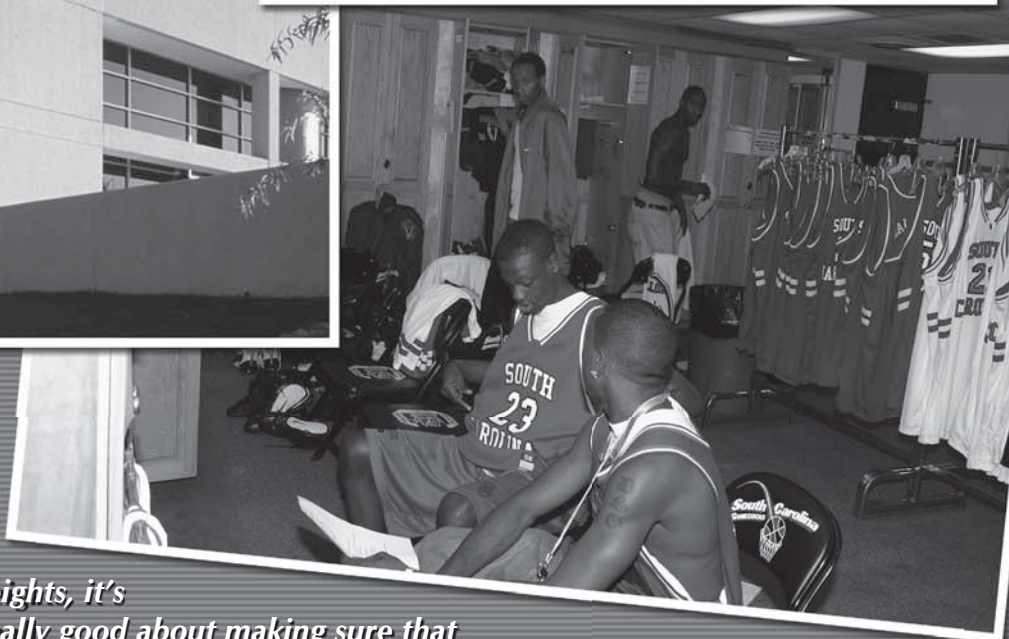
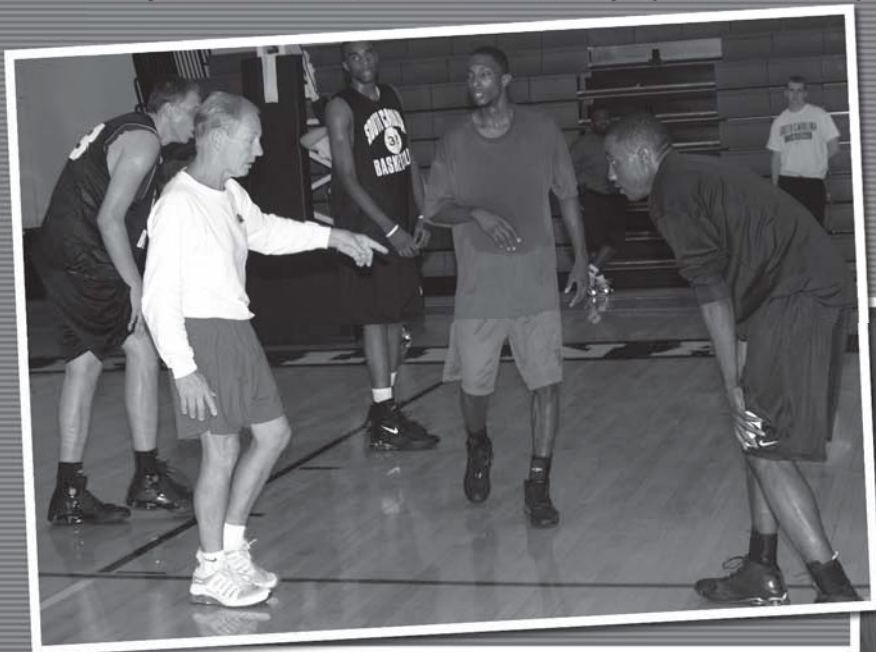


# GAMECOCK BASKETBALL FACILITIES

The basketball practice facility (above left, left) features eight baskets available at all times to the Gamecocks for practices to make themselves better players. The facility can accommodate two full-sized basketball courts and also houses the basketball offices and meeting rooms. The Gamecocks have access to their own lounge area adjacent to the renovated lockerroom (lower left). The lounge has a big-screen television, couches and tables. There are also two training rooms (below) - one located at the Practice Facility and another at The Colonial Center.

