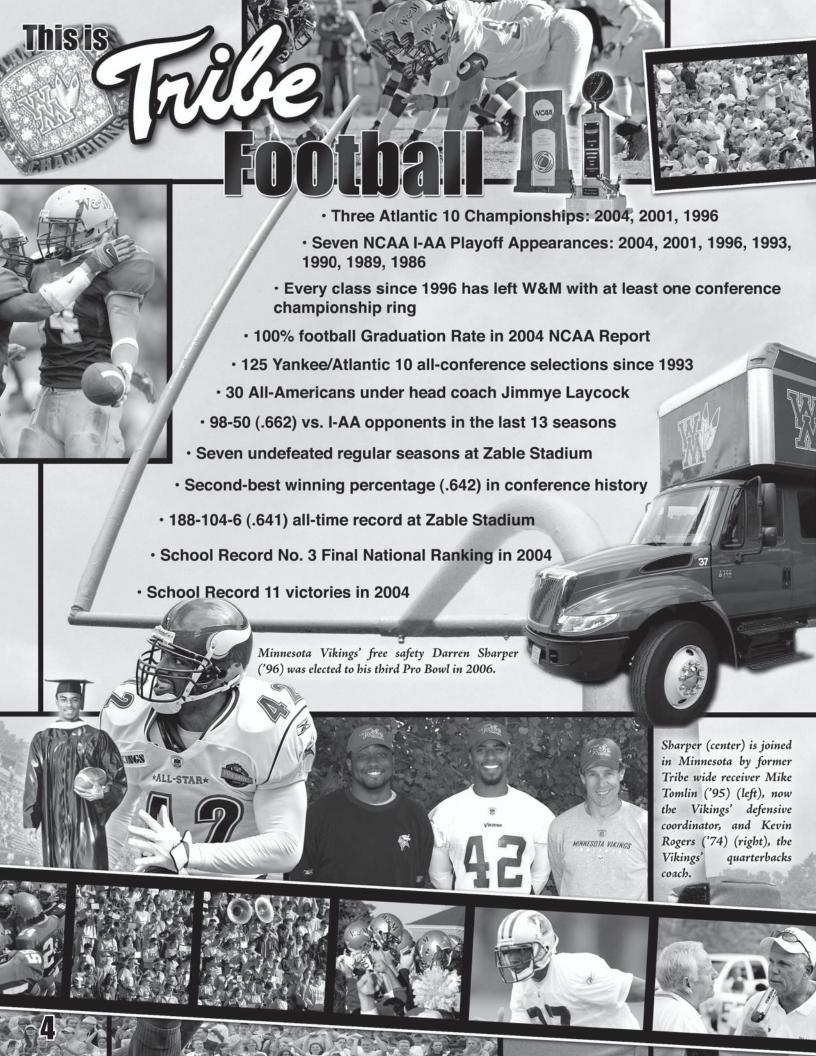


Tribe e







## 

#### The Laycock Football Complex

The Athletics Department put a fitting exclamation point on what was head coach Jimmye Laycock's 25th season in 2004, announcing plans for a 30,000-square foot football complex that will bear the longtime mentor's name.

The Jimmye Laycock Football Complex will be located at the northwest corner of the stadium on what is the Tribe's football practice field at a cost of \$11 million. In what could be the most exciting aspect of all, the entire funding of the project will be provided by private gifts.

The complex will provide a new home for team and coaches lockers, an athletic training room, an equipment storage area, coaches offices, conference rooms, and administrative support areas – as well as an entrance that will include a Tribe Football Hall of Fame space. The project is scheduled to be finished in the fall of 2007.

The two-story football complex was designed by Moseley Architects out of Virginia Beach and HOK Sport, an internationally renowned architectural firm based in Kansas City, Mo., whose clients include sports venues at nearly every level, including Oriole Park at Camden Yards.

Officials worked closely with the building designers to ensure the complex complements the architecture of Zable Stadium and conforms to the campus design guidelines.





