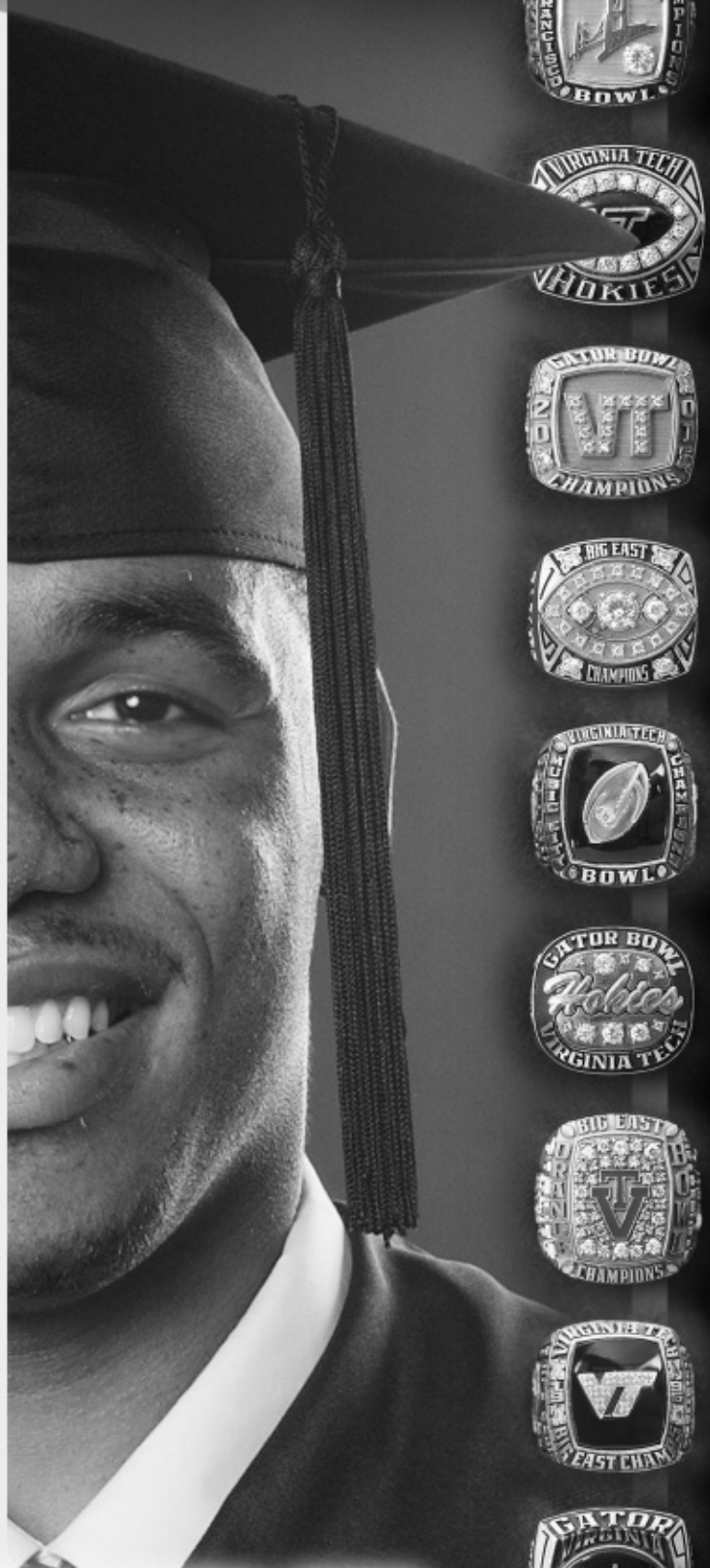




Keith Willis



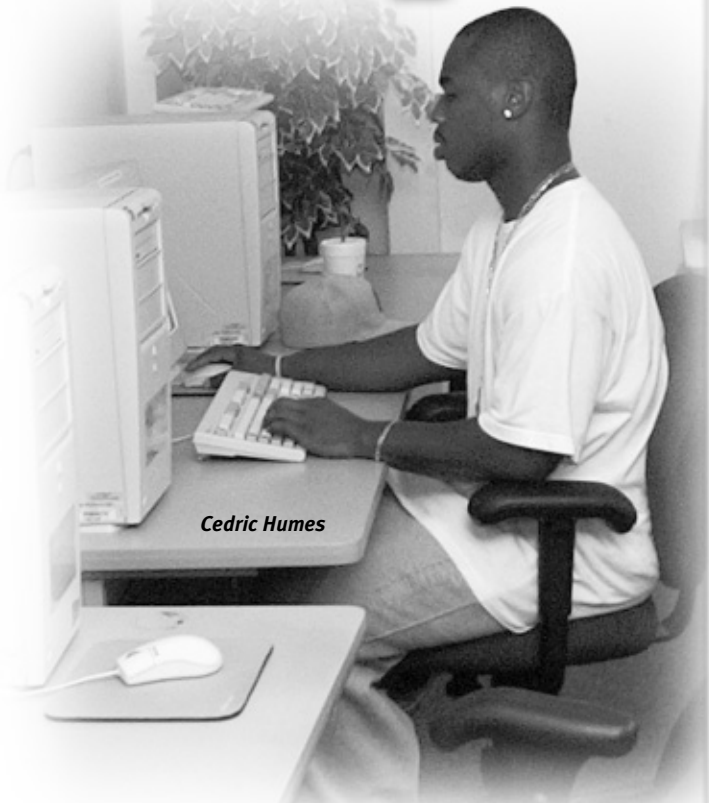
SUPPORT

BUILDING THE Mind and Body

- Virginia Tech student-athletes receive outstanding academic support with state-of-the-art study areas and well over 95 tutors.
- Tech's athletic graduation rate is higher than the average overall graduation rate for all Division I universities and has risen significantly in the past few years.
- More than 84 percent of all Tech student-athletes who enrolled during the 10-year period from 1987-88 through 1996-97 and completed their eligibility have graduated.
- For the fifth year in a row, a new record of 371 student-athletes, HighTechs and cheerleaders were recognized at the Athletic Director's Honors Breakfast for posting 3.0 GPAs or higher in the 2002 calendar year.
- Tech had 212 student-athletes, approximately one-third of the student-athlete population, named to the dean's list, and 28 achieved a perfect 4.0 GPA during the fall or spring semesters of the 2002-03 academic year.
- A total of 21 Tech athletic teams achieved a 3.0 or better team GPA — eleven teams during the fall semester and 10 during the spring semester.
- Tech student-athletes participate in the HiTOPS program (Hokies Turning Opportunities into Personal Success). HiTOPS provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives.
- A full-time sports psychologist has been added to Tech's Athletic Performance Staff to help meet the personal and performance needs of the student-athletes.



Mike Imoh and Brandon Manning



Cedric Humes

- Virginia Tech's strength and conditioning program is regarded as one of the best in the nation.
- The Hokies have more than 22,000 square-feet of strength and conditioning training space.
- DeAngelo Hall broke a Tech strength and conditioning record in the spring of 2003, recording a time of 4.15 seconds in the 40-yard dash.
- Sixteen Hokies achieved Super Iron Hokie status during the spring of 2003, including eight first-time members for the 2002-2003 year.
- A brand new training and medical complex was completed in 2002 on the ground floor of the Jamerson Center.
- The "Training Edge" dining facility features a comprehensive system of eating for championship performance.
- Tech has added a full-time sports nutritionist to the Athletic Performance staff to help the student-athletes achieve their sports nutritional goals.
- A new training room has been completed in Rector Field House — Tech's indoor practice facility — to serve the football team when it moves indoors.

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

Coach Frank Beamer with the 14 members of the 2003 football squad who have already graduated or are on track to graduate following fall semester: (seated) Robert Peaslee and Nathaniel Adibi; (l to r) Garnell Wilds, Jake Grove, Ernest Wilford, Steve Canter, Michael Crawford, Kevin Lewis, Vegas Robinson, Keith Willis, Chris Shreve, Doug Easlick, Jacob Gibson and Cols Colas.

Providing student-athletes with the tools for success in the classroom

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

The Virginia Tech graduation rate for student-athletes has risen significantly in recent years and reached 70 percent in 2003 as compared to the national average of 60 percent. The 70 percent

student-athlete graduation rate marks the second straight year and five in the last 10 years that Tech has reached that level.

The Virginia Tech football program has been an integral part of this recent academic success. According to the American Football Coaches Association 2002 graduation rate, Tech has a 77 percent graduation rate as compared to the 59 percent national average. Tech was one of 25 institutions to receive honorable mention accolades for the AFCA Academic Achievement Award.

Currently, of the 15 seniors on this year's squad, 13 are scheduled to graduate by the end of the fall semester. Seven completed their degree prior to this season and another six are finishing their degree this fall.

