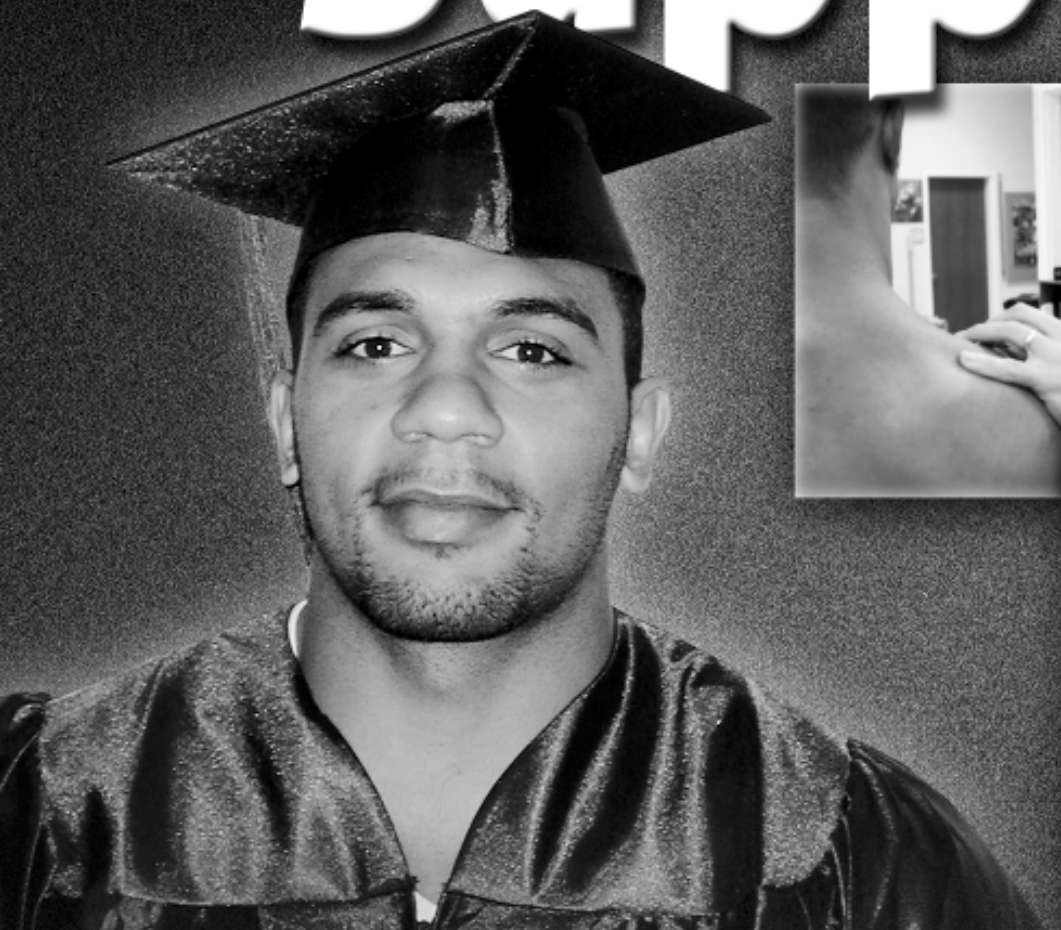


VIRGINIA TECH FOOTBALL

# Support



“Cory Bird is a symbol of the true student-athlete. He earned his degree at Virginia Tech, was an excellent leader for us the past two years, and will now take his talents to the NFL as a third-round draft choice.”

– *Coach Jim Cavanaugh*

# Building the Mind & Body

- Virginia Tech student-athletes receive outstanding academic support with state-of-the-art study areas and well over 75 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 82 percent of all Tech student-athletes who have completed their eligibility in the past ten years (1985-86 through 1994-95) have graduated.

- For the third year in a row, a new record of 337 student-athletes were recognized at the Athletic Director's Honors Breakfast for posting 3.0 GPAs or higher in the 2000 calendar year.

- Tech had 204 student-athletes, approximately one-fourth of the student-athlete population, named to the dean's list, and 19 achieved a perfect 4.0 GPA during the fall or spring semesters of the 2000-01 academic year.

- A total of 16 Tech athletic teams achieved a 3.0 or better team GPA — seven teams during the fall semester and nine 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 sports psychologist has been added to Tech's Sports Performance Staff to help meet the personal and performance needs of the student-athletes.

- 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.

- Twenty-three Tech football strength and conditioning records were broken in the spring of 2001.

- Fourteen Hokies achieved Super Iron Hokie status, including four first-time members for the 2000-2001 year.

- Jarrett Ferguson was named as the first two-time selection to Excalibur Elite Level of Performance status, signifying a predetermined performance test which measures achievement for the individual's position. It comprises four tests in strength and four tests in performance.

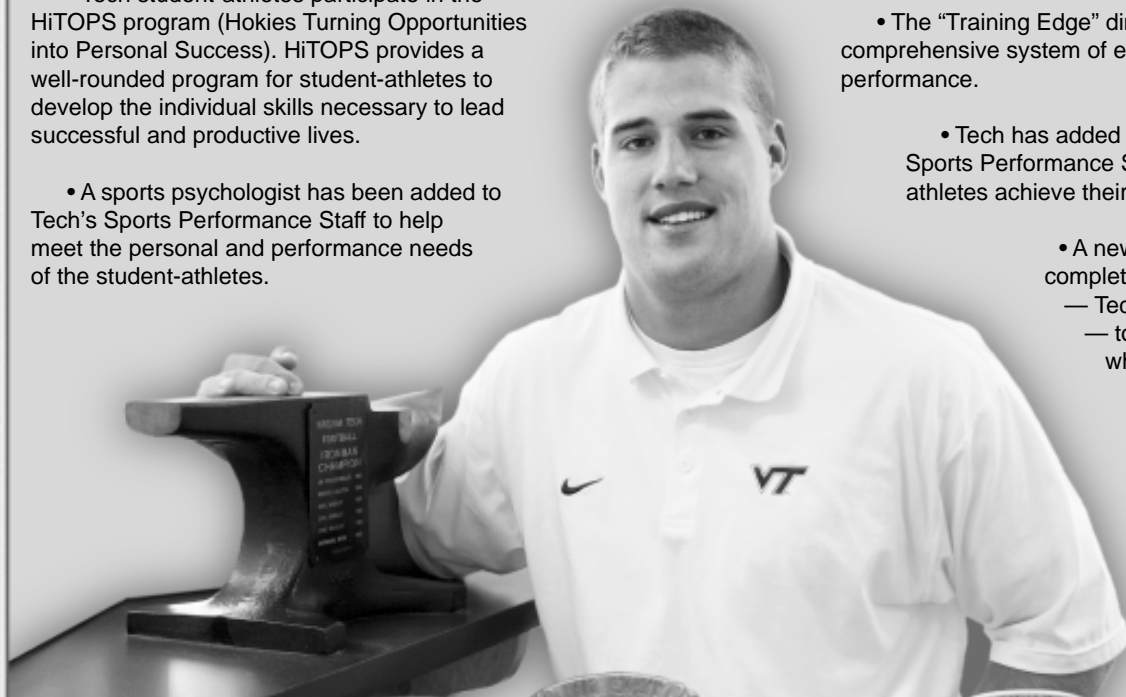
- Eight Tech student-athletes were named to the 2001 National Strength and Conditioning Association All-America team, excelling in their strength training and in the areas of leadership, academic performance and community involvement.

- A brand new training and medical complex is being built this year 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 sports nutritionist to the Sports 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.



***Browning Wynn (left) personifies what being a student-athlete at Virginia Tech is all about. He has won the Ironman competition the past two years and was scheduled to graduate this summer.***