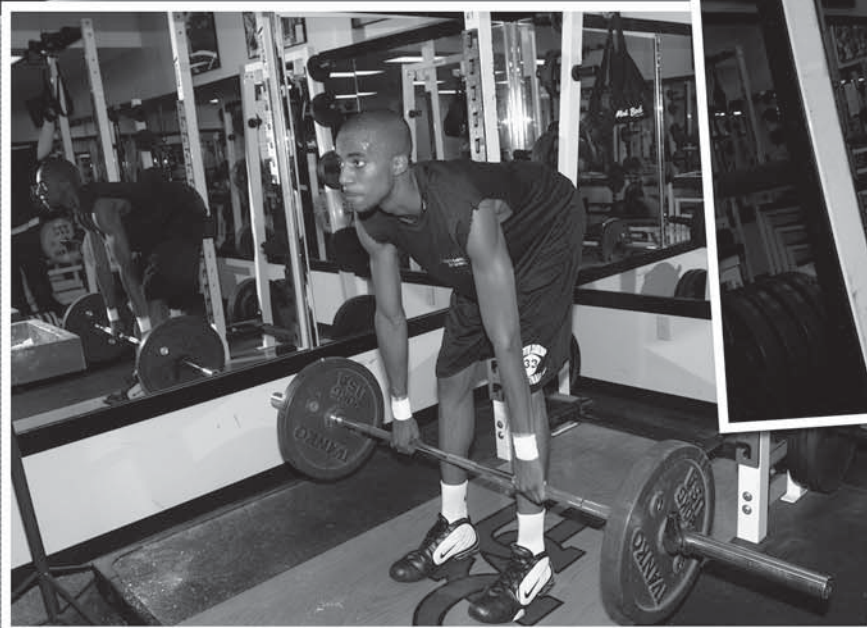


*"The facilities here are great. It was a big draw for me when I was looking at schools. You can come in anytime and work on things, work on your jump shot or go lift weights, it's all here. The coaches and staff are really good about making sure that you can work out when you need to. I like how close everything is too. Once in awhile we go over to the Strom Thurmond Wellness Center and play - it's a really nice place."*

