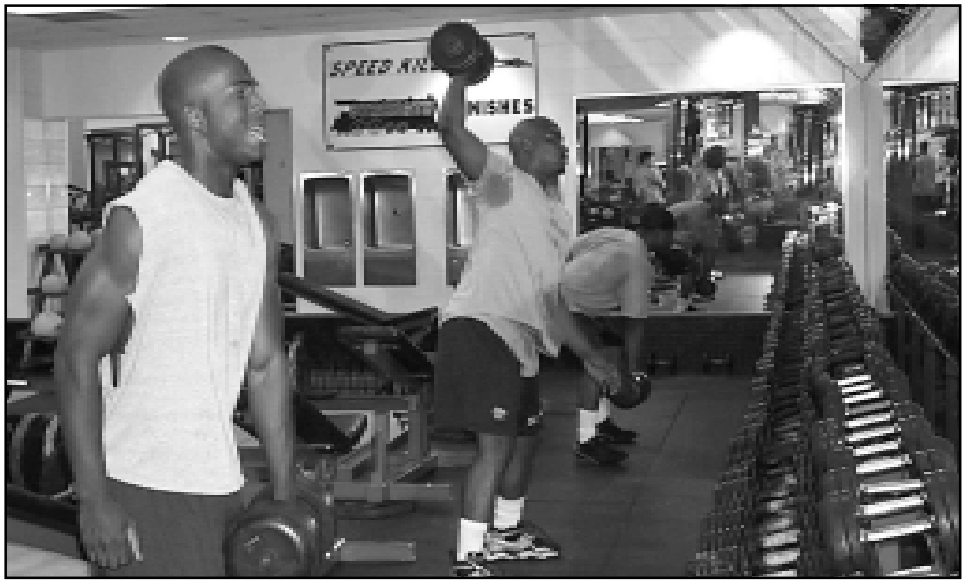
STRENGTH AND CONDITIONING

In today's highly competitive world of collegiate football, the off-field preparation of the student-athlete is a critical component to the on-field success of any Division I program. Dwight Galt, Maryland's director of strength and conditioning, believes strongly that a solid off-field training program can dramatically improve levels of performance, as well as significantly reduce the chance of injury. The benefit of performing structured strength and power training throughout the entire year has allowed the Terps to reach new levels in physical development.

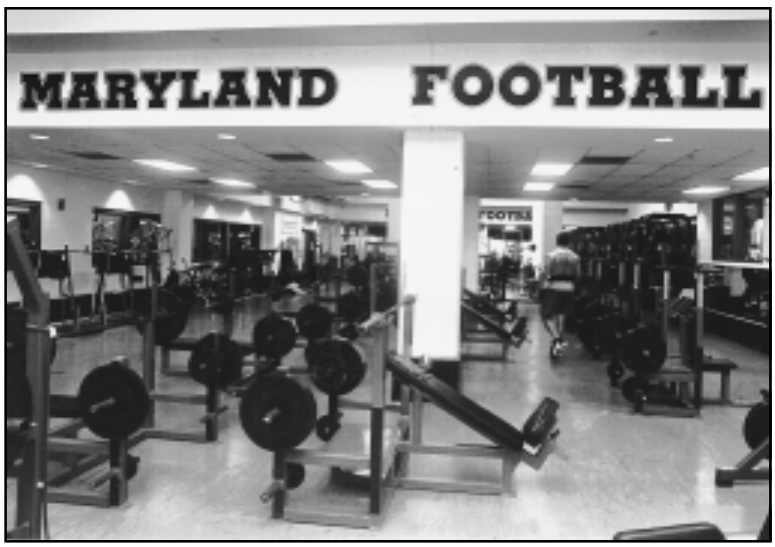
At the University of Maryland, the maximal development of athleticism is the primary goal of the strength and conditioning program. To accomplish this requires more than just strength and power training in the weight room. Speed improvement, agility, flexibility, conditioning, plyometrics, and nutrition also play critical roles. The Terps' strength staff places substantial emphasis on all these areas, with special attention to the improvement of speed potential. Galt and his staff employ a wide range of state-of-the-art training methods to assist in enhancing all aspects of speed development.

