999,00  
 Browning Wynn ..... 1999,00  
 Shyrone Stith ..... 1999  
 Ricky Hall..... 1999  
 Chad Beasley..... 1999  
 Jake Houseright..... 1999  
 Ike Charlton ..... 1999  
 Jake Grove ..... 1999,00

Mike Davis ..... 1999,00  
 Larry Austin ..... 2000,01  
 Tee Butler..... 2000  
 Dave Meyer ..... 2000  
 Marvin Urquhart..... 2000,01  
 Michael Vick..... 2000  
 André Davis..... 2000  
 Lee Suggs ..... 2000,01,02  
 Chris Buie ..... 2000,01,03  
 Ernest Wilford..... 2000,01,02,03  
 Josh Spence ..... 2000,01,02  
 Anthony Nelson ..... 2000,01,02  
 Keith Burnell..... 2001,02  
 Joe Wilson ..... 2001,02  
 Cols Colas ..... 2001,02,03  
 Vegas Robinson ..... 2001,02,03  
 Jason Lallis ..... 2001  
 Brandon Manning..... 2001,02,03,04  
 Bryan Randall..... 2002,03  
 Doug Easlick ..... 2002,03  
 Mikal Baagee..... 2002,03,04  
 Ken Keister ..... 2002  
 Kevin Jones ..... 2003  
 James Anderson..... 2002,03,04,05  
 Richard Johnson ..... 2002,03  
 Brandon Gore ..... 2003,04,05  
 Will Montgomery ..... 2003,04,05  
 Jesse Allen ..... 2003,04,05  
 Chris Clifton ..... 2003,04  
 Justin Hamilton ..... 2003,04,05  
 Nathaniel Adibi ..... 2003  
 Darryl Tapp ..... 2003,04  
 Nic Schmitt..... 2003,04,05,06  
 Jason Meyers..... 2003,04

Travis Conway ..... 2003,04  
 John Kinzer ..... 2003,04,05,06  
 Chris Burnette ..... 2004,05,06  
 Robert Parker ..... 2004  
 Jeff King ..... 2004,05  
 Omar Hashish ..... 2004,05  
 Nick Leeson ..... 2004,05  
 Brandon Frye..... 2005  
 Duane Brown..... 2005  
 John Candelas ..... 2004,05  
 Cedric Humes ..... 2005  
 Mike Imoh ..... 2005  
 Corey Gordon..... 2005,06,07  
 D.J. Walton ..... 2005  
 George Bell ..... 2004  
 Danny McGrath ..... 2005  
 Stevie Ray Lloyd ..... 2005  
 Marcus Vick..... 2005  
 Demetrius Taylor ..... 2005,06,07  
 Devin Perez ..... 2005,06,07  
 Greg Boone ..... 2005,06,07  
 Josh Morgan ..... 2005,06,07  
 Jimmy Martin ..... 2004,05  
 Carlton Weatherford..... 2006,07  
 Eddie Royal ..... 2006  
 Nick Marshman ..... 2006,07  
 Noland Burchette ..... 2006  
 Kenny Younger..... 2007  
 Josh Hyman ..... 2007  
 Zach Lockett ..... 2007  
 Kam Chancellor..... 2007  
 Joey Hall..... 2007  
 Purnell Sturdivant ..... 2007

## ATHLETIC PERFORMANCE

# Sport Psychology

## Helping Student-Athletes in All Aspects of Their Lives

Virginia Tech offers another important service to all of 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, said, "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 said. "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.

One of 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 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 said. "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 eighth 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.