In addition to posting impressive graduation figures, Virginia Tech's student-athletes continue to excel in the classroom. Last spring, the Athletic Director's Honors Breakfast paid tribute to a record 371 student-athletes, student trainers, student managers, cheerleaders and

HighTechs who posted 3.0 or greater GPA's in the 2002 calendar year.

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

Student-athletes devote many hours to practice, conditioning and training that

are not required of all students. Due to their time commitment and their high visibility, it is an obligation and in the best interest of the university to supply these students with services which will allow them to maximize their academic potential.

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

Stakeholders in 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



CHRIS HELMS

DIRECTOR OF STUDENT ATHLETE ACADEMIC SUPPORT SERVICES

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

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

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

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

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

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

The expectations of the Virginia Tech community are that each student-athlete achieves their maximum academic and athletic potential. With the proper assistance, facilities and encouragement, these potentials can become a reality.

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

students in their academic pursuits.

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

Together, these spaces provide the student-athlete with a variety of study environments conducive to

their success. Athletes can use these facilities between classes, after practice or in the evenings, with flexible hours tailored to make the most of a student-athlete's limited time.

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

Lois Berg, associate director, begins her 15th year at Tech. She is primarily in charge of developing the freshman orientation program, which ensures the student-athlete a smooth transition from high school to the university.

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



A record 371 student-athletes, student trainers, student managers, cheerleaders and HighTechs were honored at the Athletic Director's Honors breakfast last spring.

STUDENT ATHLETE ACADEMIC SUPPORT SERVICES STAFF



Lois Berg
Associate Director



Colin Howlett
Associate Director



Katie Ammons
Assistant Director



Renia Edwards
Assistant Director



Drew Scales
Assistant Director



Terrie Repass
Secretary

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

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

In addition to assisting the director in all facets of the program, Howlett oversees the advisement of football student-

athletes with regard to satisfactory progress, eligibility and degree completion as set forth by the NCAA, BIG EAST and Virginia Tech.

He also helps coordinate support services for the football program, including tutorial support, mentoring, organized study table and major and career counseling. In addition to these responsibilities, Howlett assists in the recruitment, academic evaluation and

admissions of prospective student-athletes.

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

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

Howlett earned his bachelor's degree in business

administration at 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 fifth year and works with the men's and women's basketball, men's and women's cross country



Colin Howlett (center) works with Bryan Randall (l) and Chris Shreve in the HEAT lab, one of the academic support areas located in the athletic complex.

and men's and women's track programs.

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

Renia Edwards is in her third year with Student-Athlete Academic Support Services as an assistant director. Her primary responsibilities are providing academic support for the freshman student athletes in the sport of football and coordinating the SAASS tutorial program.

Edwards came to Tech from the University of Iowa where she worked as academic counselor for the Women's Athletics Student Services office. She worked with women's basketball, volleyball, soccer and the track and field programs. She also served as the Career Coordinator and advisor to the Minority Focus Group for Men's and Women's Athletics.

The Rember, S.C., native received her bachelor's degree in Business Management from Shaw University in 1995. She then went on to earn her M.S. Ed. in Sports Management from Northern Illinois University. While completing her master's degree, she served as Tutor Supervisor for the Academic Counseling Center for Student-Athletes at NIU. During her final year in the program, she served as Academic Advising Intern at Austin Peay State University in Clarksville, Tenn.

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

Terrie Repass begins her 29th year of service at Virginia Tech. She serves as the office secretary and "first contact" person for the SAASS. She is responsible for organizing special events and meetings for the office. Repass prepares all accounting, purchasing and travel transactions for the office.



Renia Edwards (l, above) and James Anderson discuss academic issues in a meeting in her Cassell Coliseum office. Tech student-athletes also have the services of nearly 100 tutors (below).



COMPUTER SERVICES DEPARTMENT

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

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

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

OFFICE OF STUDENT LIFE

Assisting in the development of the total person

The Office of Student Life at Virginia Tech helps in providing assistance to student-athletes in a number of areas. Megan Armbruster, director of student life, and coordinators Kevin Walker and Amy Turley, are dedicated to enhancing the quality of the student-athlete experience through the many programs that this office implements.

One program that the office sponsors is the HiTOPS CHAMPS/Life Skills Program (Hokies Turning Opportunities Into Personal Success), which provides a well-rounded program for student-athletes to develop the individual skills necessary to lead successful and productive lives. The goal of this program is to enhance five areas of commitment that are vital to personal growth of student-athletes. Those areas are service, academic excellence, career development, athletic excellence and personal development. This program attempts to build individual confidence, promote respect for diversity, enhance interpersonal relationships, develop leadership skills, and enable each one to make a valuable contribution to the community.

HOKIES WITH HEART

Hokies With Heart is a program developed by the Office of Student Life, which promotes the involvement of student-athletes in community service activities. In the past year, Virginia Tech athletes participated in nearly 40 community service projects. This program has a major local impact because the different service projects help to build a positive relationship between student-athletes and the surrounding community.

The Virginia Tech football program takes great pride in the many projects to which it contributes, including the Hokie Readers program,

Special Olympics, hospital visits and a canned food drive.

The Virginia Tech football program has been significantly involved in a wide variety of community service projects and numerous charitable organizations in the New River Valley. The players take pleasure in giving their time and effort to a community that is so supportive of all of the athletic teams at Virginia Tech.

VIRGINIA TECH STUDENT ATHLETE ADVISORY COMMITTEE

The Virginia Tech Student Athlete Advisory Committee (VT-SAAC) promotes effective communication between

athletics administration and student-athletes to better serve their needs. The program is completely run by student-athletes and there are representatives from each team on the committee. Last year, the representative from the football team was rover Billy Hardee. Hardee attended SAAC meetings to discuss issues and represent the football team in decision-making. The representatives then report back to the team on any issues that the team should be aware of or discuss.

This program also encourages involvement of student-athletes on campus and in the community. The



Defensive end Jim Davis cheers up a patient during one of the team's visits to a local hospital.

student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility, and general awareness. SAAC also attempts to enhance the overall image of student-athletes to those outside of the Virginia Tech athletic family by serving as positive role models.

VT-SAAC participates in a community service activity called Winning Choices. This program sends athletes to local elementary, middle and high schools to talk about the importance of citizenship, work ethic, and working with others. Hardee was a part of the Winning Choices program, where he visited numerous Montgomery County schools to speak to area children on the importance of having good character. He traveled to middle and high schools in the New River Valley and spoke to



MEGAN ARMBRUSTER

DIRECTOR OF STUDENT LIFE

Megan Armbruster begins her first year at Virginia Tech as the new director of student life. As director, she will oversee the day-to-day operation of the office of student life, as well as direct the HiTOPS CHAMPS/Life Skills Program.

Armbruster comes to Tech from the University of Nebraska, where she has spent the last several years. She last served as assistant academic counselor at the Hewitt Academic Center for Student-Athletes for two years. While pursuing her master's degree, Armbruster also held various internships at NU, working in admissions, university housing, the Vice-Chancellor's Office and the Campus Recreation Center.