# Student Athlete Academic Support Services

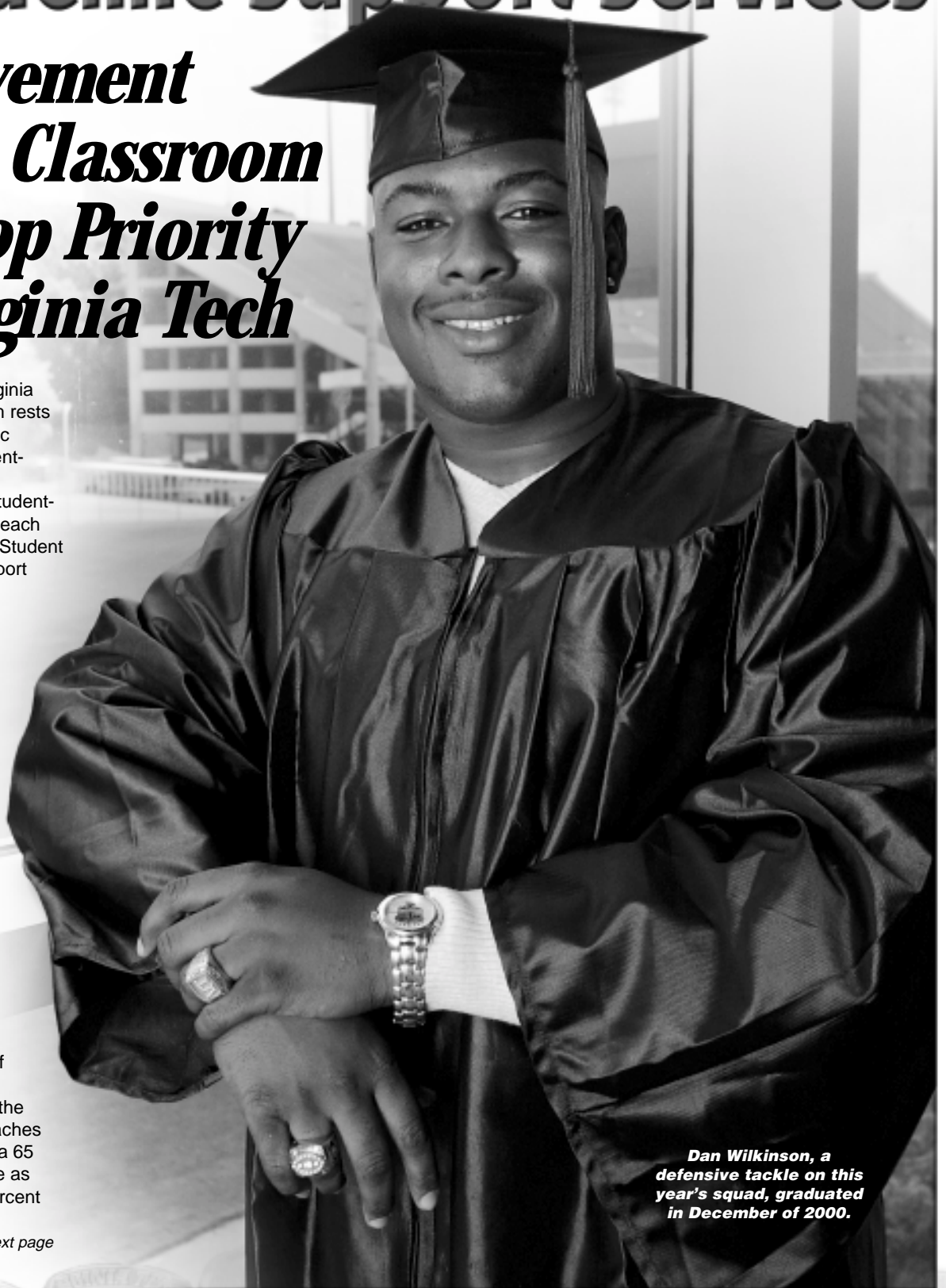
## *Achievement In the Classroom Is a Top Priority At Virginia Tech*

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 67 percent in 2001 as compared to the national average of 58 percent. The projected 2002 student-athlete graduation rate is over 70 percent which will mark the fourth time in the last nine 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, Tech has a 65 percent graduation rate as compared to the 57 percent national average.

*Continued on next page*



**Dan Wilkinson, a defensive tackle on this year's squad, graduated in December of 2000.**

## Academic Support

Continued from page 121

Additionally, African-American members of the Virginia Tech football program have also excelled academically with a 63 percent graduation rate last year, substantially higher than the 42 percent national average.

Last spring, the Athletic Director's Honors Breakfast paid tribute to a record 337 student-athletes, student trainers, student managers, cheerleaders and HighTechs who posted 3.0 or greater QCAs in the 2000 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.

To accommodate the many facets of assistance needed for student-athletes, Virginia Tech's mission is eight fold:

1. To provide services to all student-athletes, including any student participating in any varsity sport, managers, trainers, cheerleaders and HighTechs.

2. To provide academic support through tutoring programs, computer facilities and software which are necessary for the individual needs of each student.

3. To require a mandatory study hall for students below expected QCA levels in order that the staff might better assist the at-risk student-athletes.

4. To provide adequate study facilities and a computer lab which are conveniently located near the training areas and coaching areas.

5. To provide mentoring, counseling, academic assistance, advising and to work closely with other academic offices on campus for the welfare of the students.

6. To work closely with the athletic department for the academic welfare of each student-athlete and to help in



## Chris Helms

*Director of Student Athlete Academic Support Services*

Beginning his third year at Virginia Tech, Chris Helms is the director and is responsible for the development and leadership of the Student Athlete

Academic Support Services office. Helms oversees an office comprised of an associate director, four assistant directors, 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 development of an effective student life program.

7. To closely monitor the academic success of each student to help ensure academic progress toward a degree and maintenance of academic and athletic eligibility.

8. To encourage former athletes to be actively involved with our present athletes and to provide our services to former athletes who did not graduate and assist them in their academic planning toward a degree. The ultimate goal is for all student-athletes to successfully complete their degree.



**A record 337 student-athletes were honored at the annual Athletic Director's Honors Breakfast in the spring of 2001.**

## Student Athlete Academic Support Services Staff



**Lois Berg**  
Associate Director



**Colin Howlett**  
Associate Director



**Katie Ammons**  
Assistant Director



**Renia Edwards**  
Assistant Director



**Becky Kolenbrander**  
Assistant Director



**Terrie Repass**  
Secretary

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 houses over 26 computers on the second floor of Cassell Coliseum and 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.

Additionally, student-athletes can use the Center for Academic Enrichment and Excellence site offices, located in Hillcrest and Femoyer Halls.

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 third 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 13th 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, men's basketball, softball, men's and women's swimming, men's and women's tennis, managers and trainers.

Colin Howlett begins his fifth year with Virginia Tech with the new title of 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



**Matt Wincek (left) seeks assistance from Colin Howlett in his office at Cassell Coliseum.**

*Continued on next page*

## Academic Support

Continued from page 123

athletic administration from Southern Miss. A native of Allentown, Pa., he and his wife, Lisa, have a daughter, Natalie.

Katie Ammons is an assistant director who begins her third year and works with the women's basketball, men's and women's cross country, men's and women's track, cheerleader and HighTech 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 joined the staff last year as assistant director and provides academic support for student-athletes in women's lacrosse, volleyball, men's and women's soccer and wrestling. She also is responsible for the administration of the tutorial program.



**Offensive lineman Jon Dunn works with a tutor in Cassell Coliseum. The Student Athlete Academic Support Services has more than 75 tutors that work with Hokie athletes.**

Becky Kolenbrander is beginning her first 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.

The Holland, Mich., native received her bachelor's

degree in psychology from Austin Peay State University in 1996. She then went on to earn her master's in social psychology of sport from Southern Illinois University in Carbondale, Ill.

She served a six-month internship at Indiana State University before being named assistant academic

coordinator for athletics. During her tenure at Indiana State, Kolenbrander advised student-athletes from various athletic teams and assisted in the coordination of Life Skills Programming.

Terrie Repass begins her 27th 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.

*"Our intention is to provide the best educational opportunities and the appropriate resources for student-athletes at Virginia Tech to reach their full academic potential."*

*— Chris Helms*



**Tight end Bob Slowikowski works on a computer in the HEAT lab.**



# Office of Student Life

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

The Office of Student Life at Virginia Tech provides assistance to student-athletes in a number of areas. This office, which is run by Jermaine Holmes, director of student life, and Amy Freel, coordinator of student life, is dedicated to enhancing the quality of the student-athlete experience through many programs it implements.

One program 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. This program's goal is to enhance five areas of commitments 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 new program of the Office of Student Life which promotes involvement of student-athletes in community service activities. In the past year, Virginia Tech athletes were involved in over 45 community service projects. This program is important because service programs can help to build a positive relationship between student-athletes and the community.

The Virginia Tech football program takes great pride in the many community service

projects it helps with including Hokie Readers, Special Olympics, and a canned food drive.

"The Virginia Tech football program has been greatly involved in numerous community service projects and charitable organizations throughout the New River Valley," Freel says. "The players enjoy volunteering and realize the importance of giving back to a community that is so supportive of all of the athletic teams at Virginia Tech."

Many of the football players are actively involved in the Hokies with Heart

*Continued on next page*



**Director of Student Life Jermaine Holmes (left) and Coordinator of Student Life Amy Freel (right) talk with Channing Reed and Luke Owens in the football players' lounge.**

## Student Life

*Continued from page 125*

program including fullback Jarrett Ferguson, who has been involved in Winning Choices and also volunteers his time at home in Goodview, Va., reading at several local elementary schools.

"I think it's important to go out and encourage kids to be better citizens and students and that's why I do these programs," Ferguson says. "Kids love seeing us come and read to them. Whenever I go home, they always come up to me and ask about the

team. So I guess it helps them do better in school to see football players coming out and spending time with them. And if that's the case, then I'm happy to spend time with them."

### VT-SAAC

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 each team has

two representatives. The representatives for the football team are Ferguson and junior free safety Willie Pile. Ferguson and Pile attend SAAC meetings and represent the football team. The pair then reports 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 student-athletes help to design and provide programs that encourage academic success, health promotion, social responsibility and general



## Jermaine Holmes

### *Director of Student Life*

Jermaine Holmes is in his third year as the director of student life for Virginia Tech and fourth year working in the athletics department.

Holmes oversees the day to day operation of the office of student life, directs the HiTOPS CHAMPS/Life Skills Program and serves on various student-related committees on campus.

He serves as a member on the advisory counsel for multicultural affairs and committee for campus climate and provides lectures as a member of SAFE (Sexual Assault Facts and Education).

While pursuing his undergraduate degree at Virginia Tech, Holmes was a star receiver for the Hokies. He earned his bachelor's degree in marketing management in 1996 and his master's in consumer studies in 1998, both from Virginia Tech.

Born in St. Petersburg, Fla., Holmes is single and currently resides in Blacksburg. In his spare time, he enjoys weight training and playing basketball.