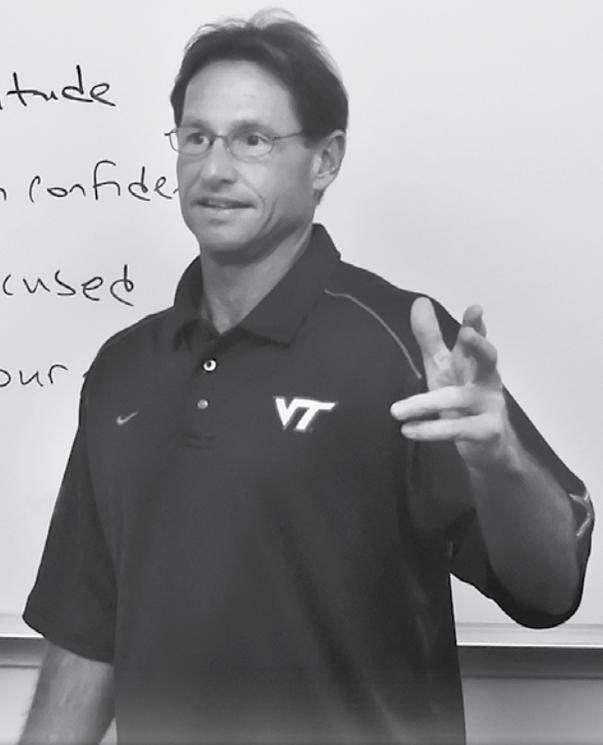
In athletics, Bennett also serves on the substance abuse committee and the planning committee for the "Summit for Student-Athlete Success" events. The 47-year-old also does work with various teams in the area of performance enhancement.

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. He is a member of the Association of Applied Sport Psychology, as well as the American Psychological Association's Division 47 (Exercise and 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 method Dr. Gary Bennett uses in working with 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 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 the athletes and me to get very specific on their nutritional, personal and sport-specific goals."

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



*Amy Freel plans the training table menus and helps student-athletes maintain proper nutrition for maximum performance.*

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 sixth 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 Dietitian 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.

Freel and her husband Mike, who live in Blacksburg, have three children, Ben (6), Matt (5) and Ashley (1), and are expecting their fourth child in early September.



*Amy Freel measures body composition with the BodPod.*

# Sports Medicine

*Providing the Hokies with Experienced, Professional Care*



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. Under the leadership of Mike Goforth, assistant director of athletics for athletic training, the department is constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

Their team of certified athletic trainers, orthopaedic surgeons, Board Certified primary care physicians, chiropractors, physical therapists, sport psychologists, nutritionists, massage therapists and orthotists are available on site to manage the health care needs of Tech athletes. The staff continually looks for ways to enhance the services provided for their athletes as evidence by their participation in local and national projects pertaining to related topics such as concussion management, prevention of antibiotic resistant types of staph infection, high ankle sprains and collegiate health care management strategies.

As part of the evolution, Tech recently completed its sixth 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 nearly doubles the size of the former Merryman Center facility. 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. The \$10 million Merryman Center includes 2,400 square feet of medical space and a physician's suite. The suite is equipped with a new state-of-the-art X-ray system, fluoroscopy unit and minor procedure room, while the training room has offices for the staff, dozens of training tables, two cold tubs, whirlpools, an underwater treadmill, a Biodes System 3 and various other pieces of rehabilitation equipment and treatment modalities.

In addition, a training room has been constructed in Rector Field House to serve the football team when it practices indoors and the Gordon Family Mobile Sports Medicine Unit is a new portable

*The Eddie Ferrell Memorial Training Room, under the supervision of Mike Goforth (right), is one of the best in college football.*

training room that can be transported to various venues.

"We, as a staff, are very pleased with our facilities 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 several projects with the engineering department and school of education, respectively.

"Our goal with this program is to formally provide our athletes with the most effective and efficient health care delivery system possible," Goforth said. "Our research 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, create collaboration between academic research and athletics."



In conjunction with Via College of Osteopathic Medicine and other research departments at Tech, the Sports Medicine Department has initiated several 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

*Continued on next page*

*Sports Medicine — continued from previous page*

Injury Evaluation in Real Time Sports Trauma), is an exciting new study that evaluates the forces generated in helmets during real-time events in football. The project is headed by Dr. Brolinson and Dr. 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 returning 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, 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. 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



**Mike Goforth**  
*Assistant A.D. for Athletic Training*

Mike Goforth, who was recently named assistant director of athletics for athletic training, is in his ninth 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, 10, and Luke, 6.



**Richard Stewart**  
*Athletic Trainer*

Richard Stewart returns to the Virginia Tech Sports Medicine staff to begin his first year as an athletic trainer with the football team. Stewart recently completed two years as a graduate assistant athletic trainer with the football team at Tech before

spending a semester working as an intern athletic trainer with the Baltimore Ravens and as an assistant athletic trainer for the Cologne Centurions of NFL Europa.