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

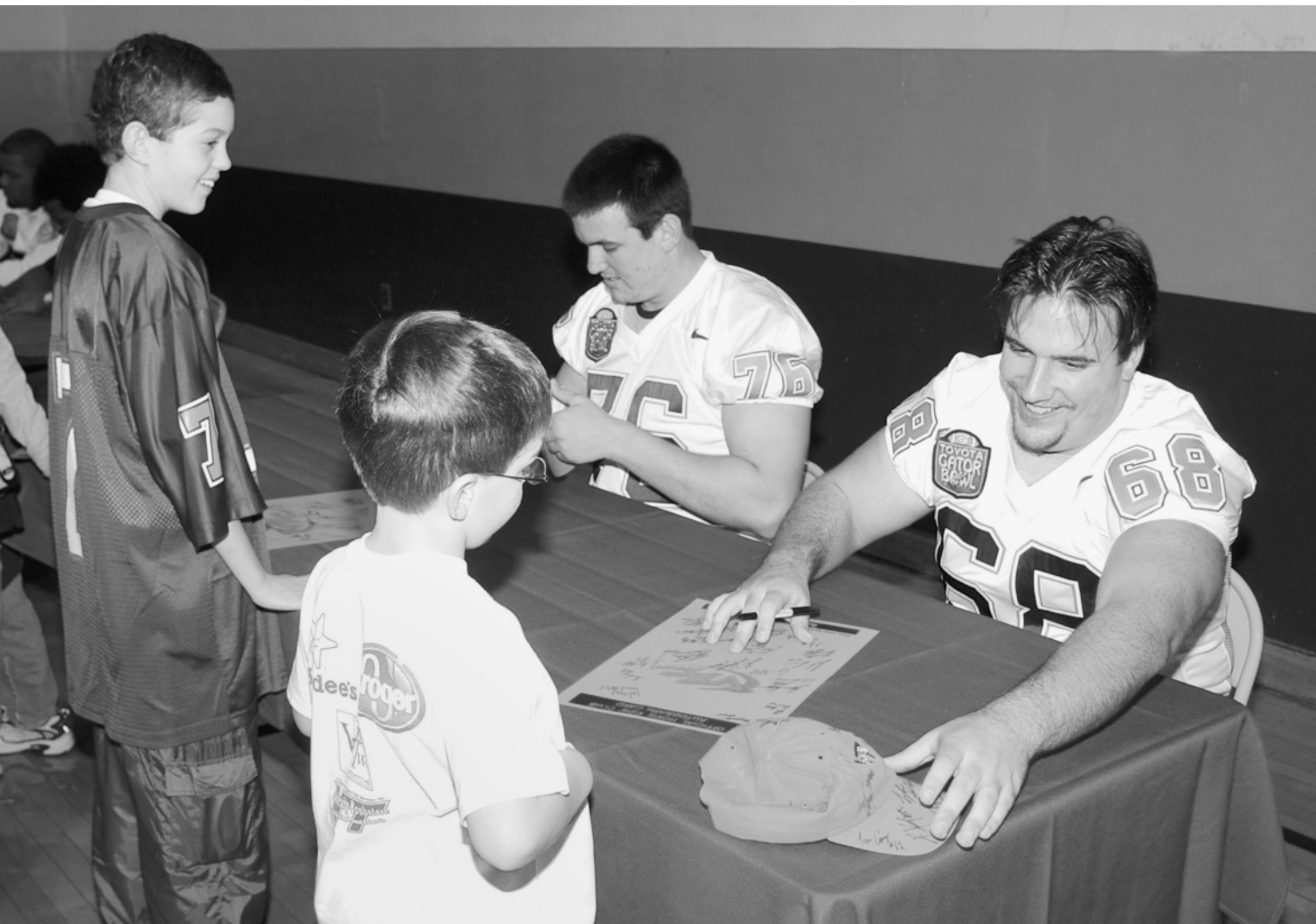
over 5,000 students on this topic and later spoke to children of local churches who were invited to Cassell Coliseum.

OUTSTANDING STUDENT-ATHLETES

Each month, the Office of Student Life awards recognition to a student-athlete

for participation in community service projects and dedication to the Hokies With Heart program. The student-athletes of the month are chosen based on their willingness to be involved with the community. The Student Life staff is encouraged by student-athletes who initiate their own involvement in community

service and would like to commend their efforts. In selecting the monthly honorees, the staff also looks at the total number of times that the athlete goes out in the community to do service activities, as well as their willingness to go out when they are asked to do so.



James Miller and Robert Ramsey sign autographs for excited youngsters during a Kid's Club session.

The Office of Student Life has honored wide receiver Ernest Wilford, a student-athlete of the month in 2003, for his participation in community service activities. Wilford, a member of Omega Psi Phi fraternity, volunteers at Wilson Avenue Alternative School one or two days per week. Wilford's fraternity decided to adopt the school as part of their mission to help the community and is trying to raise \$3,000 to upgrade computers and software. Wilford's service at Wilson Avenue has enabled him to build positive relationships with many of the students.

"Virginia Tech football players get a lot of recognition for what we do on the field, and I am able to use that recognition to affect [the students'] lives in a positive way," said Wilford. "These kids may never get the same opportunities that I have, to play collegiate sports. I try to let them know that I never thought it would happen to me either, and if they put their minds to it, they can accomplish whatever they want."

"Interacting with these kids just gives me one more reason to be a good person on and off the field. I know they are watching my actions and I want to be a good role model."

FUEL THE MACHINE

PEAK PERFORMANCE REQUIRES COMPLETE NUTRITION

WATER

Your most important supplement is **WATER**, so **DRINK IT!**

64 oz PER DAY

CARBS

CARBOHYDRATES are your energy.

- Eating rice, oatmeal, peaches, plums, broccoli, spinach, & green beans will provide your body with long-lasting energy.
- Unsweetened cereal, pasta, whole-grain breads, grains, potatoes, apples, bananas and carrots (an apple daily will supply you with a good source of energy).
- Limit sugar-filled foods like candy, cookies, sweetened cereals, soda & french fries - they do NOT provide good energy and will add on excess fat weight.

PROTEIN

Eat plenty of **LEAN PROTEIN**, food daily, including... chicken, fish, skim milk, tuna & yogurt.

But remember, excess protein will NOT build muscles, only working them will!

REFUEL

And don't forget, after exercising, or drink a sports drink **WITHIN 30 MINUTES** to refill your energy stores!

VIRGINIA TECH

READING. It's a Hokie thing to do.

"Catching a pass, passing for a big gain and tackling an opponent for a loss are big plays in football. Catching on to a good book, passing one on to a friend and tackling reading beyond the night's homework assignment are big plays in school. Make the big play. Read."

— Frank Beamer, head coach Virginia Tech Hokies and 1999 National Coach of the Year

Wide receiver **Arnell Dink** tucks in one of the 12 catches in the 1999 season. He also likes "to catch a good book."

Michael Voth, Tech's All-American quarterback, sets up for one of 91 TD completions last year. He reads "The Catch" and everyone "can pass a book you like on to a friend."

Middle linebacker **Ben Taylor** (40), who also enjoys "tackling a good book," joins in on one of the Hokies' 38 quarterback sacks last year.

Tech's special team swarms as the Hokies lead the nation in blocked kicks for the decade of the '90s. Special teams give something extra. Special students read something extra every day.

The Virginia Tech Hokies are proud to be the NCAA's Best Academic Institution. They urge you to read a little extra every day and to celebrate Dr. King's birthday, March 2nd, with your own special book.

Virginia Education Association - NE
We teach the children.

hokies with heart!

Making a difference in the New River Valley

The Virginia Tech Athletics Department is committed to participating in the community.

frank's sporting

NETBALL

frankiesports.com

Tech student-athletes are visible throughout the state and nation. They take pride in being good role models and making a difference in the community.

ATHLETIC PERFORMANCE

There's much more to athletic performance than weight training. Always striving to stay on the cutting edge, Virginia Tech has added two more services for its student-athletes in recent years. At Tech, nutrition and sports psychology are also a part of the student-athlete's preparation – not just for game day, but also for life after college. Virginia Tech tries to provide the best services, facilities and support staff for all of its student-athletes, to make them better athletes and better people.

STRENGTH & CONDITIONING

Virginia Tech has one of the nation's top programs helping athletes get bigger, faster and stronger!

These days, college football is as much about strength and conditioning as it is about having outstanding athletes on your team. If you have both, your team will likely be very successful.

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 continued their streak of 10 consecutive bowl game appearances.

The football team trains in the beautiful 17,000-square foot training center on the first level of the Merryman Athletic Center. The weight room facility features new free-weight equipment, a full line of Hammer Strength equipment,

12 platforms and a 6,000-square foot state-of-the-art speed and agility room.

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

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

Keith Willis works out in the Merryman Center's outstanding weight room.





DR. MIKE GENTRY

ASSISTANT ATHLETICS DIRECTOR
FOR ATHLETIC PERFORMANCE

Dr. Mike Gentry begins his 16th season as the Hokies' director of strength and conditioning. As assistant athletics director for

athletic performance, his duties include overseeing the strength and conditioning training of athletes in all 21 varsity sports at Virginia Tech. He is directly involved in the training of the football and women's basketball teams and manages programs for nutrition.

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

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

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

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

Gentry has a son, Roy Christopher, who is 13.

"There is no question about the value and importance of weight training as an ingredient to winning. We're very fortunate to have Mike Gentry running our strength and conditioning program."

— Frank Beamer



Darryl
Tapp



Jeff King

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."

feet of strength and conditioning training space.

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

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

The Elite Level of Performance was created to push the athletes to higher levels. This level is a predetermined performance test which measures achievement for the individual's position. It comprises four tests in strength (bench press, squat, push jerk, power clean) and five tests in performance (vertical jump, 40-yard time, 10-yard time, sit-reach test, 20-yard shuttle). Cols Colas and Ernest Wilford earned the program's Elite Level of Performance distinction in 2002.

Assisting Gentry in the weight room this year are three full-time assistant strength and conditioning coaches: Jay Johnson, assistant director of strength and conditioning, Terry Mitchell, strength and conditioning coordinator of men's Olympic sports and Emily Chones, strength and conditioning coordinator for women's Olympic sports. Gentry will also have the services of four graduate assistants — Erin O'Neil, Lisa Guarneri, Gabe Teeple and Ken Oxendine.



The Virginia Tech strength and conditioning staff (l to r): Assistant AD for Athletic Performance Mike Gentry, Assistant Director of Strength and Conditioning Jay Johnson, Ken Oxendine, Emily Chones, Gabe Teeple and Terry Mitchell.