**André Davis signs an autograph at Kids' Day at Lane Stadium.**



**Ben Taylor talks to the athletes and spectators at a Special Olympics event at Cassell Coliseum last spring.**





awareness. SAAC also attempts to enhance the overall image of student-athletes to all 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 character, citizenship, work ethic and working with others.

### **Outstanding Student-Athletes**

Each month, the Office of Student Life awards recognition to a student-athlete for their participation in community service projects and their dedication to the "Hokies with Heart" program. Two football players were chosen for the honor of athlete of the month this past year — redshirt sophomore flanker Ernest Wilford and redshirt sophomore tight end Keith Willis.

Willis has become very involved in programs including

Hokie Readers, Virginia Tech nights at local elementary and secondary schools and he has spoken at many little league football banquets.

"I think that it is very important for student-athletes to get out into the community and show their faces," Willis says. "Young people look up to us, and it is important for athletes to be positive role models."

Wilford has also actively participated in programs such as Virginia Tech nights at local schools, Montgomery Regional Hospital visits, and he has spoken at recreation football banquets.

"I feel that it is important for student-athletes to be involved in the community. I love working with kids," Wilford says. "Knowing that they are learning, staying out of trouble, and developing communication skills makes me want to work with them even more. Hopefully, the kids that I have worked with would say one day that I was a positive influence in their life."



### **Amy Freel**

#### *Coordinator of Student Life*

Amy Freel is in her third year as the coordinator of student life at Virginia Tech. Freel serves as the community service coordinator and assists with the development and implementation of alcohol, tobacco, and drug awareness programs.

Recently, Freel has also assumed the duties of sports nutritionist. As the sports nutritionist, Freel provides student-athletes with individual diet counseling and information about issues such as gaining lean muscle mass, losing fat, and eating to improve performance. Freel also works with the Training Edge dining option on campus to design menus for training tables and to make daily menu selections.

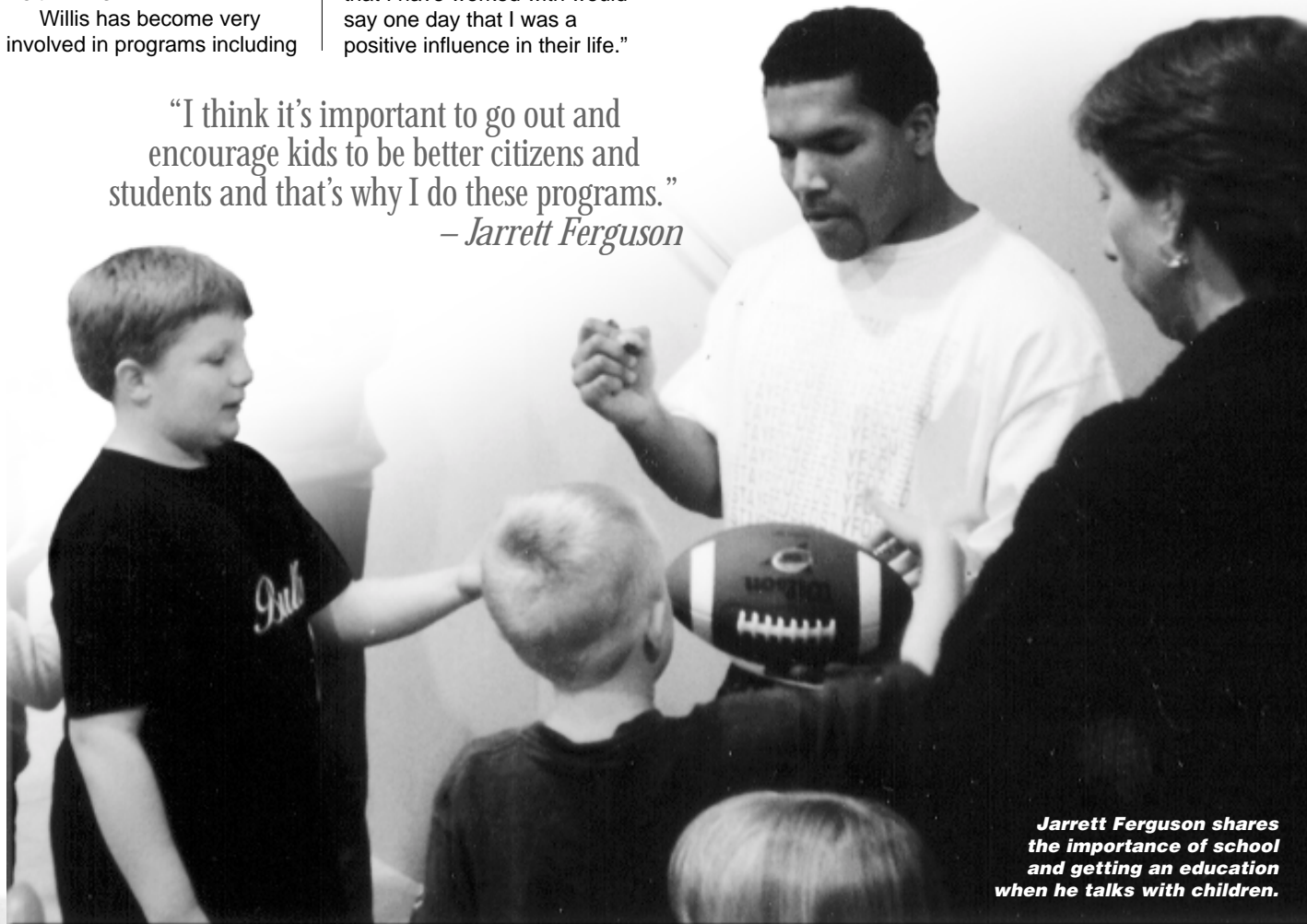
Freel graduated from Ball State University in Muncie, Ind., with her bachelor's in dietetics in 1996 and received her master's in the same field from Ball State in 1998.

She was a four-year letterwinner on the gymnastics team, earning All-Mid-American Conference honors. As a senior, her team was honored as the national collegiate academic champions for the sport of gymnastics.

Freel, a native of Glen Ellyn, Ill., her husband Mike, and son Benjamin Ryan, born December 2000, live in Christiansburg.

"I think it's important to go out and encourage kids to be better citizens and students and that's why I do these programs."

— Jarrett Ferguson



**Jarrett Ferguson shares the importance of school and getting an education when he talks with children.**

# 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 the past couple of 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 *Tech Has One of the Nation's Top Programs*



*Tight end Browning Wynn, who was one of the first two Hokies to earn the Elite Level of performance in the Virginia Tech strength and conditioning program, works out on the bench press.*

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 be one of the best teams around.

Thanks to the direction of Assistant Athletic Director for Athletic Performance Mike Gentry, the Virginia Tech strength and conditioning program is among the best in the nation, thus 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 not only the staff but

the student-athletes have paid huge dividends as the Hokies have continued their streak of eight-straight 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.

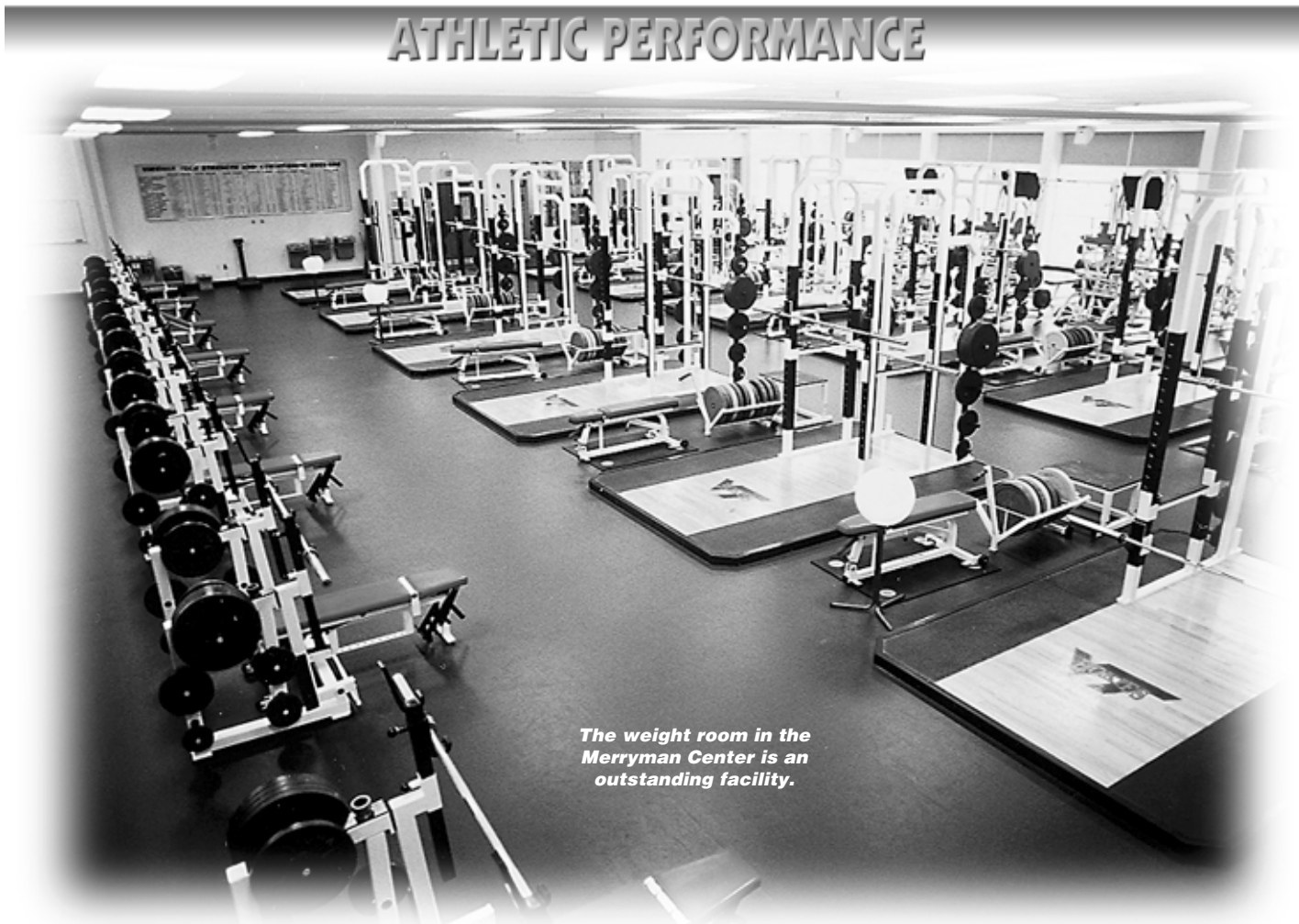
New for this year is a 10-by-40-yard sand pit located outdoors and adjacent to the weight room. This new pit will be used for resistive running drills to improve speed. The