In 2005, Stewart received his bachelor's degree from Salisbury University and earned his master's of science and education from Virginia Tech in 2006.

A native of Baltimore, Md., Stewart is a NATABOC certified athletic trainer and is a licensed athletic trainer in the commonwealth of Virginia.



**Chad Hyatt**  
*Athletic Trainer*

Chad Hyatt begins his second year as an athletic trainer with the Virginia Tech 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 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.



**Katie Baer**  
*Athletic Trainer*



**Sean Collins**  
*Athletic Trainer*



**Keith Doolan**  
*Athletic Trainer*



**Jimmy Lawrence**  
*Athletic Trainer*



**Megan Rittler**  
*Athletic Trainer*

tool that is designed to show the athlete where their deficiencies lie," Goforth said.

A vital part of student-athlete medical services is access to the Montgomery Regional Hospital's SWVA Center for Orthopaedics and Schiffert Student Health Center. Both facilities are staffed with qualified physicians and staff, and have a wide variety of technologies designed to increase the level of care available to our athletes.

If physical therapy is needed, student-athletes can be seen by physical 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 Dr. Gary Bennett is available to all student-athletes for personal and performance issues. Team chiropractors, Dr. Greg Tilley and Dr. Dale Reynolds, provide Tech athletes with specialized treatment for spine-related conditions and



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

play 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. Jim LeBolt and Dr. Demian Yakel bring a wealth of experience and skills to assist when athletes need orthopaedic consultation for certain types of sports-related

injuries that occur from time to time.

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. This year, the staff will consist of three graduate assistant athletic trainers: Chase Troescher, Dan Preusser and Zach Wimmer.



**Marc Siegel, M.D.**

*Team Physician*

Marc Siegel enters his 20th 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.



**Gunnar Brolinson, D.O.**

*Team Physician*

Dr. Gunnar Brolinson enters his sixth 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.



**Dr. Jim Lebolt**  
*Orthopedic Physician*



**Dr. Mark Rogers**  
*Primary Care Physician*



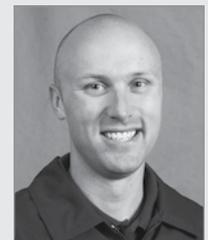
**Dr. Sarah McGinley**  
*Primary Care Physician*



**Dr. Greg Tilley**  
*Chiropractor*



**Dr. Dale Reynolds**  
*Chiropractor*



**Mark Piechoski**  
*Physical Therapist*



**Aaron Gresham**  
*Brace Consultant*



**Dr. Steve Jacobs**  
*Optometrist*



**Dr. Lawrence Kyle**  
*Dentist*

# Videography

*Giving Coaches and Players an Edge in Preparation*



*Coach Curt Newsome goes over video with a player.*



**Kevin Hicks**  
*Director of Broadcasting and Visual Media*

Kevin Hicks is in his 12th 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 broadcasting and visual media.

As director, Hicks has numerous duties. Supervising 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.



**Tom Booth**  
*Director of Video Operations*



**Brian Walls**  
*Producer*



**Jed Castro**  
*Producer*

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.

XOS Technology is regarded as the best system 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 a 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 its 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 many 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," Hicks said. "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 said. "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, 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 Georgia in last year's Chick-fil-A bowl. In the days leading up to the game, coaches were given laptops by the videography department that contained hours of Georgia 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 Georgia 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 said. "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."

## Fans Enjoy the Show with HokieVision in Lane Stadium

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 seven seasons ago to the delight of fans. With the upgrade to a brand new video board from Mitsubishi's Diamond Vision in 2005, the fans now have an even cleaner perspective of the game.

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 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 said.

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 Prangle, Amanda Totten, Kevin Sanders and Stefanie Bartholic; and graduate assistants Scotty Fitch 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.

Roth — a seven-time winner of Virginia's SportsCaster of the Year Award — is in his 20th 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,

## ISP Sports Virginia Tech 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.

### 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.



Bill Roth and Mike Burnop

### 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.

and assistant coach Bud Foster is the Minister of Defense, then some might call Roth Tech's Secretary of State," wrote Howard Wimmer of *The Roanoke Times*.