#### **The Laycock Complex Facts**

#### Overview

- Total Estimated Cost: \$11 million
- 30,445 square foot, two-story building
- Building will house football offices, meeting space, training room, equipment room and locker room

#### Office Space

- Eight coaches offices, including 500 square foot head coaching suite with balcony view into Zable
- Assistant coaches offices will overlook practice field
- All offices will be networked into a state-of-the-art video system
- 300 square foot video production room

#### **Meeting Spaces**

- One 2,500 square foot team meeting room with wall-to-wall carpet
- Four additional position meeting rooms, averaging 300 square feet
- All meeting areas networked with video system
- 900 square foot recruiting lounge with window and balcony overlooking Zable Stadium

#### Lobby

- 1,650 square foot area serving as grand entrance with circular stairwell to offices
- Sky lights
- Will display prominent moments from program's proud history

#### **Training Room**

- 3,900 square foot state-of-the-art room, featuring 2,800 square foot treatment and taping area
- Hydro-therapy room
- Doctor's exam room
- Staff lockers

#### Locker Room

- 4,200 square foot carpeted room with space for 100 lockers
- Breakout meeting space
- Cable television
- Full bathroom/shower and drink station

#### **Equipment Room**

- 2,300 square foot area with washers, dryers and lockers
- Walk-up, pass-through laundry station
- Abutting loading dock access



#### **FieldTurf Installation at Cary Field**

During the spring of 2006, the W&M Athletics Department announced plans were in place for the conversion of the natural grass playing surface in Zable Stadium to a state of the art, synthetic playing surface for the 2006 football season.

In July, the installation of the new playing surface, FieldTurf Pro, was completed, giving the Tribe one of the nation's finest playing fields. The installation, at an estimated total cost of \$840,000, was performed by Ballard Sports out of Cary, NC.

FieldTurf features a non-abrasive fiber surface that resembles natural grass blades. Its blend of specially treated Polyethylene fibers prevents abrasions, or "rug burn". Unlike traditional synthetic turf, which relied on an underlying shock pad for player comfort and safety, FieldTurf grass fibers are surrounded and stabilized by a special blend of "synthetic earth" - a mixture of smooth, rounded silica sand and rubber granules. The sand and rubber are precision layered and provide a stable, resilient, uniform, shock-absorbing surface.

The Tribe's playing field is the same surface used by 24 NFL teams, including the Detroit Lions, host of Super Bowl XL in 2006. It is a football-dedicated surface and only has markings specific to the sport.

The FieldTurf project is the second major completed upgrade at the venerable stadium, as last season saw the school raise \$650,000 to place permanent light fixtures at Zable.





# FACILITY UPGRADES

# Cary Field At Zable-Stadium-



The aerial shot below shows a game at Cary Field in 1935, the inaugural season in the current stadium. W&M began playing in the stadium before construction was complete, as shown in the photo.

MOR



### ZABLE STADIUM Quick Facts:

Seasons: 70

(First season in 1935)

First Game: Sept. 21, 1935 vs. Virginia (T, 0-0)

**All-time Record**: 188-104-6 (.641)

**W&M vs. Yankee/A10**: 38-16 (.704)

**Capacity**: 12,259

**Largest Crowds**: Est. 19,000+ (vs. UNC, 1949) 18, 054 (vs. Richmond, Nov. 16, 1985)

**Longest Winning Streak**: 14 games (Nov. 23, 1991 to Oct. 15, 1994)

**Largest Margin of Victory**: 61 (61-0, vs. George Washington, 1942; 61-0, vs. Fort McLelland, 1946)



#### **ZABLE STADIUM TIMELINE**

#### 1906-07

The first Cary Field is built, near the current location of Blow Memorial Hall.

#### **LATE 1920s**

Cary Field is moved farther west on campus, approximately to the current site of the Bryan residence complex.

#### **SEPTEMBER 21. 1935**

The "New" Cary Field opens at the stadium's current location with a wooden baseball-style bleacher capacity of 10,000. Although the stadium is not fully constructed, W&M and Virginia battle to a scoreless tie. Later that season, W&M records its first victory in the stadium, a 44-0 decision over Guilford.