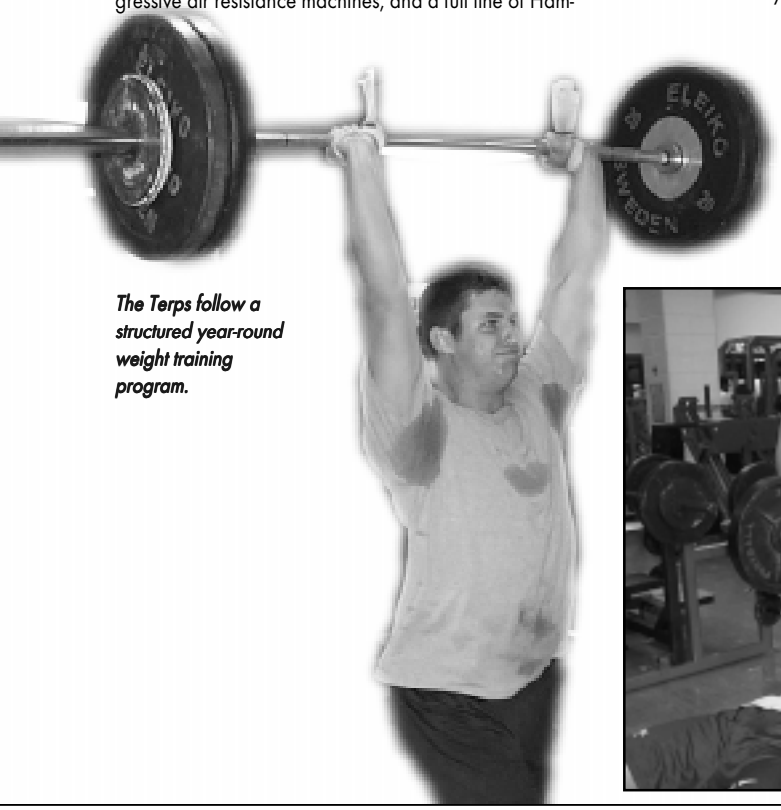
The Terrapins are fortunate to train in one of the premier weight training facilities in the country. Conveniently located in the Gossett Football Team House, this facility has excellent aesthetic appeal, with two magnificent skylights and large windows overlooking the playing field at Byrd Stadium. The Terps' spacious weight room includes 7,200 square feet of functional floor space, with two elevated offices that are easily accessible to the training floor.

Maryland football players train with some of the best equipment available, including 20,000 pounds of customized York free weights, seven pieces of Keiser progressive air resistance machines, and a full line of Hammer strength equipment. The weight complex also features immense, self-contained power rack stations, Olympic lifting platforms with Eleiko bumper plates, and 10 upper body pressing stations.



A meaningful goal of every Terrapin football player is achievement of the prestigious "Iron Terp" award, which is recognized twice a year to those team members who achieve extremely challenging strength goals, based on body weight. It is a great honor and matter of pride to earn an "Iron Terp" award, and the Terps must "pay the toll" to accomplish this.





The Terps follow a structured year-round weight training program.

Members of the Maryland football team enjoy first-class athletic facilities, including the Terps' well-equipped weight room in the Gossett Football Team House.

TERRAPIN CLUB

Championships Begin With Scholarships

The Terrapin Club is composed of alumni, friends and fans of University of Maryland athletics. Your Terrapin Club contribution provides annual athletic scholarship support to our student-athletes. As a Terrapin Club member, you will enjoy the camaraderie and fellowship unique to this organization. Supporting the Club is a great way to stay connected with the University of Maryland, the state's flagship institution. Most importantly, you will feel the pride and satisfaction in providing a University of Maryland student-athlete with a quality education.

Your donation is vital. The Department of Intercollegiate Athletics operates without significant university funding and receives no state appropriations or tax dollars for operational expenses. We are challenged to fund the 269 full scholarships presently offered and, in the future, to fund the maximum number of scholarships allowed by the NCAA for our 25 sports. We cannot reach this goal without your participation.