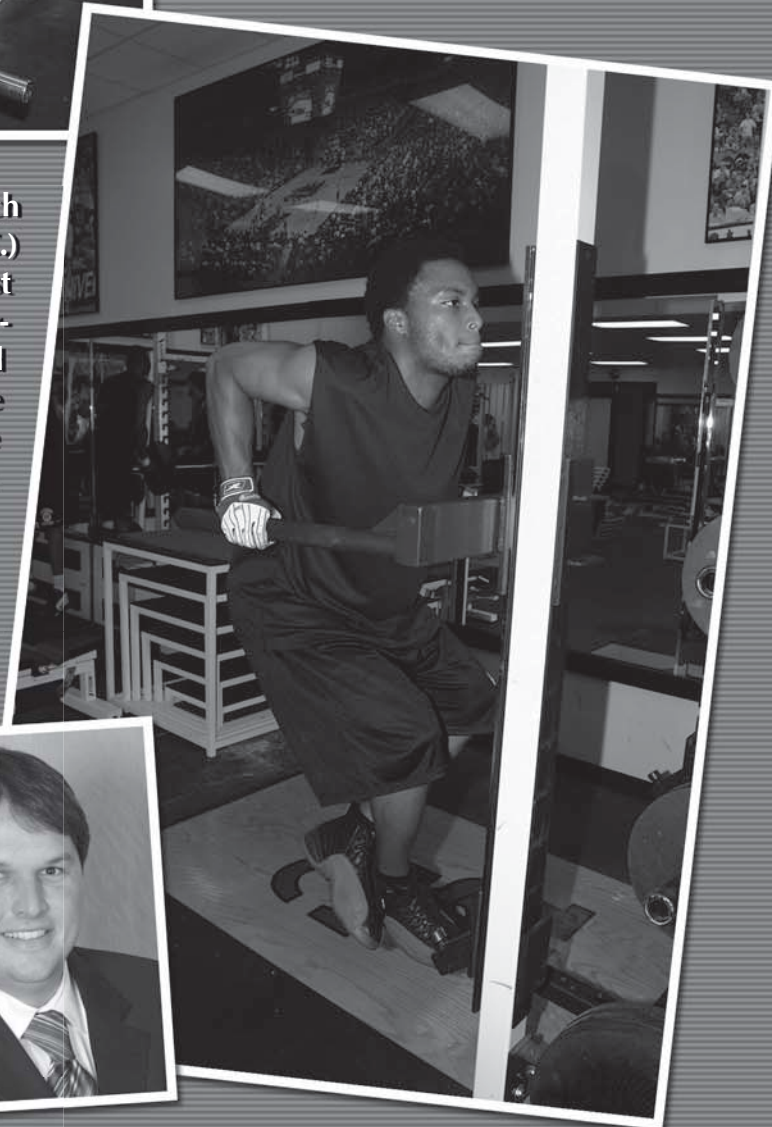
**Rocky Trice**  
Junior, Guard, Swainsboro, Ga.



# WEIGHT ROOM



Matt Jennings, the USC Strength and Conditioning Coach is a Strength and Conditioning Coach Certified (S.C.C.C.) and a Certified Strength and Conditioning Specialist (C.S.C.S.). The working philosophy of the University of South Carolina Men's Basketball Strength and Conditioning program places a great emphasis on the overall athletic development of each student-athlete through multi-faceted training protocols and modalities that are orthopedically safe and physiologically sound. The design, organization, implementation, administration, and evaluation of each individual and team training session is geared towards generating a winning attitude by promoting mental and physical toughness, emphasizing consistent effort and intensity, and creating a desire to never get out-worked by the opponent. The ultimate goal of the strength training program focuses on preventing injuries and producing superior basketball athletes by providing a comprehensive strength, conditioning, speed, agility, quickness, flexibility, and nutritional plan of attack so the student-athletes may have success both on the court and in the walk of life.