#### **NOVEMBER 5, 1949**

An estimated crowd of more than 19,000 packed the Cary Field Stadium to witness North Carolina earn a hard-fought, 20-14, victory over W&M. It was the College's only loss at Cary Field that season.

#### 1979

A \$1 million renovation project at Cary Field replaced the wooden seats, repaired masonry, renovated locker rooms and provided the first enclosed press box.

#### **NOVEMBER 16, 1985**

An official Homecoming crowd of 18,054 watched the Tribe defeat Richmond, 28-17, in the season finale, completing the first undefeated season at Cary Field under Jimmye Laycock.

#### **NOVEMBER 29. 1986**

W&M hosted Delaware in the first NCAA Playoff game at Cary Field, falling 51-17.

#### **NOVEMBER 3. 1990**

The stadium at Cary Field is officially dedicated, Walter J. Zable Stadium, before the Tribe's Homecoming game against Furman.

#### **SEPTEMBER 25. 1993**

W&M crushed Harvard, 45-17, on the 100th anniversary of the College's first football game.

#### **NOVEMBER 16, 1996**

The Tribe defeated Richmond, 28-13, to seal the first conference championship under Laycock.

#### **SUMMER 2003**

Open-air skyboxes are added above the grandstands in the North end zone.

#### **DECEMBER 10. 2004**

The College hosted state-rival James Madison in the NCAA Semifinals in the first night game at Zable Stadium. Temporary lighting was brought in to accommodate a national Friday-night broadcast of the soldout contest on ESPN2. The Dukes avenged a 27-24 loss in Harrisonburg on Nov. 13 with a 48-34 triumph to advance to the national championship game.

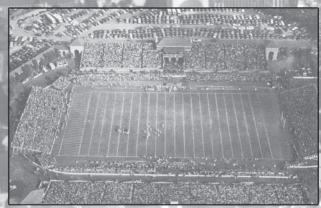
#### **JUNE 17, 2005**

The W&M Athletics Department announced it received \$650,000 in anonymous gifts for the installation of permanent lights at Zable Stadium. The lights were installed later in the summer and debuted on Nov. 5, when the Tribe hosted James Madison in the first regular season night game at Zable Stadium.

#### MARCH 29, 2006

The College announced a \$840,000 project to replace Cary Field's natural grass playing surface with a brand new, state-of-the-art artificial surface, FieldTurf Pro, which is used in over 20 NFL stadiums. The FieldTurf installation was completed in mid-July, and the surface is ready for practice and game use.

Built in 1935, Zable Stadium was financed by a grant of \$170,000 for construction through the Public Works Administration during President Franklin Delano Roosevelt's administration. Thirty percent of that figure was gratuitous, with the College having to reimburse the federal government the remaining 70 percent. The actual cost of building the stadium was \$138,395 - the low bid submitted by the John T. Wilson Company of Richmond.



(Above) Over 19,000 fans packed Cary Field on Nov. 5, 1949 to watch the College battle the University of North Carolina.



(Above) With Walter Zable ('36) and wife Betty ('40) on hand, former president Paul Verkuil announced the dedication of Zable Stadium on Nov. 3, 1990.



# Speci, Strength and Conditioning



## **John Sauer Director of Speed, Strength and Conditioning**

Head Speed, Strength and Conditioning Coach John Sauer comes into his 19th year as the director at William and Mary. He is responsible for all aspects of strength and conditioning for the Tribe's 23 varsity sports.

Under his guidance, the College has had a football player earn All-America strength honors for the past 18 seasons, including the recent selections of Adam O'Connor and Dominique Thompson as All-American Strength and Conditioning Athletes of the Year by the National Strength and Conditioning Association (NSCA) in each of the past two seasons, respectively.

During the summer of 2005, Sauer was one of seven coaches nationwide recognized as a Master Strength and Conditioning Coach (MSCC). The title of MSCC is the highest honor that can be achieved as a strength and conditioning coach. It represents professionalism, knowledge, experience, expertise, as well as longevity in the field. For these reasons, all applicants must be a full-time collegiate and/or professional strength and conditioning coach for a minimum of 12 years in order to be considered for this distinction.