*Hokies go through a drill in the speed and agility room, located adjacent to the weight room in the Merryman Center.*



# ATHLETIC PERFORMANCE



*The weight room in the Merryman Center is an outstanding facility.*

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 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

*Continued on next page*

*"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*



## **Mike Gentry**

*Assistant Athletics Director  
For Athletic Performance*

Dr. Mike Gentry begins his 14th 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.

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 11.

# ATHLETIC PERFORMANCE

## Strength & Conditioning

*Continued from page 129*  
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.

Last year, the Elite Level of Performance was created to

## *Gentry's Philosophy*

Since 1987, our strength and conditioning program has developed a tradition. We have a team dedicated to training hard and striving for excellence. The younger student-athletes see the upperclassmen's intensity and it makes everyone want to train to be one's best.

Our strength and conditioning program is designed to help our student-athletes build overall strength, power and stamina, while helping them develop self-discipline and realize their potential as athletes. We have a comprehensive program utilizing strength/power training, plyometrics, functional conditioning and flexibility training. Our goal is to become one of the most physical teams in the nation.

## Strength and Conditioning Staff



**The full-time strength and conditioning staff consists of (l to r) Mike Gentry, Jay Johnson, Michelle Boswell and Terry Mitchell.**

**Cornerback Larry Austin earned Super Iron Hokie honors in 2000 and 2001.**

# ATHLETIC PERFORMANCE

## Super Iron Hokies

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

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). Jarrett Ferguson and Browning Wynn, two former walk-ons, earned the program's first Elite Level of Performance distinction in 2000. To date, only Ferguson (twice), Wynn and Matt Lehr have reached the new plateau.

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 Michelle Boswell, strength and conditioning coordinator for women's Olympic sports. Gentry will also have the services of three graduate assistants — Erin O'Neil, Tim Ralph and Shannon Turly.



**Emmett Johnson holds the position records for hang clean and vertical jump.**



**Senior center Steve DeMasi works out on the bench press.**

# ATHLETIC PERFORMANCE

## *Ironman' Competition Provides Fun Motivation for Summer Training*



**The Hokies' annual "Ironman" competition, with events such as the truck push, back squat, sumo wrestling and tug-of-war, gives the student-athletes a fun activity they can participate in during the summer.**



### Virginia Tech Football Strength and Conditioning Records

(UPDATED SPRING 2001)

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	<b>K. Willis 4.58 '01</b>
OT	J. Redding 460 '99	J. Redding 685 '99	C. Andreadis 405 '96	J. Hartzog 331 '99	C. Barry 386 '93	W. Flowers 36" '96	E. Chung 4.85 '90
OG	M. Lehr 435 '00	W. Boatwright 755 '91	C. Malone 390 '95	D. Campbell 356 '99	D. McMahon 386 '94	T. Smith 33.5" '98	A. Lambo 4.75 '99
C	M. Udinski 475 '82	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	M. Vick 515 '00	J. Druckenmiller 405 '96	D. Meyer 300 '98	J. Druckenmiller 331 '96	M. Vick 40.5" '99	M. Vick 4.25 '00
FB	<b>W. Briggs 425 '01</b>	<b>J. Ferguson 630 '01</b>	B. Edmonds 375 '96	<b>J. Ferguson 360 '01</b>	J. Ferguson 370 '00	J. Ferguson 38.5" '00	E. Jones 4.37 '86
TB	J. Jeffries 400 '90	W. Ward 620 '00	K. Oxendine 370 '97	<b>J. Spence 321 '01</b>	K. Oxendine 361 '97	T. Kennedy 38.5" '92	L. Suggs 4.27 '00
WR	M. Sturdivant 360 '90	R. Jenkins 550 '99	S. Scales 365 '97	<b>E. Johnson 305 '01</b>	S. Scales 331 '97	<b>E. Johnson 41" '01</b>	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	M. Newsome 420 '96	R. Cockrell 670 '90	K. Gray 400 '94	B. Taylor 326 '00	R. Pendleton 361 '92	T. Edmond 40" '98	<b>V. Robinson 4.46 '01</b>
Whip LB	T. Butler 370 '00	T. Butler 550 '00	M. McClung 345 '93	N. Sorensen 300 '00	N. Sorensen 336 '00	P. Summers 42" '98	K. Irby 4.34 '94
Rover	C. Bird 390 '00	C. Bird 550 '00	P. Prioleau 330 '97	C. Bird 336 '00	C. Bird 351 '99	P. Prioleau 43.5" '97	P. Prioleau 4.39 '98
CB	A. Banks 400 '96	J. Granby 550 '93	A. Banks 340 '96	I. Charlton 316 '99	A. Banks 341 '95	L. Austin 42.5" '00	L. Austin 4.26 '00
FS	T. Gray 370 '96	W. Pile 515 '99	S. Rice 331 '89	K. Carpenter 285 '98	T. Gray 305 '96	T. Gray 37" '96	D. Russell 4.23 '90
Spec.	C. Anders 360 '97	M. Thomas 500 '90	R. Colley 330 '94	M. Davis 294 '00	J. Kibble 316 '98	S. Graham 34" '99	<b>V. Burns 4.35 '01</b>

*Bold type indicates records set in Spring 2000 testing*



# ATHLETIC PERFORMANCE

## Virginia Tech Football All-Time Elite Club

### BENCH PRESS

J. Redding 500 '99  
A. Chamblee 475 '89  
M. Udinski 475 '82  
W. Jackson 475 '96  
T. Kritsky 450 '82  
K. Short 450 '99  
N. Williams 450 '99  
C. Barry 450 '93  
M. Lehr 450 '00  
J. Engelberger 440 '99

*Bold type indicates Spring 2001 testing*

### BACK SQUAT

W. Boatwright 755 '91  
M. Lehr 700 '00  
P. Moronta 700 '89  
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

### HANG CLEAN

T. Washington 445 '97  
D. Wheel 410 '99  
J. Druckenmiller 405 '96  
W. Jackson 405 '95  
C. Andreadis 405 '96  
P.J. Preston 401 '93  
J. Grove 401 '99  
J. Pyne 401 '93  
K. Gray 400 '94  
J. Engelberger 400 '97

### PUSH JERK

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  
A. Midget 41.5 '97  
**E. Johnson 41 '01**  
M. Vick 40.5 '99  
K. Irby 40.5 '96  
T. Edmonds 40 '98  
A. Davis 40 '99

### 40 YD TIME

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  
**K. Burnell 4.28 '01**  
A. Davis 4.29 '99  
B. Still 4.31 '94  
P.J. Preston 4.32 '91  
**R. Moody 4.32 '01**

# Sports Nutrition

## Informing Student-Athletes About Food Choices

A new program was added to the athletics department in July 2000 — sports nutrition.

In addition to her responsibilities as coordinator of student life, Amy Freel also

has the duties of being the athletics department's sports nutritionist.

Freel graduated from Ball State University with her bachelor's degree in dietetics

in 1996 and received her master's in dietetics from Ball State in 1998.

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.

"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 educations allow 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.

**Sports nutritionist Amy Freel (left) talks with student-athletes about their food choices. The Training Edge facility (below) provides a menu that allows for healthy meals in a convenient location.**



# Sports Psychology

## *Helping Student-Athletes in All Aspects of Life*

A new addition to the athletics department as of August 2000 is sports psychology. The licensed psychologists, Dr. Brenna Chirby, Dr. Gary Bennett, and Dr. Robert Miller, Associate Director of the Thomas E. Cook Counseling Center, counsel student-athletes either individually or as a team.

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

Mike Gentry, assistant AD for strength and conditioning, says, "I've always felt that (sports psychology) was an important element. We want to

be a holistic model of an athletics department and we wanted to and needed to include sports psychology in that model."

"One of the dangers of sports psychology is that it can be totally about sports and there is that perception," Miller says. "We try to be more holistic and talk about a variety of issues, such as nutrition or academics. We want to be broader and help the person as a whole, not just with performance."

"We see those other outside things as interfering with an athletes' 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 sports psychologists if they do not feel comfortable in the group or cannot make the sessions. On average, the psychologists conduct 20 individual sessions a week.