*Matt Jennings*

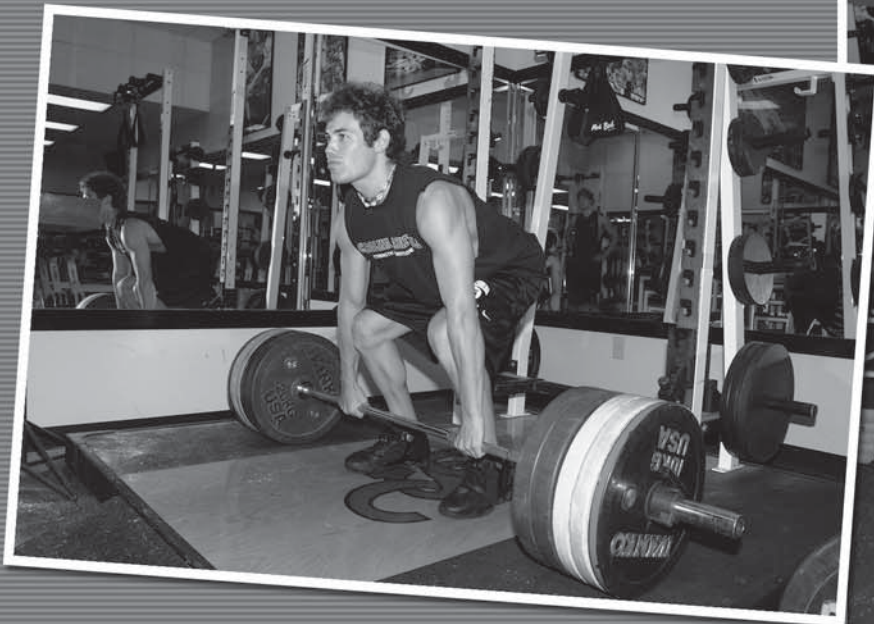


# WEIGHT ROOM



*"We play against some of the most physical human beings in all of college basketball in the SEC, so we have to be at least at their level, if not better to compete day in and day out. That's where the weight room comes in. You have to take it serious, it's not a place for the weak-hearted. Matt Jennings knows his stuff, he brings a lot of experience to USC and I know we are all excited to work with him this year."*

*Jon Land  
Senior, Guard, Winston-Salem, N.C.*





# USC SPORTS MEDICINE

**USC's student-athletes are offered excellent medical care, 24 hours a day, seven days a week. This includes daily medical clinics in the training room by team physicians specializing in Family and Preventative Medicine with additional certification in Sports Medicine. USC physicians include specialists in family medicine, orthopedics, optometry, and dentistry. The Gamecock training room features a full rehab facility along with a complete x-ray service. Under the direction of Dr. Rod Walters, head athletics trainer, there are 11 certified athletic trainers who serve the student-athletes during the year.**

## SOUTH CAROLINA SPORTS MEDICINE STAFF



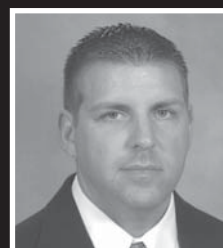
**Rod Walters, DA, ATC**  
Assistant AD for Sports  
Medicine



**Brainard Cooper, MS, ATC**  
Associate Athletic Trainer



**Tara Lein, MS, ATC**  
Assistant Athletic Trainer



**Bill Martin, MA, ATC**  
Assistant Athletic Trainer



**Patricia McGinn**  
Assistant Athletic Trainer



**Dennis Williams, MS, ATC**  
Assistant Athletic Trainer



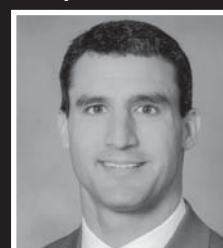
**Angus M. McBryde, Jr., MD, FACS**  
Dir. of Orthopaedics and  
Sports Medicine



**Tom Armsey, MD**  
Team Physician



**Jeff Guy, MD**  
Team Physician



**Christopher G. Mazoue, MD**  
Team Physician

# KEEPING ATHLETES HEALTHY

Dennis Williams is the Athletic Trainer for the USC Men's Basketball Team. He is a certified athletic trainer with a Masters Degree in Exercise Science. The Athletic Medicine program with Men's Basketball at the University of South Carolina centers in the holistic philosophy of intertwining the unique aspects of the mental, physical, and social well being of student athletes. The mission is to provide a safe environment that encompasses all aspects of preventive, as well as rehabilitation sports medicine. This

includes a sports medicine team consisting of some of the finest physicians and health specialists to adhere to the needs of all USC athletes. The overall goal is to provide outstanding medical services and education program opportunities to student athletes in an effort to afford them the optimum chance to perform on and off the court.