"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."

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 25th 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 11:35 p.m. Hokie Playback will also air on WDBJ's digital station My Network TV/Channel 19 on Tuesday, Wednesday and Friday evenings at 11 p.m.

## Virginia Tech ISP Sports 2007 Football Affiliates

Abingdon	WFHG-FM	92.7	FM
Blacksburg	WBRW-FM	105.3	FM
Blackstone	WBBC-FM	93.5	FM
Bluefield, WV	WBDY-AM	1190	AM
Bluefield, WV	WKZE-AM	1240	AM
Bristol	WFHG-AM	980	AM
Charlottesville	WKAV-AM	1400	AM
Clifton Forge	WXCF-AM	1230	AM
Clifton Forge	WXCF-FM	103.9	FM
Clintwood	WDIC-FM	92.1	FM
Fredericksburg	WGRQ-FM	95.9	FM
Galax	WWWJ-AM	1360	AM
Gate City	WGAT-AM	1050	AM
Harrisonburg	WMXH-FM	105.7	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
Onley	WESR-AM	1330	AM
Onley	WESR-FM	103.3	FM
Princeton, WV	WKOY-FM	100.9	FM
Richmond	WRNL-AM	910	AM
Richmond	WRVA-AM*	1140	AM
Roanoke	WZBL-FM	104.9	FM
Tazewell	WKQY-FM	100.1	FM
Warsaw	WNNT-AM	690	AM
Warsaw	WNNT-FM	100.9	FM
Washington, DC	WXTR-AM	730	AM
Washington, DC	WWXT-FM	92.7	FM
Washington, DC	WWXX-FM	94.3	FM
Winchester	WINC-AM	1400	AM
Wytheville	WXBX-FM	95.3	FM

*Affiliates and times subject to change; check www.hokiesports.com for latest listings*

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

\* — station will carry night games only.



# ISP Sports

The Exclusive Marketer  
of Virginia Tech Sports

ISP Sports, a national leader in the collegiate sports marketing industry, is in its 12th 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 other programming, Lane Stadium and Cassell Coliseum venue signage, video board and promotions, along with print and Internet advertising.

The partnership between ISP Sports and Virginia Tech Athletics is ongoing. Over this past summer, the two sides reached an agreement to extend their relationship through April 2012.

"ISP Sports and Virginia Tech have enjoyed a wonderful relationship in the past and we are extremely excited that this relationship will be continuing through 2012," Ben Sutton, ISP Chairman and CEO, said. "Behind the leadership of Jim Weaver, his staff and an outstanding group of coaches, the Hokies now have what is truly one of America's outstanding collegiate athletics programs. ISP is proud to be a part of this tremendous success story." 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. Pre-game 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, through not only football and basketball but every

other Virginia Tech varsity sport as well. So, whether your interest is radio/television media, print, promotions, signage, video board or Internet...ISP Sports is your corporate connection to Virginia Tech athletics!



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

## ISP SPORTS Virginia Tech Staff

- Rick Barakat is in his fourth 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 property 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 fourth 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 second year with the Virginia Tech staff. As an assistant general manager, Shumate assists in all aspects of sales, sponsorship fulfillment and management of the property. Prior to ISP, Shumate 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.

- Kyle Winchester joined the staff at Virginia Tech as an account executive in 2006 after working on the ISP Sports Clemson team. Winchester brings additional experience to this role from his internship with Tar Heel Sports Marketing and Lowe's Motor Speedway. He graduated with a B.S. in Communication Studies and Political Science from University of North Carolina at Chapel Hill.

- Chris Ferris, a 16-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 11th year as the radio and television network manager of ISP. Her duties include affiliate relations for over 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 seven years ago and works in developing relationships with both current and prospective radio stations.

### Virginia Tech Sports Today Affiliates

Virginia Tech Sports Today can be seen every Sunday on a network of television stations throughout the Mid-Atlantic region.