How Do I Get Involved?

Direct gifts are the most common way of contributing. They are made in the form of cash, stock, checks or credit card (Visa, MasterCard, American Express or Discover). For your convenience, a personal checking account can be debited a set amount every month.

In many cases, corporate matching gifts may be used to make your Terrapin Club contribution. Please contact your employer to see if you are eligible for a matching gift program.

Terrapin Club

How Much Should I Contribute?

The Terrapin Club is composed of the following levels of membership, with benefits varying by giving level.

Recent Graduate	$25 (year 1 after graduation)	Diamondback	$1,200 - $1,999
Recent Graduate	$75 (year 2 after graduation)	Super Terrapin	$2,000 - $4,999
Silver	$125 - $249	Coaches Club	$5,000 - $9,999
Silver 250	$250 - $599	Top Terp	$10,000 or More
Gold	$600 - $1,199		

Still Have Questions?

Call the Terrapin Club at (301) 314-7020 or (800) 653-7667, or refer to our website at www.umd.edu/terrapin club.

Success Breeds Success...

"As a scholarship athlete, I was provided with a platform of opportunities ... a chance to make a difference ... Maryland athletics gave me that and more..."

– Renaldo Nehemiah, Track '81
Member, U.S. Track and Field Hall of Fame
Terrapin Club Board of Directors

"Receiving a scholarship was, in itself, an honor; but more important, it allowed me to spend valuable time participating in internships that prepared me for my career, instead of working my way through school. That scholarship is still paying dividends, years after my time in College Park."

– Bonnie Bernstein, Gymnastics '92
CBS Sports Broadcaster

Board of Directors

Robert BAKER
Terrapin Club President

John Llewellyn, President Elect
Todd Schoenberger '93, First Vice President
Deborah Potter '87, Secretary/Treasurer
Erwin S. Raffel '58, '61, Past President

John Alahouzos '71	Ann Byrd '68
Todd Davis '93	Stan Goldstein '68, '70
Robert Gonzales '71	Larry Grabenstein '72
Ward Griffith '73	Joe Katz '85
Rohit Kishore '88	Debbie Lawrence '76
Carroll Marriott '67	Renaldo Nehemiah '81
Jody Olsen '72, '79	Wilson Phipps '79
Halee Rosensky '00	Scott Werber '86
Jeff Weintraub	Erik Young '74, '79

Terrapin Club Staff

Andrew PLENN '90
Terrapin Club Executive Director

Julie Potter '96
Assistant Director

Dana Delaney
Administrative Assistant

Sam Kahn
Development Assistant

Jennifer Evoy
Gift Processor

MAJOR GIFTS FUND-RAISING

As we prepare to compete in the 21st century, Maryland athletics must ensure that our program is able to remain competitive by recruiting high caliber players and maintaining and attracting loyal fans. To do so, as part of *Bold Vision • Bright Future: The Campaign for the University of Maryland,* the Department of Intercollegiate Athletics has entered into a historic effort to increase private financial support for the construction and renovation of athletic facilities.

Cheryl HARRISON
Director, Development for Major Gifts

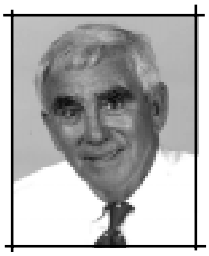
At the center of the plan for our future is a new, state-of-the-art arena and home for Maryland Athletics, the Comcast Center (rendering at right). The Building Partners Campaign is the Department of Intercollegiate Athletics' effort to raise $20 million in outright gifts toward the construction of the Comcast Center. Quality facilities attract outstanding student-athletes, great crowds and a tremendous amount of energy and excitement. The competition site for men's and women's basketball, wrestling, volleyball and gymnastics, Comcast Center will be the centerpiece of intercollegiate athletics at the University of Maryland. Our venue will again be the absolute best in the Atlantic Coast Conference.