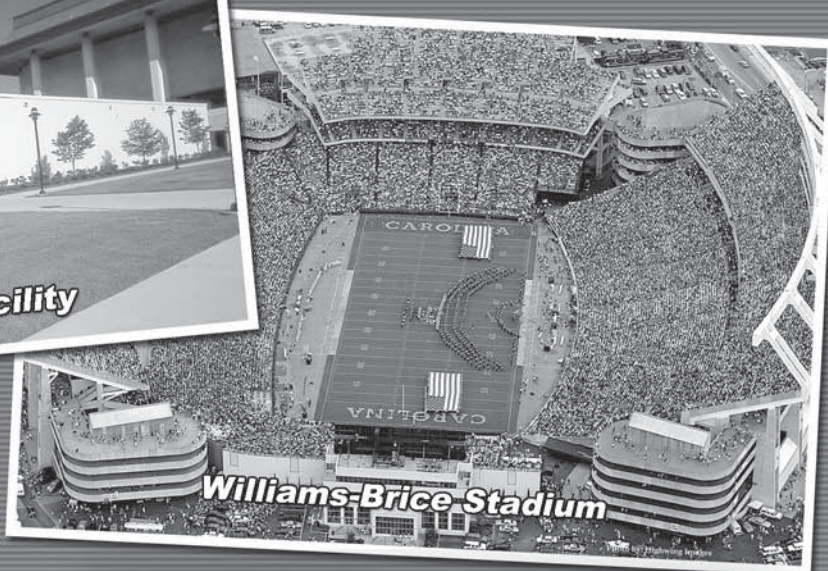
*"We have made a commitment to the development of our basketball student-athletes through the participation of our wellness program that provides educational testing, support and counseling in many areas. It is our intention to provide the finest in health and wellness services available to all of our sports programs at USC."*

*Dennis Williams  
Gamecock Basketball Athletic Trainer*



# GAMECOCK FACILITIES

**More than \$115 million in athletic facilities improvements have taken place at the University of South Carolina over the past 10 years. These additions include improvements to Williams-Brice Stadium; enhancements to the Olympic sports facilities; and a new \$65 million basketball arena - The Colonial Center - which has emerged as one of the top sports and entertainment venues in all of college athletics.**



*"As we continue to build championship-caliber programs at South Carolina, we have made a commitment to provide our student-athletes and coaches with the type of quality facilities necessary to successfully compete at the Southeastern Conference and national levels. The improvements that have been made and the improvements that are planned are evidence of that commitment and are also indicative of the terrific support we receive from our loyal Gamecock fans."*

• Dr. Mike McGee, Director of Athletics



# PREPARING A CHAMPION



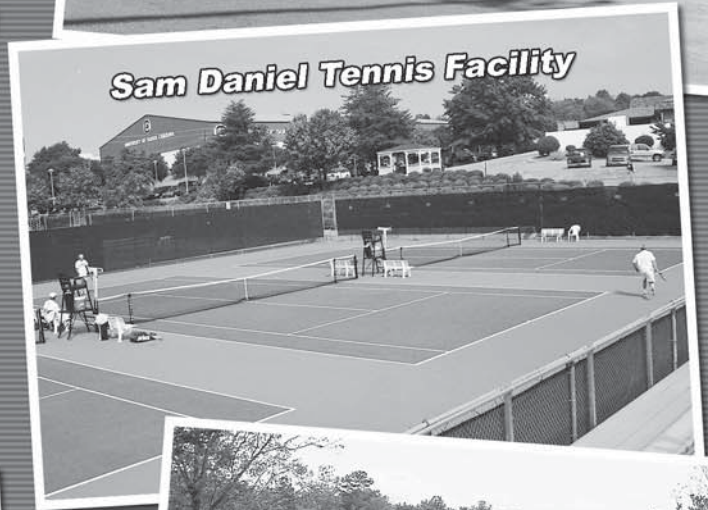
**Sarge Frye Field**



**Beckham Softball Field**



**Maxcy Gregg Tennis Center**



**Sam Daniel Tennis Facility**



**Eugene E. Stone III Soccer Stadium**



**The University Club**



**Weems Baskin Track & Field**



# STROM THURMOND WELLNESS CENTER

*"The facilities are unbelievable. There are four basketball courts, a huge climbing wall, a world-class strength and conditioning facility and an indoor/outdoor pool to name a few amenities. It's a great opportunity for the students to interact with each other. A \$40 million facility — it's totally state-of-the-art. I know the basketball team enjoys using the facility and recruits have responded very well to it. The guys on the team enjoy playing over there and using the pools."*

• Bill Old  
Administrative Assistant  
for Dave Odom





# A WONDERFUL PLACE TO WORK OUT



## The First Floor

- An Indoor Pool (Natatorium)
- Racquetball and Squash Courts
- Climbing Wall
- Multipurpose Rooms
- Auxiliary Gym