In 1995, Sauer designed the Joseph W. Montgomery Strength Training Center located in the lower level of William and Mary Hall. This 5,000-square foot facility was upgraded in the spring of 2006, primarily with new Power Lift and Sorinex equipment. The room now contains 16,000 pounds of free weights, over 7,000 pounds of dumbbells and 6,000 pounds of rubber bumper plates. In addition, it has 24 custom-built Olympic platforms, 18 multipurpose power racks and a fully-equipped plyometric area.

Sauer came to William and Mary from Clemson where he was an assistant strength and conditioning coach. At Clemson, he assisted in the development, coordination and implementation of strength and conditioning programs for more than 450 varsity athletes.

Before Clemson, Sauer held assistant coaching positions at the University of Utah in Salt Lake City and at Southern Methodist University in Dallas. He earned his bachelor of science degree in health and physical education from the University of Montana in 1984. In 1985, he received his master's in health and physical education from Delta State University, where he was the head coach of strength and conditioning in charge of all varsity sports.

Sauer is a certified member of the Collegiate Strength and Conditioning Coaches Association. He is also a member of the NSCA, International Sports Science Association, U.S. Weightlifting Federation and is both a Certified Strength and Conditioning Specialist and Strength and Conditioning Coach Certified. Sauer is certified as a Level I Club Coach & Level II Senior Coach by U.S.A. Weightlifting. Additionally, he has achieved Level I Coaches certification from the U.S.A. Track and Field Association. From 1996-98, Sauer was honored as Strength and Conditioning Professional of the Year by the Colonial Athletic Association.



John Sauer with Co-John A. Stewart Memorial Winter Warrior Award winners seniors Josh Wright (94) and Trevor McLaurin (23).



**Daniel Kohn** Assistant Coach

Daniel Kohn is entering his second year as assistant speed, strength and conditioning coach. Kohn works primarily with men's and women's basketball, men's and women's track and field, women's volleyball and gymnastics.

Kohn came to William and Mary from the University of Washington, where he was a

part-time assistant strength coach 2004-2005. He assisted in the development, coordination and implementation of strength and conditioning programs for football, men's and women's basketball and women's volleyball.

Kohn earned a B.S. in Kinesiology from California State University-Fullerton in 2002. In 2004, Kohn received his M.A. in sports management from California State University-Long Beach.

Kohn is a member of the NSCA, Collegiate Strength and Conditioning Coaches Association (C.S.C.C.a) and is recognized as a Certified Strength and Conditioning Specialist and Strength and Conditioning Coach Certified. Kohn also is a Level 1 Club Coach from U.S.A. Weightlifting.



Robert Shoop Assistant Coach

Robert Shoop is entering his second year as assistant speed, strength and conditioning coach. Shoop works primarily with lacrosse, field hockey, soccer, golf, tennis, swimming and cross country. Shoop also assists the football team with speed development and running mechanics.

Shoop came to W&M from Velocity Sports Performance in Chesapeake, where he worked with athletes on speed and power development and trained college football players in preparation for their NFL combine and Pro Day. Shoop also trained NFL players during their offseason workouts.

Before Velocity, Shoop worked for the NHL's Dallas Stars, assisting the head strength coach with on and off-ice player development. He also trained several of the Dallas Cowboys and other NFL athletes at a sports training facility in Dallas.

Shoop graduated from the University of North Texas with a B.S. in kinesiology, minor in health promotion, and is a member of the NSCA, Collegiate Strength and Conditioning Coaches Association (C.S.C.C.a) and is a Certified Strength and Conditioning Specialist and Strength and Conditioning Coach Certified. Shoop is also a certified Level 1 Club Coach by U.S.A. Weightlifting.

### Joseph W. Montgomery Strength Training Center At a Glance

- 16,000 pounds of free weights
- 7,000 pounds of dumbbells
- 6,000 pounds of rubber bumper plates
- 20 dynamax medicine balls
- 24 custom-built Olympic platforms
- 18 multipurpose power racks with adjustable benches
- 10 dumbbell benches
- 6 glute-ham benches
- · 4 adjustable abdominal benches
- 6 dip bars
- 2 power squats
- · 2 ground-based jammers
- Fully-equipped plyometric area
- Wide variety of selectorized machines



Sophomore quarterback Jake Phillips posted some impressive numbers in the weight room over summer, including a 31" vertical jump, 280 lb. power clean and a 420 lb. squat.