One injured player who took advantage of the sports psychologists after he tore the anterior cruciate ligament of his knee last year was glad to have the services of the sports psychology program. The student-athlete met with Dr. Miller 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 sports psychology program has been very positive. The student-athletes are very receptive to the services offered by the doctors. The sports 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 sports 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. Robert Miller, Dr. Gary Bennett and Dr. Brenna Chirby carry out the Hokies' sports psychology program.**



# Sports Medicine

## *Providing 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 Dr. Duane Lagan, director of sports medicine, 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 staff including general practitioners, orthopedic surgeons, certified athletic trainers, physical therapists, chiropractors, massage therapists, sports psychologists, nutritionists and orthotists, are available to manage the health care of athletes.

As part of the evolution, the department is completing the first year of development and data collection for a strategic health care planning grant. This grant, titled "The Center for Performance and Sports Medicine Excellence," was initiated by Dr. Charles Baffi, Dr. Kerry Redican, Dr. Mike

Gentry and Goforth and was awarded last fall 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."

Another aspect of this constantly evolving department is a new athletic training room in the Jamerson Athletic Center. When completed after the first of the new year, the 4,300 square foot Eddie Ferrell Memorial Training Room will consolidate existing training rooms 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 will be state-of-the-art equipment and a unique style of architecture, developed by Glenn Reynolds, AIA. Larry Perry was the consulting engineer.

The new room, which will nearly double the size of the current Merryman Center facility, will also allow that training room to be used for physical therapy, chiropractic care and massage therapy. When completed, Virginia Tech will have more than 10,000 square feet dedicated to sports medicine, placing Tech in the top five percent nationally.

The training and medical complex currently is located in the \$10 million Merryman Center, a state-of-the-art facility which includes 2,400 square feet of medical space supplemented by training rooms in Cassell Coliseum.

This treatment room has numerous treatment modalities including electric stimulation, ultrasound, hot packs and interferential current. It also has an office for the staff, dozens of training tables, whirlpools, rehabilitation equipment and an eight-foot cold tub. 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 excited about our new facility and the opportunity for all of us to come together for the benefit of our athletes," Goforth said.

The philosophy of the program involves large volumes of research that shows that a properly maintained overall fitness program reduces the chance of injury.

*Continued on next page*



**Director of Athletic Training Mike Goforth and student trainer Laura Hood work with David Pugh as he rehabilitates following knee surgery.**



### **Dr. Duane Lagan**

#### *Director of Sports Medicine*

Dr. Duane Lagan begins his 14th season as the Tech team physician. He has had a varied medical career, having maintained a private practice in Okeene, Okla., for 16 years and having served as Texas A&M's team physician for five years.

At Tech, Dr. Lagan serves as a physician at Student Health Services in the mornings and then works in athletics in the afternoons, either in his Merryman Center office or on the playing field.

Dr. Lagan and his wife, Dee, have four children — Dee, Lynn, Tim and Lee.



**Defensive tackle Chad Beasley works on a Backsystem unit under the direction of GA Josh Signs.**



**Mike Goforth**  
*Director of Athletic Training*

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

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 degree in sport management from Virginia Tech in 1995 and is currently pursuing his doctorate in health education, also from Virginia Tech.

**Sports Medicine**

*Continued from page 135*

After the sports medicine staff diagnoses and treats an ill or injured athlete, the strength and conditioning staff works to give the best injury prevention and performance enhancing programs possible.

The training, medical and strength and conditioning staffs each have a role in bringing the athlete back quickly and ready to play. After an injury, an

athlete will go through rehabilitation and physical therapy. Athletes are then moved to weight training as they become able. The strength and conditioning staff uses specific programs for each injury in an effort to get the athlete back quickly.

The range of benefits athletes have access to include custom orthotics, custom mouth guards, specialized prophylactic bracing and many other options to help prevent or

**Medical and Training Personnel**



**Dr. Marc Siegel**  
*Orthopaedic Surgeon*



**Jimmy Lawrence**  
*Athletic Trainer*



**Heather Slivka**  
*Athletic Trainer*



**Keith Doolan**  
*Athletic Trainer*



**Josh Signs**  
*Graduate Assistant*



**Dr. Lawrence Kyle**  
*Dentist*



**Dr. Steve Jacobs**  
*Optometrist*



**Dr. Greg Tilley**  
*Chiropractor*



**Robyn Roddy**  
*Radiologic Technologist*



**Todd Gerl**  
*Orthotist*



**Mark Piechoski**  
*Physical Therapist*



**Aaron Gresham**  
*Brace Consultant*



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 programs."

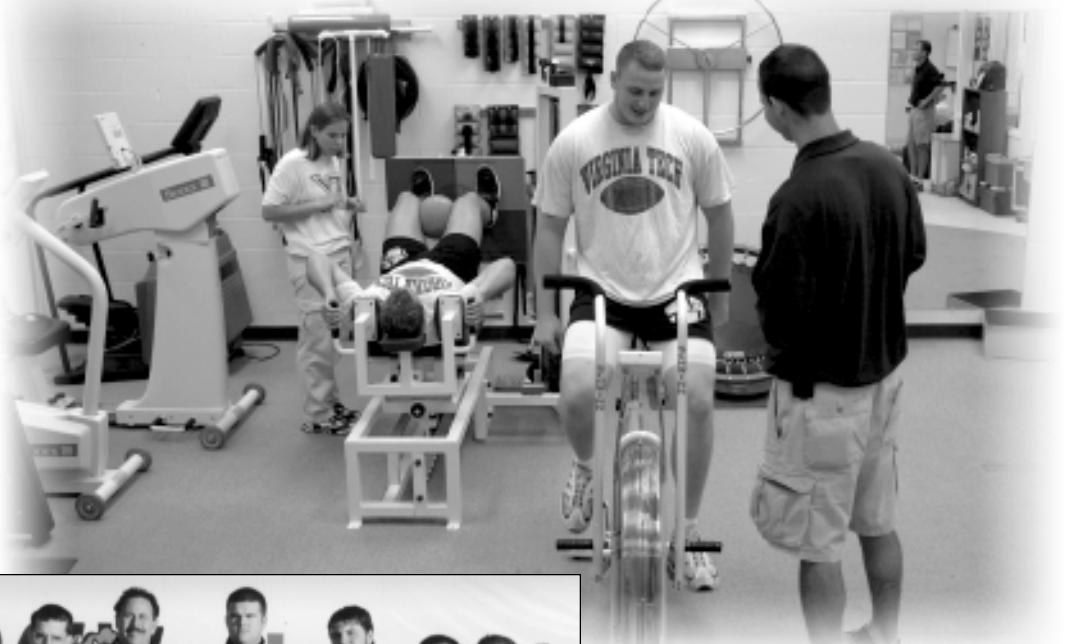
Their programs consist of strengthening, stretching and most importantly movement pattern analysis and training to help prevent the re-occurrence of injuries.

"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."

*Continued on next page*



**Team physician Dr. Duane Lagan is an experienced veteran in the field of sports medicine.**



**Virginia Tech's sports medicine department has the finest equipment available for athletic training needs.**



**Sports Medicine Staff  
– 2001 Gator Bowl**

**Virginia Tech's medical and training staff on hand for last year's bowl: (front, l to r) Stacey Hitzelberg, Laura Hood, Amanda Schutt, Valerie Graham, Amanda Beier; (back row) Dr. Duane Lagan, Chad Hyatt, Daniel Jarvis, Josh Signs, Dr. Marc Siegel, Todd Carr, Nick Mullins, Jonathan Newman and Mike Goforth.**

## Sports Medicine

Continued from page 137

Most of the off-season activity is based on a program called the functional movement screen, developed by Gray Cook of the Athletic Testing Services. This screening device is used to assess an athlete's potential for performance improvements as well as other pre-disposition for certain injuries.

"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. "It will also provide them with the necessary resources to improve their screening scores which will in turn increase their performance and decrease their potential for injury."

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.

Dr. Lagan has office hours at Schiffert in the mornings and is usually in the athletic complex in the afternoons.

Student-athletes can also go to Schiffert Student Health Center to be seen by a practitioner or see an orthopedic surgeon, if necessary. If physical therapy is needed, student-athletes can rehab at the Merryman Center. Staff psychologists, located in the Cook Counseling Center, are also available to all student-athletes for personal and performance issues.

"Our goal is to provide the same high level of health care that professional and

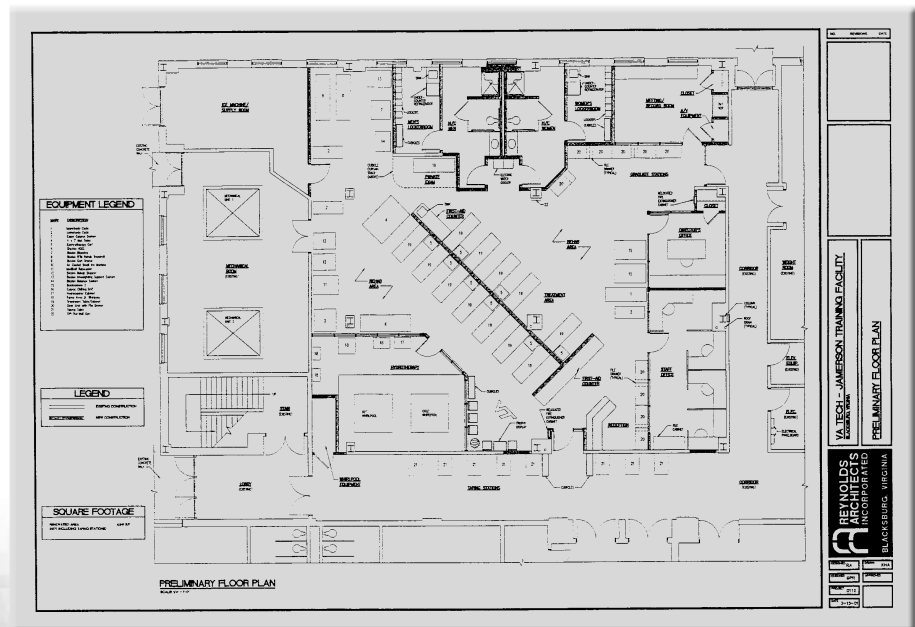
Olympic athletes receive," Goforth said. "Our usage of specialist care is modeled after the NFL system and incorporates components of the Olympic Training Center in Colorado Springs."