## The Second Floor

- Main Gyms
- Strength and Conditioning Room
- At more than 18,000 square feet, it is one of the largest strength and conditioning rooms on a college campus in the country

## The Third Floor

- Cardiovascular Deck
- Indoor track

## The Outdoor Pool Complex

The pool has four lanes for lap swimming and a large area that allows for a large variety of recreational activities. Lounge chairs, tables, umbrellas and grills are on the adjacent pool deck and surrounding grassy areas. Two sand volleyball courts are also adjacent to the pool.



# THE NATIONAL SPOTLIGHT

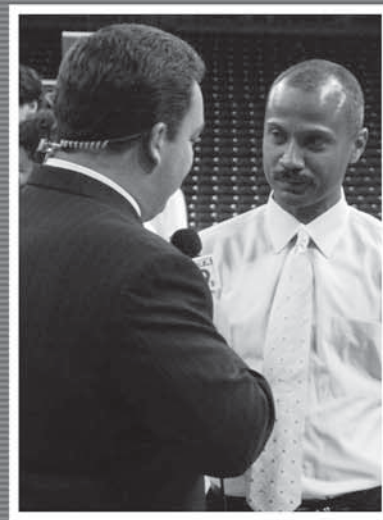
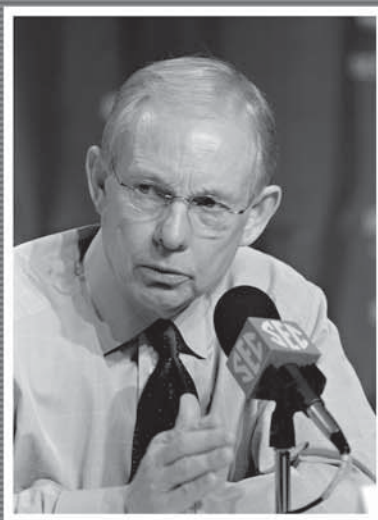
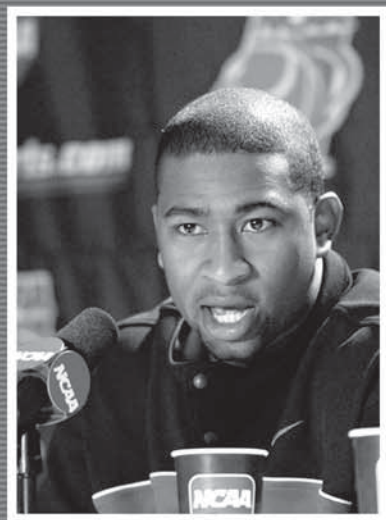
At the University of South Carolina, you have the opportunity to display your talents on national television and receive the prestigious national exposure that goes along with playing for a first-class program. South Carolina's basketball program has been showcased on national television numerous times over the years, allowing the Gamecocks to receive coast-to-coast media coverage.

**CBS  
SPORTS**

**FSN**  
SOUTH™

**Jefferson  
Pilot Sports**

**ESPN**





# GAMECOCKS IN THE MEDIA



Tarence Kinsey



Michael Boyntor

*"I like talking to the media. Because we play in the Southeastern Conference, we get a lot of media attention both at home and on the road. I like doing television and radio interviews the best. I like the print media as well because when they write about you — regardless of where it is — my friends and family can look the article up on line and read what I had to say. We do interviews 2-3 times a week so you get used to the media spotlight."*

**Josh Gonner**  
Senior, Guard, Fort Worth, Texas



# TEAM GAMECOCKS

**Gamecock student-athletes take a great interest in Columbia and the community takes a great interest in the Carolina program. USC student-athletes make numerous public service appearances throughout the year at various functions around Columbia. From visiting elementary schools, to participating in reading programs, to speaking at banquets, to rebuilding homes, to spending time at local hospitals, "Team Gamecocks," the athletics department's community service program, makes a difference in the Midlands.**