Winter Warriors Trevor McLaurin and Josh Wright were regulars in the weight room over the summer. The two each posted 500-lb. squats during spring testing.



One of 12 new Power Lift multipurpose power racks and platforms.

#### **Tribe Football Weight Room Records**

40-yd dash:

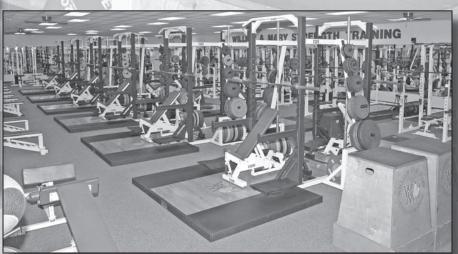
Vertical Jump:

Hang Clean:
Back Squat:
Incline Bench:
Bench Press:

4.32, Hasani Cameron, 2000
40.5", David Houff, 2006
395 lbs., Brian Giamo, 1996
635 lbs., Nick Gilliland, 2000
425 lbs., Ray Loffredo, 2001
and Greg Whirley, 1997

**Current Tribe players that hold position records:** 

David Houff (Safeties): 40.5" vertical jump



## Sports Medicine



**Steve Cole Assistant AD Health Services** 



Rene'e Cork Senior Associate **Athletic Trainer** 



**Andy Carter Associate Athletic Trainer** 



Dr. Ed Wilhelm works on former All-American defensive end Adam O'Connor on the Tribe sidelines.

his 24th year at the helm of the William and Mary Sports Medicine program. One who is familiar with the logistics and scope of the sports medicine field on all levels, Cole has a comprehensive knowledge of the broad discipline and all its components.

Under the direction of Cole, Tribe athletes have the luxury of rehabilitating and treating injuries in a state-of-the-art athletic training facility. There are seven full-time certified athletic trainers and two graduate assistants from the post-graduate athletic training educational program at Old Dominion University on staff. In addition, a group of undergraduate students serve as athletic training aides and assist in the daily operation of the sports medicine program.

A certified athletic trainer (BOC) and strength and conditioning specialist (NSCA), Cole graduated from West Virginia University in 1976 with a bachelor's degree in physical education and athletic training. He staff consists of a team physician and a network of physicians and medisubsequently earned a master's degree in sports medicine in 1978 from the University of Virginia.

This past summer, the National Athletic Trainers Association (NATA) recognized Cole as the College/University National Athletic Trainer of the Year. In 1997, Cole received his 25-year membership pin from NATA. He was also recognized for his service to the profession, receiving the Athletic Trainer Service Award, one of only three recipients from the Mid-Atlantic Region. In 2000, Cole was honored by the College for his many years of service to William and Mary with the recognition as an honorary alumnus.

A true fitness buff, Cole is an exemplary model for all the athletes. He is an avid competitor who has participated in a variety of triathlons since 1980, spending countless hours of his spare time in training. Cole resides in Williamsburg with his wife Lonna, 8-year-old daughter Sydney Janaé, and 3-year-old daughter Jahnessa Yaxin.

Andy Carter joined the William and Mary staff in 2000 as an associate athletic trainer. A William and Mary alumnus and former Tribe student athletic trainer, Andy returns to the Tribe sidelines for his third year as the head football athletic trainer, overseeing the sports medicine services for the team. He and his wife, Kristina, reside in Williamsburg.

With 23 sports under his supervision, Cole receives plenty of assistance from his skilled, BOC-certified staff.