ELITE LEVEL HOKIES

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

VIRGINIA TECH FOOTBALL STRENGTH & CONDITIONING RECORDS

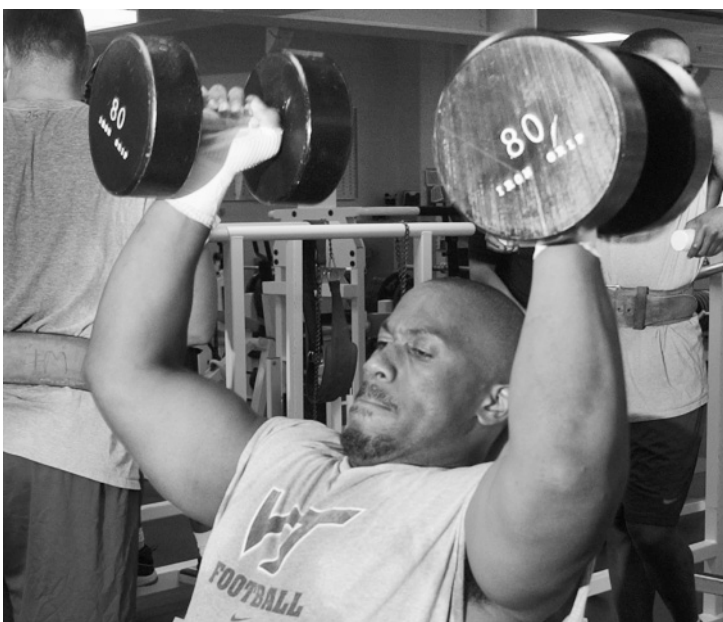
(UPDATED SPRING 2003)

| POS. | BENCH PRESS | BACK SQUAT | HANG CLEAN | POWER CLEAN | PUSH JERK | VERTICAL JUMP | 40 YD TIME |
|---------|-------------------------|---------------------------|--------------------------|------------------------------|----------------------------|---------------------------|-------------------------|
| TE | D. Carter 420 '99 | B. Wynn 585 '00 | J. Thompson 351 '99 | B. Wynn 356 '00 | B. Wynn 356 '00 | B. Wynn 36.5" '99 | K. Willis 4.58 '01 |
| OT | J. Redding 500 '99 | J. Redding 685 '99 | C. Andreadis 405 '96 | J. Martin 360 '03 | C. Barry 386 '93 | W. Flowers 36" '96 | E. Chung 4.85 '90 |
| OG | M. Lehr 450 '00 | W. Boatwright 755 '91 | C. Malone 390 '95 | W. Montgomery 360 '03 | D. McMahon 386 '94 | T. Smith 33.5" '98 | A. Lambo 4.75 '99 |
| C | J. Grove 490 '03 | T. Washington 680 '97 | T. Washington 445 '97 | J. Grove 376 '00 | K. Short 387 '98 | J. Grove 35" '99 | K. Short 4.81 '98 |
| QB | A. Clark 365 '98 | B. Randall 570 '02 | J. Druckenmiller 405 '96 | D. Meyer 300 '98 | J. Druckenmiller 331 '96 | M. Vick 41.0" '00 | M. Vick 4.25 '00 |
| FB | W. Briggs 450 '01 | D. Easlick 640 '03 | B. Edmonds 375 '96 | J. Ferguson 360 '01 | W. Briggs 401 '01 | J. Spence 40.0" '02 | E. Jones 4.37 '86 |
| TB | J. Jeffries 400 '90 | W. Ward 620 '00 | K. Oxendine 370 '97 | J. Spence 321 '01 | K. Oxendine 361 '97 | K. Jones 41.5" '03 | L. Suggs 4.27 '00 |
| WR | M. Sturdivant 360 '90 | E. Wilford 555 '03 | S. Scales 365 '97 | E. Johnson 305 '01 | E. Wilford 346 '03 | E. Johnson 41" '01 | A. Davis 4.29 '99 |
| DT | W. Jackson 475 '96 | P. Moronta 700 '88 | W. Jackson 405 '95 | C. Beasley 361 '99 | J. Baron 386 '95 | C. Bradley 35.5" '98 | C. Bradley 4.64 '98 |
| DE | A. Chamblee 475 '89 | C. Moore 650 '98 | D. Wheel 410 '97 | D. Monroe 351 '99 | J. Engelberger 401 '99 | C. Taliaferro 39" '86 | C. Moore 4.38 '99 |
| ILB | J. Houseright 425 '01 | R. Cockrell 670 '90 | K. Gray 400 '94 | B. Taylor 336 '01 | R. Pendleton 361 '92 | T. Edmond 40" '98 | V. Robinson 4.46 '01 |
| Whip LB | T. Butler 370 '00 | T. Butler 550 '00 | M. McClung 345 '93 | B. Manning 316 '03 | J. Anderson 341 '03 | P. Summers 42" '98 | T. Jackson 4.34 '99 |
| Rover | C. Bird 400 '00 | C. Bird 575 '00 | P. Prioleau 330 '97 | C. Bird 341 '01 | C. Bird 390 '00 | P. Prioleau 43.5" '97 | K. Burnell 4.21 '02 |
| CB | A. Banks 400 '96 | R. Whitaker 555 '02 | A. Banks 340 '96 | L. Austin 316 '01 | L. Austin 341 '00 | L. Austin 42.5" '00 | D. Hall 4.15 '03 |
| FS | T. Gray 370 '96 | W. Pile 515 '99 | S. Rice 331 '89 | K. McCadam 316 '00 | K. McCadam 316 '00 | K. McCadam 37.5" '00 | D. Russell 4.23 '90 |
| Spec. | C. Anders 400 '99 | N Schmitt 555 '03 | R. Colley 330 '94 | M. Davis 294 '00 | N. Schmitt 321 '03 | S. Graham 34" '99 | V. Burns 4.35 '01 |

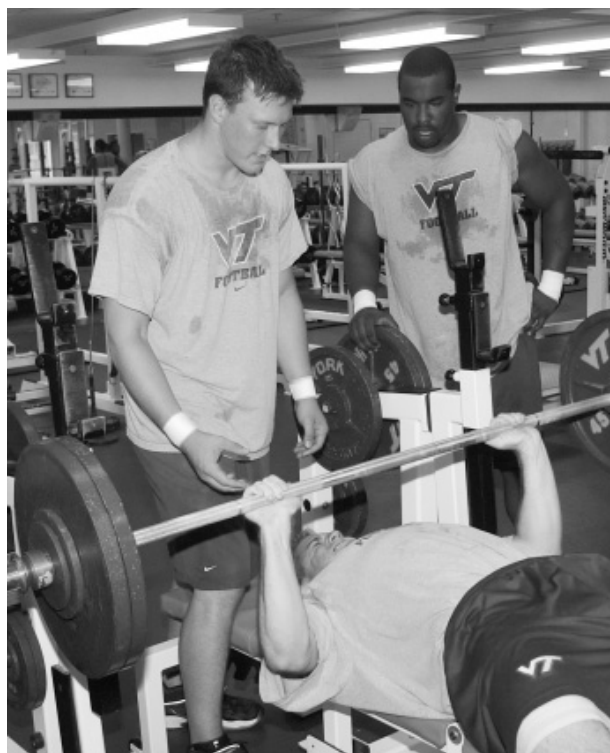
Bold type indicates records set in Spring 2003 testing



Coach Mike Gentry (r) puts players through a drill in the agility room connected to the Merryman Center weight room.



Kevin Lewis (above) works out with dumbbells, while Chad Cooper works on the bench (below).



SUPER IRON HOKIES

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



Teamwork is a key component in the Hokies' success — both on the field during games and during workouts.