Dr. Lagan, along with Goforth and team orthopedic surgeon Dr. Marc Siegel, care for the medical needs of athletes on Tech's football team, traveling with the team and attending practices.

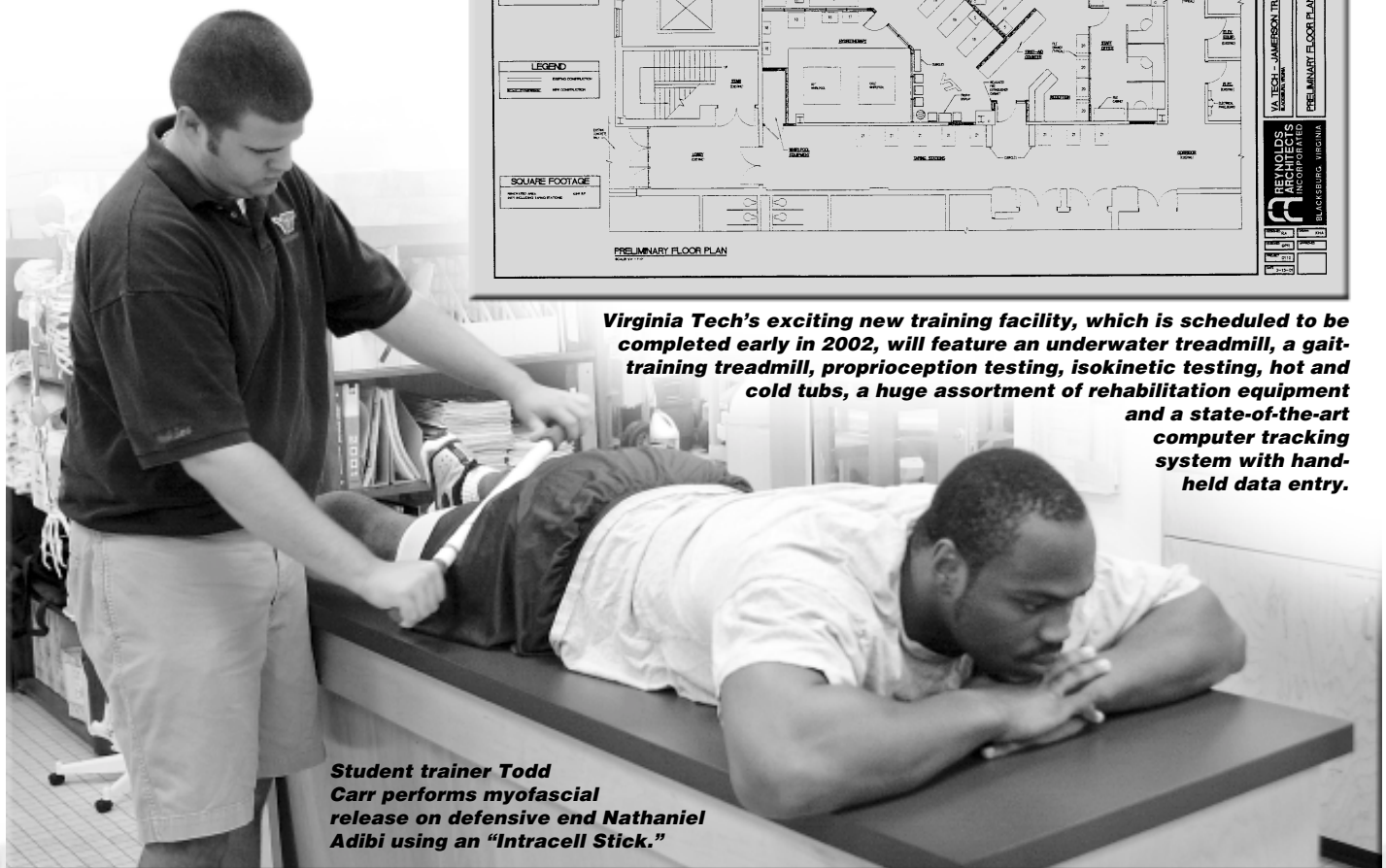
These practitioners are assisted by a staff of seven graduate assistants (two primarily for football) and 15 student trainers in caring for Tech's 20 other varsity sports.

"Our goal is to provide the same high level of health care that professional and Olympic athletes receive."

—Mike Goforth



**Virginia Tech's exciting new training facility, which is scheduled to be completed early in 2002, will feature an underwater treadmill, a gait-training treadmill, proprioception testing, isokinetic testing, hot and cold tubs, a huge assortment of rehabilitation equipment and a state-of-the-art computer tracking system with hand-held data entry.**



**Student trainer Todd Carr performs myofascial release on defensive end Nathaniel Adibi using an "Intracell Stick."**



# Videography Department

## *State-of-the-Art Equipment Gives Tech an 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 lots of practice can make a big difference, Virginia Tech has something that puts it over the top — Pentacle System 1.0.

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 film 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 and 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

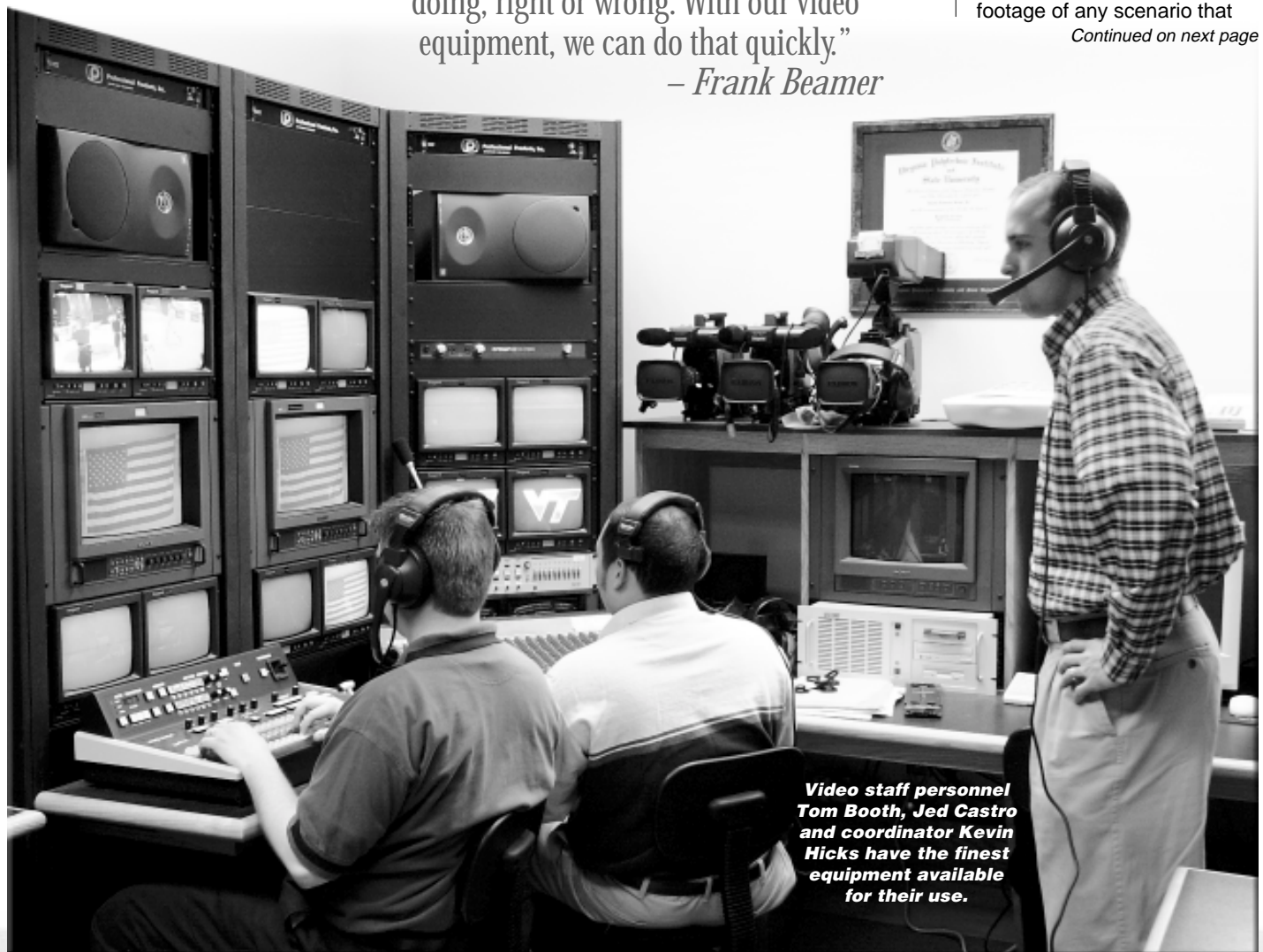
videotaped. The tape is gathered along with Tech game film of opponents' games. Then, assistant video coordinators Jed Castro and Tom Booth, along with the graduate assistants label each play in terms of down, distance, formation, ball placement, pass, run and unit.