**Renee Cork**, a graduate of lowa State, is beginning her 15th year with the staff. She holds the title of senior associate athletic trainer. In 1999, Cork received the Sport Safety Training Award from the American Red Cross and is in charge of the CPR training for all William and Mary coaches. In 2002, the governor of Virginia appointed Cork to the Athletic Training Advisory Board under the Board of Medicine. She is the only

Steve Cole, Assistant Athletic Director for Health Services, enters collegiate athletic trainer and the only female representative on the Advisory Board. Cork is very involved in the athletic training profession, serving on several athletic training committees at the state and regional

> John Knaul, a graduate of Alfred University, is in his seventh year as a Senior Assistant Athletic Trainer. He and his wife, Katie, reside In Williamsburg. Tyson Burton of Whitworth College, Lisa Shook of Salisbury University, and Michele Swaney of California University of Pennsylvania, return for a second year as Assistant Athletic Trainers. Also, the two graduate assistants from the post professional graduate athletic training program at ODU who will be serving on the Tribe's staff are Carla Boelte and **Nicole Neumann**. Boelte is a graduate of Bridgewater College, while Neumann attended Marietta College.

> In addition to the full-time athletic trainers, the sports medicine cal specialists from the local community.

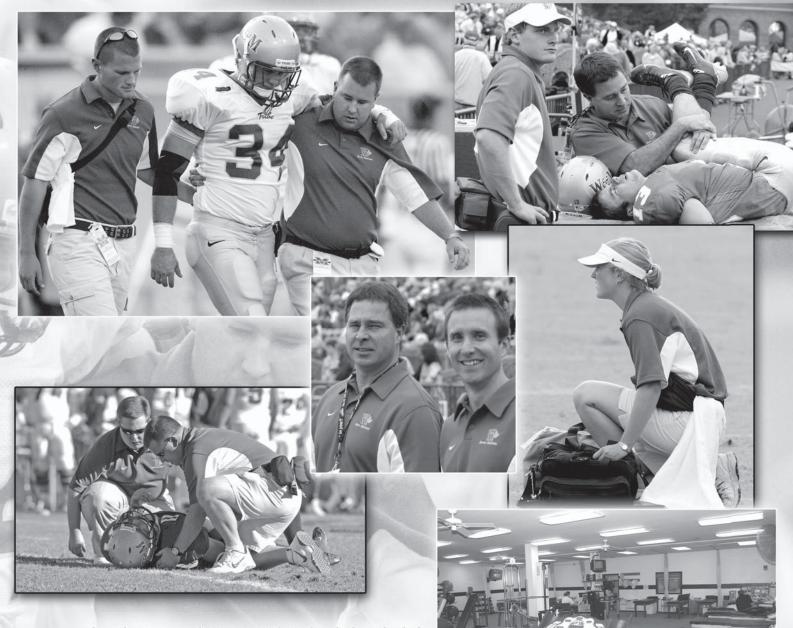
> A presence on the Tribe sideline for the past 40 years, retired **Dr.** George Oliver now holds the title of W&M's team physician emeritus. Oliver was recognized by the College as an honorary alumnus in 2002.

> Michael Potter is in his fourth year on the staff as the team physician. The team physician oversees the full-time athletic training staff and has overall responsibility for supervising the sports medicine program. A family practice/sports medicine specialist, Potter earned his medical degree from Texas A&M. He completed his residency at the Riverside Family Practice in Newport News and his sports medicine fellowship at Wake Forest University. Potter is in private practice with the Virginia Center of Athletic Medicine (VCAM) of Tidewater Physicians Multispecialty Group (TPMG).

> Ed Wilhelm and Alex Lambert, surgeons at Virginia Orthopedics and Sports Medicine (VOSM), provide the team's orthopedics care. Each brings a vast amount of experience to their positions, having worked and traveled on the international level as sports medicine physicians. Also assisting the Tribe are chiropractors Bob Pinto and Brian Mc-

> John Mitrovic, a former Tribe football player who graduated in 1983, is the owner/director of Williamsburg Physical Therapy Center. He is a licensed physical therapist, a certified strength and conditioning specialist and a certified athletic trainer. Mitrovic works with the program as a physical therapy consultant.

> William and Mary's "team approach" to health care allows the sports medicine program to offer a wide range of comprehensive service to the student-athletes in a caring, cooperative manner.



