



2006 ETSU BUCCANEER WOMEN'S SOCCER

STRENGTH TRAINING



ETSU student-athletes spend hundreds of hours each year in the capable hands of Buccaneer strength and conditioning coach **Lee Morrow**. Morrow and the Buc athletics administration are doing their best to ensure that those hours are spent in a first-class facility.

The Buccaneers have the benefit of one of the finest weightrooms in the area. The 7,200-square-foot facility, which is one of the largest in the south-east, recently received a \$200,000 renovation. The facility was redesigned aesthetically and new equipment, including customized York plates, customized free weight equipment and Hammer-Strength Machines, were added to the facility.



LEE MORROW
HEAD STRENGTH
& CONDITIONING
COACH

The weightroom is located on the second floor of the Memorial Center overlooking the South end of the Dome, just up the stairs from the Jerry Robertson Athletic Medicine Center.

With more than 20 years experience, Morrow implements and plans strength and conditioning programs for the 16-sport ETSU athletic program and works with more than 300 athletes each day.

Now in his 22nd season at ETSU, Morrow has earned a reputation as one of the most knowledgeable strength and conditioning coaches in the nation. Eight of his athletes have earned Gatorade/National Strength Coaches Association All-America Strength Team accolades. The award is presented to athletes who achieve excellence in strength and conditioning as a direct result of work in the weightroom.

Morrow came to the Buccaneer program from Milligan College where he served as head track and cross country coach and assistant basketball coach. He also served Milligan as director of intramurals. He is married to the former Lisa Hartsell of Greeneville, Tenn., and they have three children.



SPORTS MEDICINE



BRIAN JOHNSTON
HEAD TRAINER

One of the most populated and active places in Memorial Center is the Jerry Robertson Athletic Medicine Center, where all Buccaneer student-athletes receive care in the prevention, treatment and rehabilitation of injuries. Under the guidance of director of sports medicine/head trainer **Brian Johnston**, ETSU's training facilities have earned a reputation as one of the finest of its kind in the Southeast.

Renovated and expanded to twice its original size recently, ETSU's training room is one of the finest anywhere and is equipped with the latest in technology, training and rehabilitation equipment, including a complete hydro-therapy area. ETSU athletes have the added benefit of a physician who is in the training room daily and is available to Buc athletes at all times.

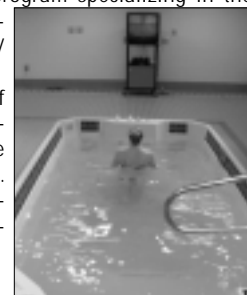


SCOTT BROWN
TRAINER

A unique aspect of the ETSU training facilities is that they also include the BucSports Athletic Medicine Center. Working in conjunction with the training room, the BucSports Athletic Medicine Center offers individuals of all ages a comprehensive program specializing in the diagnosis, treatment and

rehabilitation of recreational/wellness, industrial/corporate, geriatrics and sports-related injuries.

The Center will enable physicians and staff to perform fully all prevention, evaluation, treatment, rehabilitation and research activities on site and for the benefit of people across the region. The Center is the regional leader in Sports Medicine, complementing the Quillen College of Medicine at East Tennessee State University.



ACADEMIC SUPPORT & THE BILL G. HUMPHREYS CHAMPS LIFE SKILLS CENTER

Performing well academically is an expectation of student-athletes who wear the Buccaneer uniform. Not only are time management skills and self-discipline musts, but also dedication and commitment are needed from each individual student to maintain eligibility and progress toward graduation. ETSU Athletics provides many resources to assist the student-athlete in becoming the "total person." The staff not only advises students in scheduling classes and academic progress, but also in the areas of group and individual tutoring, community service, career and personal counseling and life skill programming.

In the spring of 2003, the new Bill G. Humphreys CHAMPS Life Skills Center opened on the second floor of the Memorial Center. Student-athletes have access to a state-of-the-art computer center and classroom that features Dell flat-screen and Macintosh G4 computers. In addition, the center utilizes wireless Internet technology and has full multimedia capability.

ETSU is an active participant in the NCAA CHAMPS program. Through this model, seminars are offered to help students maneuver their way through the maze of college life. Student-athletes are required to attend an array of educational seminars, including alcohol abuse awareness, study skills, career

planning, leadership development, eating disorders, domestic violence and sexual assault prevention. Many of these sessions are developed "in-house" through the Academic Services and Life Skills program office, but the emphasis has been on building connections across campus. The goal of the entire campus network is to make sure that student-athletes are aware and utilize the resources and programs that are available to them.



The state-of-the-art Bill G. Humphreys CHAMPS Life Skills Center was completed in the spring of 2003.

STUDENT-ATHLETE SERVICES