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 film footage of any scenario that

*Continued on next page*

*“The greatest teaching tool is the ability to show someone what they're doing, right or wrong. With our video equipment, we can do that quickly.”*

*— Frank Beamer*



**Video staff personnel Tom Booth, Jed Castro and coordinator Kevin Hicks have the finest equipment available for their use.**

## Videography

Continued from page 139

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 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 film 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 and joy 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



### 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.



### Jed Castro

#### Assistant Video Coordinator



### Tom Booth

#### Videographer

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," says Castro. "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 have 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 that the team has and 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."

An example of the program's presence came in the Gator Bowl against Clemson in 2001. In the days leading up to the Gator Bowl coaches were given laptops by the videography department that contained numerous Clemson plays that the coaches could view at their convenience. Some set up film labs in their hotel room that allowed players to stop by and view countless situations they may face on game day. Being able to transport game film with relative ease gives the Hokies that extra edge, even on the road. The result? A 41-20 victory that gave Tech its second straight 11-win season.

"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."



Strong safety and outside linebackers coach Jim Cavanaugh goes over game video.



**To the delight of Hokie fans, Tech unveiled HokieVision — a state-of-the-art video scoreboard — in Lane Stadium last year.**

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

Did you miss that crushing block thrown by Wayne Ward, that ankle-breaking juke by Lee Suggs or was André Davis just too fast for you to catch rounding the corner on a punt return? 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 stands almost 60 feet above ground.

After its highly anticipated and successful debut last year, the 2001 football season brings some additions to HokieVision. At least three new cameras have been added in Lane Stadium, along with four new replay machines to help out with the operation of the video scoreboards. The

videography department also has two new 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 their new 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 Castro.

The addition of the new equipment has produced the need for more staff. The department is now operating with three full-

time staff; four undergraduate student assistants: Ariel Callahan, Brian Walls, Megan Boland, and Clay Delk; and a graduate assistant, Courtney

Morris. Hicks will hire on a game-by-game basis about eight to 10 other people to work with the video board during football season.



**Tom Booth shoots video for live display on HokieVision.**

# Radio 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 in the state, Tech fans know they're always within range of a Tech network radio station.

With over 50 affiliated radio and television stations throughout the region, the Virginia Tech ISP Sports Network is the main communications link between Tech's football program and the Hokies' avid legion of fans.

This season marks the 48<sup>th</sup> consecutive year Tech football has been broadcast to a state-



**Bill Roth**



**Mike Burnop**

wide audience, and the network of stations continues to grow. Once again this fall, more stations in Virginia will carry Hokies football than any other pro or college team. In addition to the game broadcasts, the network also produces *The Hokie Hotline*, a 90-minute radio talk show featuring Roth and Tech 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 — Virginia's three-time Sportscaster of the Year — is in his 14<sup>th</sup> 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 and NCAA Productions telecasts of NCAA Basketball, NCAA Lacrosse and professional kick boxing. This past summer, Roth handled play-by-play duties for

ESPN's coverage of an international field hockey series between Australia and Argentina. He was inducted into Virginia Tech's Monogram Club this past year.

Former Virginia Tech tight end Mike Burnop is serving his 19<sup>th</sup> season in the booth as the network analyst. Burnop was a starting tight end for the Hokies in the early 1970s and still holds the Tech record for receptions in a season with 46. He was inducted in Virginia Tech's Hall of Fame last year.

Burnop has also served as the analyst on Tech men's basketball broadcasts for the past five years. He owns and operates New River Office Supply stores throughout the region.

Together, Roth and Burnop comprise one of college football's longest-running broadcasting teams, having described the action of every Tech game dating back to the 1988 season.

Tech game broadcasts and other network programs are available to fans anywhere in the world via Tech's official web site ([hokiesports.com](http://hokiesports.com)) and through TEAMLINE, a pay-to-listen telephone service. (1-800-846-4700, team code 5453). 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 ISP Sports Network Gameday Schedule

### *Six Hours of Uninterrupted Coverage!*

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

**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 coach Frank Beamer and the opposing head coach, The Big East Report, late-breaking news and features.

**The Game Broadcast** — *TOUCHDOWN TECH!!!* Bill Roth and Mike Burnop fill the airwaves with their unique blend of excitement and wit. The two have called every Tech football game since the late 1980s.

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

## Virginia Tech ISP Sports Radio Network Radio Affiliates

Abingdon	WGOC	640	AM	Elizabeth City, NC	WTAR	850	AM	Onley	WESR	1330	AM
Alexandria	WAGE	1200	AM	Emporia	WBBC	93.5	FM	Onley	WESR	103.3	FM
Amherst	WZZU	97.9	FM	Fairfax	WAGE	1200	AM	Orange	WJMA	96.7	FM
Appalachia	WGOC	640	AM	Farmville	WBBC	93.5	FM	Petersburg	WBBC	93.5	FM
Bassett	WMVA	1450	AM	Fredricksburg	WGRC	95.9	FM	Portsmouth	WNIS	790	AM
Beckley, WV	WKQY	100.9	FM	Front Royal	WINC	1400	AM	Portsmouth	WTAR	850	AM
Beckley, WV	WKQY	100.1	FM	Galax	WWWJ	1360	AM	Princeton, WV	WKQY	100.9	FM
Bedford	WSLC	610	AM	Gate City	WGAT	1050	AM	Princeton, WV	WKQY	100.1	FM
Blacksburg	WBRW	105.3	FM	Hampton	WNIS	790	AM	Princeton, WV	WKQY	100.1	FM
Blackstone	WBBC	93.5	FM	Hampton	WTAR	850	AM	Radford	WBRW	105.3	FM
Blountville, TN	WGOC	640	AM	Harrisonburg	WMXH	105.7	FM	Richlands	WGTH	540	AM
Bluefield, WV	WKQY	100.1	FM	Hopewell	WJLC	98.3	FM	Richmond	WXGI	950	AM
Bluefield, WV	WKQY	100.9	FM	Hot Springs	WXCF	103.9	FM	Roanoke	WSLC	610	AM
Bluefield, WV	WKQY	100.1	FM	Johnson City, TN	WGOC	640	AM	Roanoke Rapids, NC	WBBC	93.5	FM
Bristol, TN	WGOC	640	AM	Kilmarnock	WKWI	101.7	FM	Rural Retreat	WXBX	95.3	FM
Cape Charles	WESR	103.3	FM	Kingsport, TN	WGOC	640	AM	South Boston	WDVA	1250	AM
Cape Charles	WESR	1330	AM	Lebanon	WLRV	1380	AM	Staunton	WTON	1240	AM
Centerville	WAGE	1200	AM	Leesburg	WAGE	1200	AM	Virginia Beach	WNIS	790	AM
Charlottesville	WJMA	96.7	FM	Lexington	WXCF	103.9	FM	Virginia Beach	WTAR	850	AM
Chesapeake	WNIS	790	AM	Lewisburg, WV	WKJC	103.1	FM	Waldorf, MD	WGRQ	95.9	FM
Chesapeake	WTAR	850	AM	Louisia	WJMA	96.7	FM	Warsaw	WNNT	690	AM
Chesterfield	WBBC	93.5	FM	Luray	WMXH	105.7	FM	Warsaw	WNNT	100.9	FM
Christiansburg	WBRW	105.3	FM	Lynchburg	WZZU	97.9	FM	Washington, DC	WAGE	1200	AM
Clifton Forge	WXCF	1230	AM	Manassas	WAGE	1200	AM	Washington, DC	WGRQ	95.9	FM
Clifton Forge	WXCF	103.9	FM	Marion	WZVA	103.5	FM	Waynesboro	WTON	1240	AM
Culpeper	WJMA	96.7	FM	Martinsville	WMVA	1450	AM	White Stone	WKWI	101.7	FM
Danville	WDVA	1250	AM	Martinsburg, WV	WINC	1400	AM	Williamsburg	WNIS	790	AM
Danville	WZZU	97.9	FM	Middlesboro, KY	WGOC	640	AM	Williamsburg	WTAR	850	AM
Dublin	WBRW	105.3	FM	Mt. Airy, NC	WWWJ	1360	AM	Winchester	WINC	1400	AM
Elizabethton, TN	WGOC	640	AM	Norfolk	WNIS	790	AM	Woodbridge	WGRQ	95.9	FM
Elizabeth City, NC	WNIS	790	AM	Norfolk	WTAR	850	AM	Wytheville	WXBX	95.3	FM



# ISP Sports

## *The Exclusive Marketer of Virginia Tech Athletics*

ISP Sports, a national leader in the collegiate sports marketing industry, is in its seventh year as exclusive worldwide multi-media and advertising rightsholder for Virginia Tech Athletics. In this partnership with the athletic 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.

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

This past year also saw ISP enter the world of professional golf as the sales and marketing representative for the Marconi Pennsylvania Classic, the PGA Tour's newest stop.

During its very successful six-year 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 "Hokie Hotline," a live weekly 90-minute call-in show featuring Tech 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. 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 late-August until mid-March.

Other advertising and marketing opportunities represented by ISP Sports include the new 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.