VIRGINIA TECH FOOTBALL ALL-TIME ELITE CLUB

BENCH PRESS

J. Redding 500 '99
J. Grove 490 '03
 A. Chamblee 475 '89
 M. Udinski 475 '82
 W. Jackson 475 '96
 K. Short 460 '99
 W. Briggs 450 '01
 T. Kritsky 450 '82
 K. Short 450 '99
 N. Williams 450 '99
 C. Barry 450 '93
 M. Lehr 450 '00

BACK SQUAT

W. Boatwright 755 '91
 M. Lehr 700 '00
 P. Moronta 700 '89
 A. Nelson 700 '02
 J. Redding 685 '99
 T. Washington 680 '97
 R. Cockrell 670 '88
 J. Pyne 655 '93
 W. Jackson 655 '95
 C. Moore 650 '98
 A. Chamblee 650 '90

POWER CLEAN

J. Grove 376 '00
 N. Adibi 366 '02
 C. Beasley 361 '99
 J. Ferguson 360 '01
J. Martin 360 '03
W. Montgomery 360 '03
 B. Wynn 356 '00
J. Allen 346 '03
 K. Lewis 336 '02
 B. Taylor 331 '00

PUSH JERK

W. Briggs 401 '01
 J. Engelberger 401 '99
 C. Bird 390 '00
 K. Short 387 '98
 J. Baron 386 '95
 J. Petrovich 386 '93
 B. Smith 386 '84
 D. McMahon 386 '94
 C. Barry 386 '93
 W. Briggs 385 '00
 J. Ferguson 385 '01

VERTICAL JUMP

P. Prioleau 43.5 '97
 L. Austin 42.5 '00
 I. Charlton 42 '98
 P. Summers 42 '98
K. Jones 41.5 '03
 G. Wilds 41.5 '02
 A. Midget 41.5 '99
 E. Johnson 41 '01
 M. Vick 41 '00
 K. Irby 40.5 '96

40 YARD DASH

D. Hall 4.15 '03
 K. Burnell 4.21 '02
 D. Russell 4.23 '90
 M. Vick 4.25 '00
 L. Austin 4.26 '00
 L. Suggs 4.27 '00
 T. Drakeford 4.28 '92
 A. Davis 4.29 '99
K. Jones 4.3 '03
 B. Still 4.31 '94
 P.J. Preston 4.32 '91

Bold type indicates Spring 2003 testing

ATHLETIC PERFORMANCE SPORT PSYCHOLOGY

Helping student-athletes in all aspects of their lives

A service offered to Virginia Tech student-athletes since August 2000, is sport psychology. The sport psychology staff includes Dr. Gary Bennett, who coordinates psychological services for student-athletes, and Dr. Robert Miller, director of the Cook Counseling Center.



Dr. Robert Miller

The psychologists meet with student-athletes on an individual basis for personal counseling and to discuss the mental aspects of the game. As a team, the sport psychologists work on team building, communication and performance enhancement.

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

sport psychology in that model."

"We see those other outside things as interfering with an athlete's ability to perform," Bennett says. "We feel we can help athletes perform better by addressing those concerns."

The psychologists also offer an injury group to afford injured athletes the opportunity to meet with other injured athletes and talk about their recovery process. Injured athletes may also meet individually with the sport

psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions per week.

One injured player who took advantage of the sport psychologists after he tore the anterior cruciate ligament of his knee was glad to have the services of the sport psychology program. The student-athlete met with members of the sport psychology staff several times before and after his surgery.

"When I first got hurt, I thought I needed to talk to someone," the player said. "As the weeks go by, you learn to deal and cope with it. But I think it helps to talk to someone."

The response to the sport psychology program has been very positive. The student-athletes are very receptive to the services offered by the doctors. The sport psychology office reaches out to athletes who may not have considered going to the counseling service that is offered to all students at Virginia Tech.

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

Dr. Gary Bennett talks with players in a group session.



ATHLETIC PERFORMANCE

SPORTS NUTRITION

Educating student-athletes about the best food choices

In July 2002, the Virginia Tech Athletics Department added another program to better serve the needs of student-athletes — sports nutrition. Amy Freel serves as the director of sports nutrition at Virginia Tech.

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

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

“It is extremely beneficial for our student-athletes to have nutrition education and counseling available to them in order for them to remain successful in their sports and outside of athletics,” Freel said. “The individualized nutrition education allows me and the athletes to get very specific on their nutritional, personal and sport-specific goals.”

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

Also in July 2002, the Virginia Tech Athletics

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

minutes. Research has shown that an increase in lean muscle mass will increase athletic performance. This machine is used to help Tech athletes reach their highest athletic potential.



AMY FREEL

DIRECTOR OF SPORTS NUTRITION

Amy Freel enters her second 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 just over two years.

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

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

Her husband, Mike, works for Virginia Tech Recreational Sports. The couple and their two children, 2-year-old Ben and 1-year-old Matt, live in Christiansburg.



The “Training Edge” dining facility (above) provides student-athletes and other students at Tech the opportunity to eat healthy meals and make good dining choices. Last year, Amy Freel acquired a “BOD POD” body composition system (top right) to help athletes and coaches with body analysis.

SPORTS MEDICINE



Outstanding new athletic training facility enhances ability to provide Hokies 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. The department, under the leadership of Gunnar Brolinson, D.O., Delmas Bolin, M.D., and Mike Goforth, director of athletic training, is

constantly evolving to incorporate new ideas and state-of-the-art resources for the betterment of student-athletes.

A professional staff — including primary care physicians who are Board certified in family medicine and sports medicine, orthopaedic surgeons, certified athletic trainers, physical therapists,

chiropractors, massage therapists, sports psychologists, nutritionists and orthotists — is available to manage the health care of athletes.

As part of the evolution, Tech recently completed its first full year in the new 4,300-square-foot Eddie Ferrell Memorial Training Room. This area consolidated the training

rooms that existed in the Merryman Center and Cassell Coliseum. The new facility gives the training staff a centralized area to care for the needs of all Virginia Tech student-athletes. There is state-of-the-art equipment and a unique style of architecture, developed by Glenn Reynolds, AIA and Larry Perry as the consulting engineer.

The new room, which nearly doubles the size of the former Merryman Center facility, also allows the staff to utilize that room for physical therapy, chiropractic care and massage therapy. With its completion, Virginia Tech now has more than 10,000 square feet dedicated to sports medicine, placing Tech in the top five percent nationally. In addition, the \$10 million Merryman Center, a state-of-the-art facility which includes 2,400 square feet of medical space, will supplement the new training room. This



DR. GUNNAR BROLINSON, D.O.

HEAD TEAM PHYSICIAN

Dr. Gunnar Brolinson enters his second 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.

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

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

Research is also considered to be instrumental to the sports medicine department. The department has participated in grant development and data collection for a strategic health care planning grant. This grant, titled "The Center for



DR. DELMAS BOLIN, M.D., PH.D.

TEAM PHYSICIAN

Dr. Delmas Bolin is the assistant team physician with Virginia Tech. Bolin is board-certified in family medicine and is fellowship-trained in sports medicine. Prior to moving to Virginia, he was the co-director of the University of Pittsburgh primary care Sports Medicine Fellowship Program.

Bolin currently oversees a sports medicine clinic and teaches in the Carilion Family Practice Residency in Roanoke.

Performance and Sports Medicine Excellence," was initiated by Dr. Charles Baffi, Dr. Kerry Redican, Dr. Mike Gentry and Goforth and was awarded to develop a multidisciplinary model for Division I health care.

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

academic research and athletics here at Virginia Tech."

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

is headed by Dr. Brolinson and Stephan Duma from mechanical engineering and is steadily gaining 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



Team physician Dr. Gunnar Brolinson works with a player in the Merryman Center medical complex.

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

The range of benefits athletes have access to include custom orthotics, custom mouth guards, specialized DonJoy prophylactic bracing and many other options to help prevent or protect them from injuries. The sports medicine staff also takes great pride in treating the athlete year-round. Special attention is paid to off-season activity. During this time, the staff will analyze past injury data from each participant and construct a preventative program that is followed over a nine-week period between the end of the season and the

beginning of spring practice. This same procedure is followed during the summer.

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

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

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

Most of the off-season activity is based on programs that are designed to detect



MIKE GOFORTH

DIRECTOR OF ATHLETIC TRAINING

Mike Goforth is in his fourth year as the director of athletic training and sixth 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.



Tech's HydroTrack trainer (above) is an excellent rehabilitation tool. Trainer Keith Doolan (left) works with Michael Crawford on a minor injury.

movement patterns that might lead to injury or could be causing a drop in performance.

"The beauty of this program is that it is a multi-disciplinary tool that is designed to show the athlete where their deficiencies lie," Goforth said. A vital part of student-athletes services is the access to the Schiffert Student Health Center in McComas Hall. A health center and counseling services are available on one side of McComas Hall, while recreation sports and fitness programs are available on the other. The center also has a fully operational diagnostic laboratory, X-ray facilities and eight full-time physicians.

If physical therapy is needed, student-athletes can be seen by therapist Mark Piechoski in the Ferrell Training Room. Piechoski, who

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

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

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

Team orthopaedic surgeons Dr. Marc Siegel, Dr. Scott Urch and Dr. Joe Prudhomme bring a wealth of experience and skills to assist when athletes need orthopaedic surgery to repair certain types of sports-related injuries that occur from time to time.

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

This year, the staff will consist of three graduate assistant athletic trainers that all have professional experience, Kevin Domboski (Baltimore Ravens), Brian Bradshaw (Baltimore Orioles) and Nick Richey (New Orleans Saints).