By participating in the Building Partners Campaign, athletic benefactors have a chance to make a historic impact on the future of the University of Maryland and its athletics program. The Building Partners Campaign offers donors a unique opportunity to permanently link their names to the tradition of Terrapin athletics. Donors who make contributions of $25,000 to $1 million or more are entitled to permanent seat assignments in Comcast Center, in recognition of the substantial investment they have made in Maryland Athletics with their Building Partners Campaign contributions.

To obtain additional information on supporting the Building Partners Campaign, contact Cheryl Harrison or Dick Corrigan at 301-314-7020 or toll free at 800-653-7667 or visit our website at www.umd.edu/terrapinclub.

MARYLAND EDUCATIONAL FOUNDATION

The primary mission of the Maryland Educational Foundation (MEF) is to provide scholarship endowment funds in support of the athletic department's annual athletic scholarship expenses. By supporting talented, deserving student-athletes, donors ensure that our legacy of excellence will continue and grow. For more than 50 years, the MEF has provided financial support for Maryland athletics and is an important part of the department's gift-giving program. The vision of the MEF is to raise enough dollars through private gifts to build an endowment capable of permanently funding many of the university's scholarships now being awarded.



Dick CORRIGAN
Director, Major Gifts

What is an endowment? An endowment is a gift in which the principal is held in perpetuity, with only the income used (in part or whole) for scholarships. The MEF invites you to discuss gifts such as cash, securities, real estate, insurance, personal property, life income, gifts of pooled income funds, charitable remainder trusts, charitable gift annuities, wills and bequests. An endowment gift is truly a significant investment in the future of Maryland athletics. Contact Dick Corrigan or Cheryl Harrison at 301-314-7020 if you would like more information.

MEF Board of Directors

Chairman	Jack Scarbath
Vice-Chairman	Frank Shull III
Secretary/Treasurer	Barry P. Gossett
Past Chairman	Barry P. Gossett
Executive Director	Dick Corrigan

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Brodie Remington
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Logan Schutz
Mark G. Turner
Robert E. Weiss
Wallace E. Whitmore
Deborah A. Yow

THE M CLUB "Athletes Helping Athletes" SM

A 78-year Tradition of "Athletes Helping Athletes"

The M Club was founded in 1923 by a group of former University of Maryland athletes led by Dr. H.C. "Curley" Byrd to encourage excellence in athletics. It is one of the oldest and most respected letterwinner clubs in the country with an organization of more than 4,200 former Maryland varsity athletes.

The M Club goals are to help achieve the very best overall academic and athletic program for the 25 varsity teams, to aid the athletes in making positive contributions to the community, to obtain and maintain funds for awards and scholarships and to cultivate social contact and good sportsmanship among the wearers of the "M."

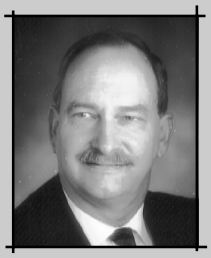
Membership participation, through the payment of annual dues, helps build the scholarship endowment fund and support student-athletes' awards and recognition efforts. Members receive the monthly athletic department publication (TerpTalk) for information about the current teams and news about your former teammates.

In addition, active members receive information about, and discounts for, various M Club activities. Many benefits are intangible, though, including the satisfaction of having lettered at a great university and being a part of a unique and exclusive organization. Stay involved with Maryland athletics.

University of Maryland letterwinners interested in the M Club should call David Diehl at (301) 314-5372 or Dotti Warren at (301) 314-7020, or visit our website at www.umd-mclub.org. Remember the M Club, "Athletes Helping Athletes."

M Club Executive Committee

Lisa Gibson, President
Al Naylor, President-Elect
Gerald Bectle, Vice President
Marshall Fesche, Treasurer
Phil Calder, Assistant Treasurer
Steve Hayleck, Executive Committee
Bryan Borda, Executive Committee
John Lamon, Executive Committee
Laura LeMire, Executive Committee
Russell Davis, Executive Committee
Jonathan Claiborne, Executive Committee
Jack Heise, Legal Advisor
David Diehl, Executive Director



David DIEHL
Director, M Club

ATHLETIC STAFF DIRECTORY

All numbers are 301 area code

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Assistant Strength & Conditioning Coach	Corliss White	314-9927	cw148@umail.umd.edu

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Assistant Ticket Manager	Debbie Russell	314-7085	dlrussel@wam.umd.edu

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Athletics Department Index

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Administration

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Director of Personnel Services

Joyce Taylor
Executive Administrative Assistant to the Athletics Director

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Administrative Assistant to the Senior Assoc. Athletics Director/Chief of Staff

Lynn Ross
Administrative Assistant to the Senior Assoc. Athletics Director/External Ops.