The Tribe's sports medicine center is located in the lower level of William and Mary Hall. The state-of-the-art facility enables W&M's athletic training staff to provide the best possible care to the College's student-athletes. The training room has lifecycles, elliptical machines, treadmills and modality machines that enhance rehabilitation programs and ensure the proper treatment of any injury. It also features multiple laptop workstations with wireless Internet connections as well as two cable televisions for use by student-athletes.

Throughout the year, the College hosts a wide range of sports medicine programs, drawing participants from across the nation:

- The ACES Preparatory Workshop is designed to prepare students to take the Board of Certification (BOC) exam to become certified athletic trainers. Hosted at institutions across the country, the ACES Workshop identifies participants' strengths and weaknesses and focuses their study into their weaker content areas.
- The William and Mary Sports Medicine Workshop offers high school students a four-day introduction to the field of sports medicine. Classroom instruction on emergency procedures, injury recognition, and basic rehabilitation is mixed with hands-on lab activities including taping and wrapping and CPR.
- The Division of Sports Medicine serves as the sports medicine rotation site for the Riverside Family Medicine Residency Program. Second and third-year residents come to William and Mary to work with our staff and enhance their skills in orthopedic examination, sports injury management, and physical therapy referral.
- William and Mary is a clinical site for the Old Dominion University Post Professional Graduate Athletic Training Education Program. Two students from Old Dominion complete their two-year clinical assignments as graduate assistants under the direction of our staff.

**For more information about the Division of Sports Medicine**, including details about these educational programs, please visit our website at: www.wm.edu/sportsmedicine.

## Equipment



**Jerry Fife** Head Equipment Manager

Jerry Fife is entering his fifth season as the head equipment manager at the College of William and Mary. Fife handles all of the equipment issues for the Tribe football squad, including ordering and maintaining all of the team's gear.

Fife came to the College from Ashland University, his alma mater, where he held the position of Head Equipment Coordinator from 1998-2001.

Well-respected among his peers, Fife was named the District II Vice President of the Athletic Equipment Managers Association (AEMA). He helped rewrite the AEMA certification exam and has chaired the association's National Education Committee since 2002, while also serving as the interim chair of the national web site, www.aema1.com. He has presented at the AEMA's national convention in 2001, 2002, 2003 and 2004 and also published an article in the AEMA Journal in 2006.

While at the College, Fife has been instrumental in the acquisition and use of the two "Tribe" trucks. The 30-foot equipment truck (pictured below) from Cook's Moving of Hampton, hauls the majority of the team's equipment on the road. The program also has a pickup from Williamsburg Dodge that follows along. Fife has also established a relationship with EZ-GO, which provides golf carts for use during the football season.

With the improvements and additions being made to the football program, Fife has been a valuable asset in the design of the equipment room and locker room aspect of the Jimmye Laycock Football Complex.

In addition to his work as the equipment manager, Fife also was an instructor of sports sciences at Ashland. After earning his undergraduate degree from Ashland in 1994, he began his career in the profession as a graduate assistant equipment coordinator, a position he held in 1996-97. He went on to earn a master's degree from Ashland in 2001. He has continued his teaching career, having created and instructed an equipment class for the NIAAA.

Fife is certified by the AEMA and has designed and maintained his own computer inventory program for use with student-athletes as well as a web site which he uses to gather information from William and Mary student-athletes.

Fife is married to the former Missy Harrison, and the couple resides in Lanexa, Virginia.







**James Carter** Assistant Equipment Manager

A true asset to the football program, James Carter is in his eighth year working with the equipment staff.

Carter's main responsibilities include driving the 30-foot, or 26-foot, moving trucks that haul the Tribe's equipment for all road games. Carter also drives any

rental vehicles when the team flies to away games.

Carter takes responsibility for all sideline communications for both home and away contests, including setup and take down of all communication equipment and monitoring the functionality during the games.

Before and after games, Carter is an essential member of the equipment staff, assisting the athletes and coaches with any equipment needs that they may have.

The HVAC and Plumbing Supervisor at Paramount's Kings Dominion in Doswell, Carter volunteers his time to help the Tribe program on Fridays and Saturdays during the season, and whenever else he may be needed throughout the season.

Carter and his wife, Wendy, reside in Hanover, Virginia.