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

MEDICAL AND ATHLETIC TRAINING PERSONNEL



Dr. Marc Siegel
Orthopaedic
Surgeon



Dr. Michael Sampson
Assistant
Team Physician



Dr. Scott Urch
Orthopaedic
Surgeon



Joe Prudhomme
Orthopaedic
Surgeon



Dr. Greg Tilley
Chiropractor



Dr. Lawrence Kyle
Dentist



Dr. Steve Jacobs
Optometrist



Keith Doolan
Athletic
Trainer



Ron Esteban
Athletic
Trainer



Katie Hctor
Athletic
Trainer



Jimmy Lawrence
Athletic
Trainer



Mark Piechoski
Physical
Therapist



Aaron Gresham
Brace
Consultant



Kevin Domboski
Athletic
Trainer



Brian Bradshaw
Athletic
Trainer



Nick Richey
Athletic
Trainer

VIDEOGRAPHY



State-of-the-art equipment gives Tech a big edge

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

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

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

This state-of-the-art video equipment has prepared the Hokies for any possible scenario they may come across in any game. And it's

not just available on game days. The equipment is available 24 hours a day, seven days a week and now coaches and players can even use laptop computers to watch video while they are away from the Merryman Center.

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

Here's how the system works. Every practice is

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

This information, along with the video, is entered into the computer. Once this is done, the coaches and players can access any situation with a click of the mouse. With computers in all coaches' meeting rooms, they can instantaneously have video footage of any scenario that they can dream up of Tech opponents or the Hokies.

What has Virginia run on second downs when the ball is placed on the right hash mark? Click, click. How many times has Boston College gone to the shotgun on second and long? Click, click. How many pass plays has West Virginia run on first



KEVIN HICKS

DIRECTOR OF VIDEO OPERATIONS

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

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

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



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

down? Click, click. It's all available any time someone wants to view it.

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

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

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

"We are a big part of the football team, in that we are there every day — taping practice, traveling with them on the road and attending every game," says Hicks.

"Seven days a week we are here with football, so when they win you feel like you are a part of that."

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

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

"It's been a great tool," Tech defensive coordinator Bud Foster says. "Besides the quality and convenience, it's right there at your fingertips. Players at this level have to realize that there is a lot more involved than just playing the game.

The average person doesn't know all the preparation that's involved."

The equipment has been used the past couple years to help give Tech that extra edge, in both regular season and bowl games. An example of the program's presence came in the Hokies' victory against Air Force in last year's inaugural San Francisco Bowl. In the days leading up to the San Francisco Bowl coaches were given laptops by the videography department that contained numerous Air Force



Tom Booth
Assistant
Video Coordinator



Brian Walls
Assistant
Video Coordinator

plays 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 Air Force 24 hours a day. Being able to transport game video with relative ease gives the Hokies an advantage, even on the road.

"The greatest teaching tool is the ability to show someone what they're doing, right or wrong," head coach Frank Beamer says. "With our video equipment, we can do that

quickly. The ease with which we can do these things and the way we can put certain plays and scenarios together makes us more efficient in getting ready to play a game on Saturday.”

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

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

At least three cameras have been added in Lane Stadium, along with four replay machines to help out with the operation of the video scoreboards. The videography department also has two editing machines that aid in editing and producing video of game and practice more quickly and efficiently. This year, the video staff will produce the games from the cutting edge control room in the Merryman Athletic Center.

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

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



The huge HokieVision scoreboard in Lane Stadium shows live action as well as replays.

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.

This fall marks the 50th consecutive season Tech football games will be heard by a statewide audience, and much of this year's programming will celebrate the half-century tradition of Virginia Tech broadcasts.

The Tech network dates back to September 1954 when



Bill Roth



Mike Burnop

ISP SPORTS GAMEDAY RADIO SCHEDULE

VIRGINIA TECH GAMEDAY

The network's radio coverage begins 90 minutes prior to kickoff with *Virginia Tech Gameday* featuring Tech's coordinators Bryan Stinespring and Bud Foster and Athletics Director Jim Weaver.

THE ADVANCE AUTO PARTS HOKIES' COUNTDOWN

The perfect tailgating companion, the *Hokies' Countdown* clock begins 60 minutes before kickoff with a complete preview of the game, interviews with both Tech head coach Frank Beamer and the opposing head coach, The BIG EAST Report, late-breaking news and features.

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. With unmatched chemistry, the two have called every Tech football game since the late 1980s.

THE POINT-AFTER

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

WRAD-AM in Radford, Va., originated the first-ever Tech broadcast, a 30-21 victory over N.C. State at Miles Stadium.

Today, the Tech network blankets the Commonwealth of Virginia and several surrounding states thanks to an impressive network of powerful FM stations.

In addition to the game broadcasts, the network also produces *The Advance Auto Parts Hokie Hotline*, a 90-minute radio talk show featuring Roth and Tech head coach Frank Beamer every Monday night. The network's award-winning television magazine show, *Virginia Tech Sports Today*, is seen every Sunday on a network of TV stations and cable

networks throughout Virginia and the southeastern United States.

Roth — a five-time winner of Virginia's Sportscaster of the Year Award — is in his 16th season as the Voice of Virginia Tech football. A native of Pittsburgh, Pa., Roth graduated from Syracuse University in 1987, earning a degree in broadcast journalism. Roth was honored by The Associated Press, the New York State Broadcasters Association and won the distinguished Robert Costas Scholarship in 1986. Roth has worked for ESPN, CNN-Sports Illustrated and NCAA Productions telecasts of NCAA basketball, NCAA lacrosse and professional kick

boxing. He was recently inducted into Virginia Tech's Monogram Club.

Former Virginia Tech tight end Mike Burnop is serving his 21st season in the booth as the network analyst. Burnop, a starting tight end for the Hokies in the early 1970s, was inducted into Virginia Tech's Hall of Fame in 2000.

Together, Roth and Burnop comprise one of college football's longest-running broadcasting teams, having described the action of every Tech 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 season, several Tech network broadcasts will be aired on Armed Forces Radio, to U.S. military personnel and their dependents throughout the world.

Virginia Tech Sports Today, presented by the University Bookstore and the Volume II Bookstore, can be seen every Sunday on an impressive list of television stations statewide. The 30-minute program, featuring Roth and Beamer, is shown each week on WAVY-TV in Norfolk, WSLs-TV in Roanoke, WRIC-TV in Richmond, WCYB-TV in Bristol, and Newschannel 8 in Washington, D.C. The show is also broadcast every Tuesday on Comcast SportsNet throughout the mid-Atlantic region, and every weekday on Cox Cable of Roanoke.

VIRGINIA TECH ISP SPORTS NETWORK STATION LIST

| | | | | | | | | |
|-----------------|------|----------|--------------------|------|----------|--------------------|------|----------|
| Abingdon | WFHG | 92.7 FM | Elizabethton, TN | WFHG | 92.7 FM | Norfolk | WNIS | 790 AM |
| Alexandria | WAGE | 1200 AM | Elizabeth City, NC | WNIS | 790 AM | Onley | WESR | 1330 AM |
| Amherst | WZZU | 97.9 FM | Emporia | WBBC | 93.5 FM | Onley | WESR | 103.3 FM |
| Appalachia | WFHG | 640 AM | Fairfax | WAGE | 1200 AM | Orange | WJMA | 98.9 FM |
| Bassett | WMVA | 1450 AM | Farmville | WBBC | 93.5 FM | Petersburg | WBBC | 93.5 FM |
| Beckley, WV | WKQY | 100.3 FM | Fredericksburg | WGRQ | 95.9 FM | Portsmouth | WNIS | 790 AM |
| Beckley, WV | WKQY | 100.1 FM | Front Royal | WINC | 1400 AM | Princeton, WV | WKQY | 100.9 FM |
| Bedford | WVBE | 610 AM | Galax | WWWJ | 1360 AM | Princeton, WV | WKQY | 100.1 FM |
| Blacksburg | WBRW | 105.3 FM | Gate City | WGAT | 1050 AM | Princeton, WV | WKEZ | 1240 AM |
| Blackstone | WBBC | 93.5 FM | Hampton | WNIS | 790 AM | Radford | WBRW | 105.3 FM |
| Blountville, TN | WFHG | 92.7 FM | Harrisonburg | WMXH | 105.7 FM | Richlands | WGTH | 540 AM |
| Bluefield, WV | WKQY | 100.1 FM | Hopewell | WBBC | 93.5 FM | Richmond | WXGI | 950 AM |
| Bluefield, WV | WKQY | 100.9 FM | Hot Springs | WXCF | 103.9 FM | Roanoke | WVBE | 610 AM |
| Bluefield, WV | WKEZ | 1240 AM | Johnson City, TN | WFHG | 92.7 FM | Roanoke Rapids, NC | WBBC | 93.5 FM |
| Bristol, TN | WFHG | 92.7 FM | Kilmarnock | WNDJ | 104.9 FM | Rural Retreat | WXBX | 95.3 FM |
| Cape Charles | WESR | 103.3 FM | Kingsport, TN | WFHG | 92.7 FM | Staunton | WTON | 1240 AM |
| Cape Charles | WESR | 1330 AM | Lebanon | WLRV | 1380 AM | Virginia Beach | WNIS | 790 AM |
| Centerville | WAGE | 1200 AM | Leesburg | WAGE | 1200 AM | Waldorf, MD | WGRQ | 95.9 FM |
| Charlottesville | WKAV | 1400 AM | Lexington | WXCF | 103.9 FM | Warsaw | WNNT | 690 AM |
| Chesapeake | WNIS | 790 AM | Lewisburg, WV | WKCJ | 103.1 FM | Warsaw | WNNT | 100.9 FM |
| Chesterfield | WBBC | 93.5 FM | Louisa | WCUL | 103.1 FM | Washington, DC | WAGE | 1200 AM |
| Christiansburg | WBRW | 105.3 FM | Luray | WMXH | 105.7 FM | Washington, DC | WGRQ | 95.9 FM |
| Clifton Forge | WXCF | 1230 AM | Lynchburg | WZZU | 97.9 FM | Waynesboro | WTON | 1240 AM |
| Clifton Forge | WXCF | 103.9 FM | Manassas | WAGE | 1200 AM | White Stone | WNDJ | 104.9 FM |
| Culpeper | WCUL | 103.1 FM | Marion | WZVA | 103.5 FM | Williamsburg | WNIS | 790 AM |
| Danville | WZZU | 97.9 FM | Martinsville | WMVA | 1450 AM | Winchester | WINC | 1400 AM |
| Dublin | WBRW | 105.3 FM | Martinsburg, WV | WINC | 1400 AM | Woodbridge | WGRQ | 95.9 FM |
| | | | Mt. Airy, NC | WWWJ | 1360 AM | Wytheville | WXBX | 95.3 FM |