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.com the newspaper*).

### ISP Sports – Virginia Tech Staff

- Mike Wolfert is in his second year with ISP, serving as an assistant 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 is in his second year as a senior vice president and national sales director for ISP. 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.
- Marketing assistant Dave Bouteiller is the most recent addition to the Tech ISP staff after serving in a similar capacity for ISP last year at Southern Mississippi. He is primarily responsible for the organization and 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.
- Chris Ferris, a 10-year veteran on the ISP staff, is now in his third full year as director of radio production. His responsibilities include engineering, game day technical operations, programming and production for the company's eight radio networks. Ferris is a 1987 graduate of the University of North Carolina.
- Jamie Frye is in her fifth 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 one year ago and has already been a positive factor by bringing new stations into the ISP fold.
- Cory Provus is in his second year with the company's radio team as play-by-play announcer for women's basketball. He adds to his duties this fall, serving as studio host during all Tech football broadcasts.
- A veteran member of the football broadcast crew is Carter Myers, who will continue to play an integral role this season as official statistician.



**The ISP Sports lineup that serves Virginia Tech – (front, l to r) Cory Provus, Bill Roth, Mike Burnop, Carter Myers, (back row) Steve Angelucci, Taylor Durham, Chris Ferris, Mike Wolfert, Dave Bouteiller and Jamie Frye.**

# hokiesports.com

## *Web Site is the Official Source For Information on 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, the gateway to all of the official Virginia Tech Athletics sites, is currently made up of four separate sites consisting of hokiesportsinfo.com, hokievision.com, hokietickets.com, and hokiepages.com. There is also a direct link to the popular on-line version of *hokiesports.com the newspaper* (formerly known as the Hokie Huddler).

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

Another offering is individual sports' web home pages. Archived releases and breaking news about all Tech teams can be found on these individual sport's home pages. As an added feature of these pages, individual sports media guides are available for downloading, which include player and coaching staff profiles, schedules, records, historical information and other pertinent facts for every sport.

This popular site also gives detailed information

about joining the Hokie Kids Club, the Monogram Club and the Hokie news list, where fans can sign up on-line and receive breaking news via email. With fast "livestats," fans can view home football and men's and women's basketball game stats as they happen. Live images are also readily available during the game.

Game day pages inform fans about parking, traffic or any other special needs, as well as listing any special activities planned for that day. Recently added is a search feature that enables fans to find all listings of their favorite Tech athlete within the hokiesports.com suite of sites. Features expected to be added to the site soon include on-line greeting cards and on-line record books.

hokievision.com is a link to great video clips that are exclusive to this site. Coach and player interviews and video coverage of events that are one-of-a-kind are all available to site users. With the expansion of Lane Stadium, hokievision.com will have a web-cam set up to bring Tech fans everywhere 24 hour live pictures of the stadium construction.

hokietickets.com is another useful site providing links and updates about Hokie athletic tickets. It provides the user with information about season and individual ticket events. Tech season ticket holders can now access this site and have instant ticket renewal. With the completion of the stadium expansion, fans will

be able to purchase new football season tickets on-line as well.

hokiepages.com provides the user with listings for every kind of business and individual service. These companies provide visitors with direct links and information about their products and services.

hokieclub.com is a link to the Virginia Tech Athletic Fund site.

hokiesports.com receives almost 168,745 user sessions per month and from March-June 2001 the site received more than 222,000 repeat visitors. 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.

The web site is managed by Peg Morse, director of Internet services, and designed by Damian Salas, webmaster, along with student interns and workers who 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.



# hokiesports.com *the newspaper*

## ***In-House Publication Covers Hokies In-Depth***

After a year with a new name, the subscription numbers continue to grow for Virginia Tech's in-house publication *hokiesports.com the newspaper*. There are roughly 6,000 devoted subscribers to the print version, and 400 registered for the on-line version of the paper that became available to Hokie fans in the fall of 2000.

During the past seven 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.

The on-line version of the publication is entering its second 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," said editor Jimmy Robertson. "On-line, the news can be updated more frequently as well."

*hokiesports.com the newspaper* is updated every week on-line by the staff so things can get to Hokie fans as they happen. "I hope that more fans will take advantage of the on-line version of the publication because the Internet is the new wave of the future," said Robertson.

*hokiesports.com the newspaper* is a colorful publication that is printed 33 times a 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 you won't get anywhere else. With *hokiesports.com the newspaper* being owned by the athletics department, it allows writers 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.com 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 each week.

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, 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.

*hokiesports.com the newspaper's* predecessor, *The Hokie Huddler*, came about in 1984 when then Tech head coach and athletics director Bill Dooley wanted an in-house publication to primarily cover football.

Doug Waters served as the first editor in 1984-85 and then Chris Colston handled the duties for the next 11 years. When Colston resigned in 1996 to take a job with *Baseball Weekly*, he left the job in the hands of Robertson, who is entering his sixth year as the editor.

Since then, Tech has 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 its first year in the BIG EAST for all 21 sports, the entire program has a bright future – which allows no limitations to *hokiesports.com 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. For additional subscription information, call the *hokiesports.com the newspaper* office at (540) 231-3980, or visit the website at [www.hokiesports.com](http://www.hokiesports.com).



### **Jimmy Robertson**

*hokiesports.com  
the newspaper Editor*

Jimmy Robertson is entering his sixth 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*

Buoyed by another 11-1 season on the gridiron and a Gator Bowl victory, full membership in the BIG EAST Conference and the planned expansion of Lane Stadium, the Virginia Tech Athletic Fund realized new levels of financial support from its ever-expanding donor base of over 12,000 members. In 2000 a new record for giving was set as gifts exceeded \$10 million.

The Hokie Club is charged with raising funds to support the scholarship, capital and programmatic needs of the Athletic Department. Donors make gifts in outright forms such as cash, real estate, securities, gifts in kind, 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.

"Back to back 11-win seasons plus the exciting play of our teams have really motivated our fans to upgrade their giving levels while more new members continue to join the VTAF," said Lu Merritt, Tech's director of development for intercollegiate athletics. "Our fans realize that the athletic programs here at Virginia Tech can compete for national championships and they want to play an integral



*The VTAF staff: (l to r)  
David Everett, John Moody,  
Diana Fain, Jane Broadwater,  
Johnnie Hoehn, Trey McCoy,  
Lu Merritt, Terry Bolt  
and Sharon Linkous.*

part in supporting those efforts. It's really impressive to see such excitement and enthusiasm from our loyal fans."

A 1968 graduate of Virginia Tech and 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 29 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, Lynchburg and Staunton areas.

Terry Bolt, also an associate director, serves the

Tidewater and Southside areas of Virginia, plus South Carolina and Georgia, while overseeing planning and direction of the Annual Fund. In addition, she is responsible for the Orange and Maroon Tour, the annual Hokie Celebration and the Regional Hokie Club President's meetings.

Trey McCoy, development manager, serves the Hokie Clubs in Northern Virginia, Southwest Virginia and West Virginia. A former All-America baseball player at Tech, he still holds the Hokies' records for career batting average for three seasons (.374) and career slugging average (.835).

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. A former cheerleader,

Broadwater is the daughter of Bill Buchanan and her siblings Molly, Billy, Toddy and Robby all attended Virginia Tech. Johnnie Hoehn works part time in the office and brings over 10 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 grads and friends gather to cheer on the Hokies.

Floyd Merryman of Rustburg, Va., is the current president of the Athletic Fund, and Bill Stover of Fairfax, Va., is the vice president.

# The Monogram Club

## *Proud Tech Organization Working to Expand*

The Monogram Club was created as a social organization comprised of graduated 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. Each former letterwinner is given an open invitation to return to campus and not only support the current athletes in their individual sport but all the athletes within the entire athletics department.

Over the past three years, the club has seen a resurgence of activity with record growth in the organization's membership. Terry Strock, a veteran coach and 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 240 members over the last two years, the total club membership has grown to 795 active members.

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

become director of athletics at Virginia State University.

The Monogram Club will now welcome its new director, Russ Whitenack, the former men's head track coach who oversaw that program for the last 28 years.

"I think I can make an impact by working hard and getting out to the former athletes," Whitenack said. "Track coaches aren't office people so I want to get out and energize the club. This is an exciting time to be at Virginia Tech, but it's hard to leave coaching behind."

Whitenack has set some lofty goals for himself and the club for the next few years.

"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."

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 reorganizational 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. The club now has a new president as well, a 1969 graduate and former football player, Pete Dawyot.

A complimentary membership was instituted for recent graduates, allowing them a three-year membership into the club once their eligibility is up. In April 2001, 83 new seniors were added as complimentary members.

Membership dues are \$25 per year with the membership year being from July 1 to June 30. A lifetime membership has been instituted with the amount set at \$500. The Monogram Club has set a goal of doubling membership by next year.

The club publishes a newsletter twice a year for its members, once in January and again in June. The newsletter consists of information about upcoming activities of the club, articles from coaches, which recap each team's season, and letters from Weaver, Whitenack and Dawyot to the membership.



### **Russ Whitenack**

#### *Director of the Monogram Club*

For the last 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 current coach Steve Taylor and recent graduate Erick Kingston. He 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, who is 21 years old and a junior at Tech. In his spare time, Whitenack enjoys outdoor activities, especially kayaking, boating and jet-skiing.

# NCAA Rules Compliance

## Virginia Tech Athletics - Winning the RIGHT Way

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.

*This page was developed as 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.*