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Administrative Assistant/ Advancement & M Club

Lynne Pollard
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S. Burroughs-Morris
Administrative Assistant/ Major Gifts

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Business Manager

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Assistant Business Manager/Payroll

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Assistant Business Manager

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Systems Analyst

Michael Brown
Systems Analyst Assistant

Phyllis Wallace
Office Supervisor

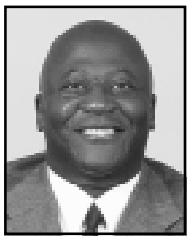
Lori Panko
Administrative Assistant/Business

Compliance

Chad Carlton
Director of Compliance

Amy Skarbek
Assistant Compliance Coordinator

Equipment



John Bowie
Assistant Manager

Scott Wyckoff
Assistant Manager

Eric Nahm
Assistant Manager

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Pat Shannon
Video/Production Coordinator

Walk Of Fame

Jack Zane
Executive Director

Ticket Office

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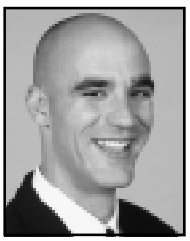
Assistant Director

Debbie Russell
Assistant Director

Sports Medicine

J.J. Bush
Assistant Trainer



Shawn Hendi
Assistant Trainer

Phyllis Sanders
Assistant Trainer

Diane Turgeon
Assistant Trainer

Marketing

Michelle Goozman
Assistant Director

Chystie Klar
Assistant Director

Danita Lavender
Admin. Assistant

Wyatt Hicks
Staff Assistant

Operations

Gary Parker
Assistant Director

Aaron Haviland
Assistant Director

COACHING STAFF DIRECTORY

All numbers are 301 area code

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Charlie Taaffe, Off. Coordinator/QBs	314-7107	
Gary Blackney, Def. Coordinator/Secondary	314-7102	
Tom Brattan, Offensive Line	314-9642	
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Mike Locksley, Recruiting Coord./RBs	314-7105	ml171@umail.umd.edu
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Rod Sharpless, Inside Linebackers	314-7101	
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Paula Broglio, Administrative Assistant	314-9903	
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Toll Free Number	1-800-890-8377	
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Women's Soccer

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Kerry Dziczkaniec, Assistant Coach	314-0330	kdz99ny@aol.com
Steve Campbell, Assistant Coach	405-0657	
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Softball

Gina LaMandre, Head Coach	405-0521	lamandre@wam.umd.edu
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Amy Sandler, Assistant Coach	405-0521	as323@umail.umd.edu
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Men's & Women's Swimming

Jim Wenhold, Head Coach	314-7031	jw40@umail.umd.edu
Mark Murray, Assistant Coach	314-7030	mm368@umail.umd.edu
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Men's Tennis

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Women's Tennis

TBA, Head Coach

Men's and Women's Track

Bill Goodman, Head Coach	314-7457	wgoodman@wam.umd.edu
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Volleyball

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Xiangrong Liu, "Sean", Assistant Coach	314-7009	xliu1@wam.umd.edu
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Wrestling

John McHugh, Head Coach	314-7134	
Tom Miller, Assistant Coach	314-7134	
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Sasho Cirovski

S. Higgins-Cirovski

Dick Edell

Ralph Friedgen

Bill Goodman

Tom Hanna

Janice Kruger

Jim Laitta

Gina LaMandre

Missy Meharg

John McHugh

Bob Nelligan

Jason Rodenhaver

Terry Rupp

Cindy Timchal

Chris Weller

Jim Wenhold

Gary Williams