ISP SPORTS

THE EXCLUSIVE MARKETER OF VIRGINIA TECH SPORTS

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

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

"ISP Sports is excited and pleased to extend our relationship with Virginia Tech and an athletics program that is the equal of any in America," said Ben Sutton, president and CEO of ISP Sports. "We have

enjoyed an excellent relationship with the university in the past and are confident that our partnership will continue to grow stronger in the future."

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

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

During its very successful partnership with Virginia Tech, ISP Sports has developed the Virginia Tech ISP Sports Network into the largest collegiate sports radio network

in Virginia. Broadcast coverage includes the Commonwealth of Virginia, as well as portions of Maryland, North Carolina, Tennessee, Kentucky and West Virginia.

In addition to the live network broadcasts, ISP produces

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

ISP's television coverage of Tech Athletics is centered around *Virginia Tech Sports Today*, a weekly magazine show aired on a network of affiliates throughout the region, including Comcast SportsNet. The 30-minute show features an action-packed, magazine-

style format, and with its superior production, animation and videography has the look and feel of a national sports telecast. *Virginia Tech Sports Today* airs from mid-August until mid-March.

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

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

VIRGINIA TECH ISP SPORTS TELEVISION NETWORK AFFILIATES

| | | |
|------------------|---------|--------|
| Bristol, Va. | WCYB-TV | Ch. 5 |
| Norfolk, Va. | WAVY-TV | Ch. 10 |
| Richmond, Va. | WRIC-TV | Ch. 8 |
| Roanoke, Va. | WSLS-TV | Ch. 10 |
| Washington, D.C. | News-8 | Ch. 8 |

ISP SPORTS — VIRGINIA TECH STAFF

- Mike Wolfert is in his fourth year with ISP, serving as vice president and general manager for the company's Virginia Tech property. His duties include sponsorship sales and development, office management and serving as the primary liaison with the Tech athletics department administration. Wolfert is a graduate of Indiana University and holds a master's in sports administration from Ohio University.

- Steve Angelucci guided the Virginia Tech sales efforts as general manager for five years, but now serves as a senior vice president for multi-media development at ISP while maintaining close ties to the Hokies. Prior to joining ISP Sports, Angelucci served as an assistant athletic director of external affairs at Eastern Kentucky University where he was primarily responsible for athletic marketing, fund-raising and promotions.

- Assistant general manager Dave Bouteiller joined the Tech ISP staff two years ago after serving in a similar capacity for ISP at Southern Mississippi. He is primarily responsible for the implementation of all Virginia Tech venue signage and sponsorship sales and client service support. Bouteiller is a 1998 graduate of the Pamplin College of Business at Tech.

- Will Krause is in his first year as an assistant in the ISP office in Blacksburg. The 2002 Tech graduate was a member of the Hokie soccer team for three years.

- Chris Ferris, a 12-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 seventh year as the radio and television network manager of ISP. Her duties include affiliate relations for the more than 200 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 grad joined ISP three years ago and has been a positive factor by bringing new stations into the ISP fold.



The ISP-Virginia Tech staff: (front, l to r) Taylor Durham, Bill Roth, Mike Burnop, Mike Wolfert, (back, l to r) Jamie Frye, Will Krause, Steve Angelucci, Chris Ferris, Dave Bouteiller.

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

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

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

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

Other offerings include individual home pages for each of Virginia Tech's 21 sports. Breaking news and archived releases about all Tech teams can be found, along with media guides containing player and coaching staff profiles, schedules, records, historical information and other pertinent facts for every sport.

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

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

With fast "live stats," fans can view home football, men's and women's basketball, baseball, softball, volleyball

and wrestling stats as they happen via the Web. Live images may also be available during many of these games.

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

hokietv.com will provide streaming video clips that are exclusive to this site. Coach and player interviews and video coverage of events that are one-of-a-kind will be available to site users.

Hokietv.com will broadcast the weekly Hokie Hotline radio show, football media conferences and postgame interviews in the live streaming format for the 2003 season.

hokietickets.com contains links and updates about Hokie athletic tickets. It provides the

user with information about season and individual game tickets. Tech fans can now visit this site and have instant access to tickets-online, a ticket renewal system. Fans will be able to purchase new football season tickets on-line as well.

hokiepages.com provides the user with great wallpapers to add to their computers, extra photo scrapbooks, weekly polls, on-line greeting cards, special video clips and many new features which change every day.

The in-house site was first launched on Nov. 29, 1999, and has provided Hokie fans around the world various news releases, images, movies and in-depth stories. The site also provides links to live broadcasts of men's and women's basketball, as well as football,

and occasionally broadcasts Olympic sports special events as well. Since August 2002, hokiesports.com has averaged more than 90,000 unique visitors per month.

The Web site is managed by Peg Morse, director of Internet services, and designed by Damian Salas, webmaster. Student interns and workers assist with the Web site development and video production.

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



HOKIESPORTS THE NEWSPAPER

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

In May of 2004, Virginia Tech's in-house publication, *hokiesports the newspaper*, will celebrate its 20th anniversary as the most accurate source of information concerning Virginia Tech athletics. The newspaper, formerly the *Hokie Huddler*, came about in 1984 when then director of athletics and football coach Bill Dooley wanted an in-house publication devoted to coverage of all of Tech's sports, primarily football. Since then, the newspaper has undergone numerous changes, including a name change and a move to the Internet. But providing accurate, timely and quality information remains the constant for the newspaper staff.

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

interesting and newsworthy, and to produce that type of publication, we have to be creative and do things differently than a daily newspaper."

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

Today, there are more than 6,000 devoted subscribers to the print version, and almost 600 registered for the on-line version of the paper, which became available to Hokie fans in the fall of 2000. The on-line version of the publication is entering its fourth year and has started to become a popular way to gain valuable information about Virginia Tech athletics.

"It enables people who live far away to get the information immediately rather than having to wait seven to 10 days," Robertson said. "On-line, the news can

be updated more frequently as well."

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

"I hope that more fans will take advantage of the on-line version of the publication because the Internet is the wave of the future," said Robertson.

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

hokiesports the newspaper also consists of columns by Robertson, Bill Roth, the Voice of the Hokies, and assistant editor Matt Spiers. Robertson focuses more on Tech, while Roth devotes more attention to BIG EAST news. Spiers handles the layout and design of the publication and also covers women's basketball and writes features. Veteran photographer David Knachel, who began working on the paper in 1985, takes all the photos and designs the cover for each issue.

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

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

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

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



JIMMY ROBERTSON
HOKIESPORTS THE NEWSPAPER
EDITOR

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

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

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



Matt Spiers
Assistant
Editor

VIRGINIA TECH ATHLETIC FUND

Hokie Club working to keep Tech's momentum building

The 2002-2003 year was a great success with another record-setting performance for the Virginia Tech Athletic Fund. Enthusiastic and supportive Hokie fans gave in excess of \$13 million to support the scholarship and capital needs of the Athletics Department.

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

"The ongoing national success of the football program has continued to motivate our fans to increase their financial support," said Lu Merritt, director of development for intercollegiate

athletics. "They fully understand that for Virginia Tech to maintain its upward momentum, additional funds need to be raised. They are proud of the fact that their football team has been to bowl games each of the last 10 years. Tech fans know that the Hokies can compete for national championships and they want to do their part to provide the needed resources for scholarships and facilities."