WDBJ-TV	Roanoke, Va.	Ch. 7	11 a.m.
WDBJ-TV	Roanoke, Va.	My Network TV	11:30 a.m.
WAVY-TV	Norfolk, Va.	Ch. 10	Noon
WRIC-TV	Richmond, Va.	Ch. 8	Noon
WVVA-TV	Bluefield, Va.	Ch. 6	Noon
WCYB-TV	Bristol, Va.	Ch. 5	9:30 a.m.
WHSV-TV	Harrisonburg, Va.	Ch. 3	Noon
WJZY-TV	Charlotte, N.C.	Ch. 46	10 a.m.
WRAZ-TV	Raleigh, N.C.	Ch. 50	11:30 a.m.
WGPX-TV	Greensboro, N.C.	Ch. 16	1 p.m.
News 8	Washington, D.C.	Ch. 8	10 a.m.
Comcast SportsNet		Cable	Noon

Affiliates and times (as of June 1, 2007) subject to change; check [www.hokiesports.com](http://www.hokiesports.com) for latest listings.

**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 WDBJ-7 in Roanoke, Va., at 11:35 p.m. In addition, Hokie Playback can be seen on WDBJ digital station My Network TV/Channel 19 on Tuesday, Wednesday, and Friday nights at 11 p.m.



# 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. hokietv.com broadcasts the weekly Hokie Hotline radio show, football media conferences and postgame interviews in the live streaming format for the 2007 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, one can find an array of information on Tech athletics. Through the efforts of the athletics communications staff, 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 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 second in average page views per month and unique visitors per month.

The site is managed and designed by Damian Salas, director and webmaster. Web designer Sarah Alston assists him.



Damian Salas



Sarah Alston

## Hokiesports the Newspaper *In-House Publication Provides In-Depth Coverage*

Tech enjoyed its third 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 an estimated 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 11 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.



Jimmy Robertson

Robertson is assisted by veteran photographer David Knachel and Matt Kovatch. Bill Roth, the Voice of the Hokies, is a weekly guest columnist.

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 third season in the ACC was successful, both in competition and fundraising results. Donors continue to support the Athletics program with their gifts to the annual fund and for new facilities. 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 14 years, including four BCS games. Winning four ACC Championships this year has 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.

*The Hokie Club's Web page with Hokie Club information:*  
**[www.hokieclub.com](http://www.hokieclub.com)**  
 Phone: (540) 231-6618  
 Fax: (540) 231-3260



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

# 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. Under his leadership, the Club has been serving as the host for tailgates prior to most home



*Russ Whitenack*

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 it can sell on a first-come, first-serve basis. For many games, Club members are the only people who can buy individual game tickets.

The Monogram Club maintains a website for its members — [www.virginiatechmonogramclub.com](http://www.virginiatechmonogramclub.com).

The 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.

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](mailto: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 the Virginia Tech Department of Athletics and the entire university community. Below is a brief summary of the basic issues that may face a potential student-athlete during his/her recruitment by a Division I college or university.

1. For NCAA rules purposes, you become a "prospective student-athlete" (commonly referred to as a prospect) 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 Virginia Tech 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 the enrollment of a prospect with the goal of athletics participation 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 a 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: On 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 April 15 near the end of the prospect's junior year (one call between April 15 and May 31 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 Sept. 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. You or your family may call a college coach at your expense at any time.

9. Letters to you from coaches are permitted beginning Sept. 1 at the beginning of your junior year in high school. A Division I school 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 Virginia Tech Compliance Office is to help make you aware of relevant NCAA rules and assist you in guarding your eligibility. Ultimately, however, you are responsible for protecting your eligibility. This page is provided as a quick-reference guide to give you a basic understanding of NCAA recruiting rules. We encourage you to visit our webpage at [www.hokiesports.com/compliance](http://www.hokiesports.com/compliance) for additional information and links providing comprehensive guidance concerning the full range of NCAA regulations. Also, please feel free to call or e-mail any member of the Hokie Compliance Team if you have any questions.

## VIRGINIA TECH Compliance Team



**Tim Parker**  
Assistant AD  
for Compliance



**Shauna Cobb**  
Director of  
Compliance



**Sandy Weber**  
Coordinator of  
Academic Compliance



**Bert Locklin**  
Assistant Director  
of Compliance