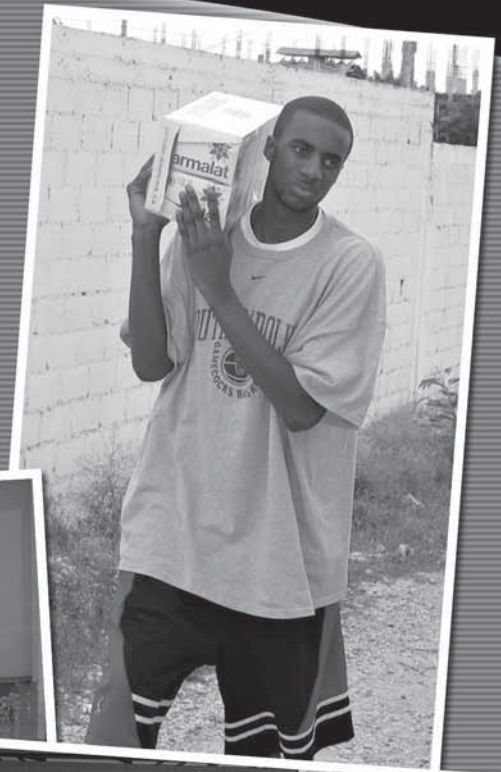
## *Team Gamecocks...Making a Difference*

- *Fall 2003 Community Service – 1,560 hours*
- *Spring 2004 Community Service – 1,607 hours*
- *2003-04 Total Hours of Community Service – 3,167 hours*
- *Team Winner – Most hours of community service per person*  
Equestrian
- *SEC Postgraduate Community Service Scholarship Award Winner*  
Mike Boynton, Jr., Men's Basketball
- *SEC Postgraduate Community Service Scholarship Award Winner*  
Rhashida Abdul-Malik, Women's Track & Field
  - *Community Service Award – Male*  
Mike Boynton, Jr. – Men's Basketball
  - *Community Service Award – Female*  
Rhashida Abdul-Malik – Women's Track & Field  
India Odum – Women's Track & Field
- *SEC Good Works Team Winners*  
Rob Cassidy, Men's Tennis  
Adrienne Gautreaux, Women's Golf  
Audrey George, Women's Tennis  
Nicole Miller, Volleyball  
West Streib, Men's Golf  
Amanda Thurber, Women's Soccer  
Bryan Triplett, Baseball  
Travelle Wharton, Football
- *Harvest Hope Food Drive Team Winner*  
Equestrian





# MAKING A DIFFERENCE



*"I like to put smiles on people's faces, because growing up I didn't have too many smiles. Whatever I can do to put a smile on a child's face – I'll help them out in any way. I'm 6'8 and kids seem to like me because I'm tall and they like my hair. It really doesn't matter where we go – whether it's to a hospital or a classroom – I love to be with kids. They act like they love me too – that feels good when they smile, laugh and play when we are hanging out with them."*

**Renaldo Balkman**  
*Sophomore, Forward, Tampa, Fla.*





# COLUMBIA, S.C.

**Located in the heart of South Carolina, Columbia is a city that combines the graces of a rich past with the vibrance of the emerging Southeast.**

**Columbia has become the commercial and governmental center for the state and has developed its banking, commerce, industry, government and education into one of the most diversified economies in the Southeast.**



## *The City of Columbia, S.C. History Notes and Tidbits...*

- Columbia was first incorporated in 1806 and was one of the first planned cities in the U.S.
- The capital city was named Columbia, a name derived from a poem by Phyllis Wheatley, a slave girl from Massachusetts. She used the name to describe the personality of the United States as a beautiful heroine.
- Columbia is a thriving community with an abundance of business opportunities after graduation.
- The S.C. College, known today as the University of South Carolina, was chartered in 1801.
- The Sixth National Cantonment, later named Camp Jackson and then Fort Jackson was established in 1917 to prepare soldiers for World War I.
- In 2004, Columbia was named the #1 Medium-Sized College City by [www.ePodunk.com](http://www.ePodunk.com).