A 1968 graduate of Virginia Tech and a letterman on the Hokies' tennis team during his undergraduate years, Merritt currently serves on the Executive Committee of the National Association of Athletic Development Directors (NAADD).

John Moody, associate director, serves the North Carolina area and focuses on major gift fundraising and special projects. A former football player at Tech, Moody has worked in the Hokie Club for 31 years.

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

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

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

Sharon Linkous and Vicky Moore handle all aspects of gift entry and membership records. Diana Fain manages the budget process and produces all meeting notices

for the Hokie Clubs. Jane Broadwater serves as executive secretary for the office. Johnnie Hoehn and Nancy Gabbard work part-time in the office and bring over 20 years of experience to the team.

The Athletic Fund is proud of its volunteers who help ensure that 58 Hokie Clubs throughout Virginia, West Virginia, Maryland, North and South Carolina, Delaware, New Jersey, Georgia, Pennsylvania and Tennessee continue in their active efforts to support and promote athletics at Virginia Tech. Along with bus trips, game-watching parties and other social events, Tech alumni, fans and friends gather to cheer on the Hokies.

Bill Stover of Fairfax, Va., is the current president of the Athletic Fund and John Clary of Lawrenceville, Va., is the vice president.



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

THE MONOGRAM CLUB

Proud Tech social organization experiencing resurgence

The Monogram Club was created as a social organization comprised of former athletes who earned one or more monograms (letters) in any varsity sport at Virginia Tech. All former coaches are designated as honorary members. Once a student-athlete's career is completed, the club is an opportunity to remain active in their sport.

The club focuses on keeping an open line of communication

between the Athletics Department and the former letterwinners. Through sponsored pre-game activities and post-game socials, as well as an annual meeting each spring, former athletes are given a reason to come back and reconnect. This enables them to not only support current athletes in their respective sports but also stay connected to the Athletics Department as a whole. Over

the past five years, the club has seen a resurgence of activity with record growth in the organization's membership. Terry Strock, a veteran coach and

Upon Strock's retirement in early 2000, former Tech football player and administrator Derek Carter took over as director. Carter stepped down in May 2001 to

football games, they also receive a subscription to *hokiesports the newspaper* [formerly the *Hokie Huddler*]."

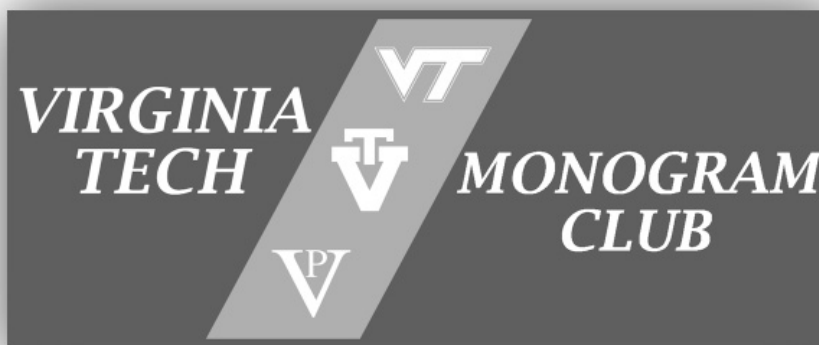
Whitenack's main goal for the club is to have a place where athletes can reconnect with one another as well as meet some new friends. "Ultimately I'd like to see every letterwinner join the club," Whitenack said. "I would like to get reps in all of the major cities where we have several members and I would like to see the club work more closely with the Hokie Club. I would also like to continue increasing member benefits."

When the club was formed, it was under the leadership of the Virginia Tech Athletic Fund, although the Monogram Club is not designed as a fund-raising organization. On April 17, 1999, a reorganizing meeting was held with the election of officers and a board of directors. Dick Arnold was named the president of the club. Some revisions were made to the original constitution, such as eliminating the word alumni from the name of the club.

Pete Dawyot, a 1969 graduate and former football player was the club's second President. The club's new president is John Schmidt, a 1979 graduate and former swimmer.

A complimentary membership was instituted for recent graduates, allowing them a three-year membership into the club once their eligibility is expired. In April 2003, 98 new seniors were added as complimentary members.

Membership dues are \$25 per year or \$100 for five years, with the membership year being from July 1 to June 30. A lifetime membership has been instituted with the amount set at \$500, and \$400 for former athletes over 65. The club has set a goal of adding 100 new members by next year.



administrator for many years at Tech, oversaw the revival of the program.

When Strock became the first full-time director of the monogram club in 1998, there were 220 active members. The club saw a significant increase in his first year, adding 330 new members. With the addition of over 270 members over the last four years, the total club membership has grown to 700 active members.

become director of athletics at Virginia State University.

In 2001, the Monogram Club welcomed its new director, Russ Whitenack, the former men's head track coach who oversaw that program for 28 years.

"I have been working on improving the benefits that members receive," Whitenack said. "Besides giving members free tailgates and socials at most home and selected away



RUSS WHITENACK

DIRECTOR OF THE MONOGRAM CLUB

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

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

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

NCAA RULES COMPLIANCE

Virginia Tech athletics – winning the right way!

INFORMATION FOR PROSPECTS AND THEIR PARENTS:

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

1. You become a prospective student-athlete if you have started classes for the ninth grade. Before the ninth grade, you become a prospective student-athlete if the college provides you (or your relatives or friends) any financial aid or other benefits that the college does not provide to prospective students generally.
2. A “representative of an institution’s athletics interests” (commonly referred to as a booster) is defined by the NCAA as anyone who:
 - Is now, or previously been, a member of any organization promoting the institution’s intercollegiate athletics program;
 - Has made a financial contribution to the athletics program or an athletics booster organization;
 - Has helped arrange any employment for a student-athlete;
 - Has been involved, in any way, in the promotion of the athletics program.
3. Please be aware that any former Virginia Tech student or former or current member of the Hokie Club is automatically considered a representative of Virginia Tech’s athletics interests (booster). According to NCAA rules, once an individual is identified as a booster, he/she retains that status forever.
4. You become a “recruited” prospective student-athlete at a particular college if any coach or booster solicits you or your family for the purpose of securing your enrollment and participation in intercollegiate athletics. Activities by coaches or boosters that trigger recruited status are:
 - Paying some or all of your expenses during a visit to campus (known as an “official” visit);
 - Arranging an in-person, off-campus encounter with you or your parent(s) or legal guardian; or
 - Initiating or arranging a telephone contact with you, your family or guardian on more than one occasion for the purpose of recruitment.
5. A booster may not solicit your enrollment in any manner (no phone calls, letters or in-person encounters).

NCAA POSITION ON GAMBLING

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

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

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

6. You (or your family) may not receive any benefit, inducement or arrangement such as cash, clothing, cars, improper expenses, transportation, gifts or loans to encourage you to sign a National Letter of Intent or to attend an NCAA school.
7. A “contact” is any face-to-face encounter between you or your parent(s) or legal guardian and an institutional staff member or athletic representative during which any dialogue occurs in excess of an exchange of greeting.
8. Phone calls to you from faculty members and coaches (but not boosters) are permitted beginning July 1 (Sept. 1 for football) after completion of your junior year. In addition, football coaches may call a prospect or the prospect’s family once during the month of May during the prospect’s junior year. A college coach or faculty member is limited to one telephone call per week to you (or your parents or legal guardians). Unlimited calls to you (or your parents or legal guardians) may be made under the following circumstances:
 - During the five days immediately before your official visit by the university you will be visiting;
 - On the day of a coach’s off-campus contact with you;
 - During the time beginning with the initial National Letter of Intent signing date in your sport through the two days after the signing date; and
 - In the sport of football only, during the permissible off-campus contact periods and during the 48 hours prior to and 24 hours after 5 a.m. on the initial signing date for the National Letter of Intent. Coaches also may accept collect calls, and universities are permitted to utilize a toll-free number to receive telephone calls from you (or your parents or legal guardians) on or after July 1 after completion of your junior year.
9. Letters to you from coaches and faculty members (but not boosters) are permitted beginning Sept. 1 at the beginning of your junior year in high school. A Division I university may provide you with the following printed materials:
 - General correspondence, including letters, U.S. Postal Service postcards and institutional note cards;
 - Game programs which may not include posters and one Student-Athlete Handbook;
 - NCAA educational information;
 - Pre-enrollment information subsequent to signing a National Letter of Intent with the university;
 - One athletic publication (media guide or recruiting brochure);
 - Official academic, admissions and student services publications published or videotapes produced by the institution and available to all students;
 - Schedule and business cards;
 - Questionnaires which may be provided prior to your junior year; and
 - Camp brochures which may be provided prior to your junior year.

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

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