



# Football OPERATIONS CENTER

LSU's Football Operations Center is an all-in-one facility that includes football offices, a locker room, a training room, an equipment room and a video operations center. The \$15 million facility is located on Skip Bertman Drive at the Charles McClendon Practice Facility. Built in 2006, the facility is one of the finest of its kind in college athletics, allowing more efficient time for dressing, training and practicing for the LSU football team.



The atrium of the Football Operations Center displays the great moments in LSU football history, including the 1958 and 2003 National Championship seasons.



Billy Cannon's 1959 Heisman Trophy is on display in the atrium.

## Charles McClendon PRACTICE FACILITY



The facility features four 100-yard football practice fields as well as an indoor practice facility. On Sept. 9, 2002, LSU formally named its football practice facility for Charles McClendon, the winningest football coach in school history. McClendon, a member of the National Football Foundation Hall of Fame, served as head coach at LSU for 18 seasons, a span that saw the Tigers play in 13 bowl games, compiling a 137-59-7 overall mark. He was named SEC Coach of the Year twice, in 1969 and 1970, and National Coach of the Year in 1970.



## Indoor FIELD

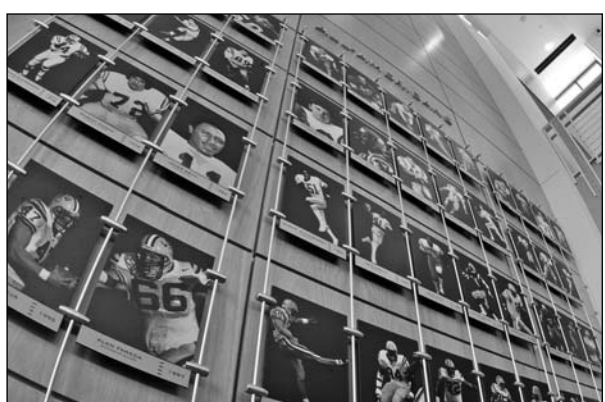
The Anderson-Feazel LSU Indoor Field is a 100-yard climate-controlled practice facility connected to the Operations Center. Built in 1991, the area is 8,250 square feet with Momentum Field Turf by SportExe similar to the Louisiana Superdome and M&T Bank Stadium in Baltimore.



A life size bronze statue of a Bengal tiger greets visitors to the Football Operations Center.



LSU's 194 first-team All-Southeastern Conference selections are honored on a wall outside the weight room.



LSU's 66 All-Americans are honored in the atrium.



One of the many kiosks in the atrium, this one displays items from the 1958 National Championship season.

# Football

## OPERATIONS CENTER



### Locker Room

The Football Operations Center locker room has 140 stations with lockable storage bins and a padded sitting area. The room also includes four plasma screen TVs and six 27-inch TVs.



The locker room also includes a player's lounge with a 70-inch TV and two 42-inch plasma TVs with two X-box consoles, a pool table, foosball table, and four computers with internet access.



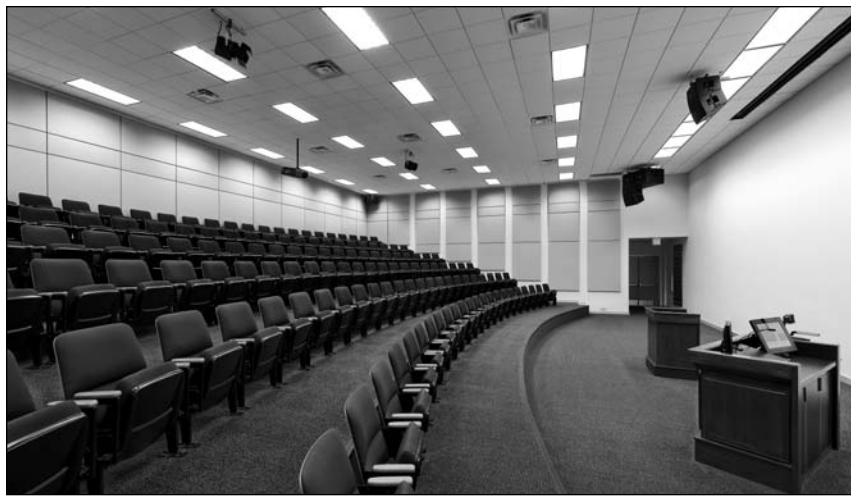
Equipment Room

### Jeff Boss Gameday LOCKER ROOM



The gameday locker room is located inside the north end of Tiger Stadium. Included are 115 lockers complete with lockable storage bins and a sitting area. There are two large shower rooms, seven televisions and a surround sound stereo system. In September of 2003, LSU named the locker room for Jeff Boss (left), the Tigers' supervisor of athletic equipment for 24 seasons. Boss was diagnosed with brain cancer in early 2003 and passed away on October 27 that year.





**Shirley & Bill Lawton  
 SQUAD ROOM**

The main auditorium, that includes a 144 spacious theatre-style seats for team meetings and film sessions, has state-of-the-art audio and visual components necessary for meetings, lectures and reviewing of game tapes.



Position Meeting Room



Coaches Meeting Room



Recruiting Lounge



**State-of-the-Art  
 VIDEO CENTER**

One of the most state-of-the-art video centers in the nation is housed in the Football Operations Center, complete with editing equipment to produce highlight videos and review game film.





# Strength & CONDITIONING

The Operations Center houses one of the most complete strength training facilities in the nation. Completed in 2006, the weight room area includes 16 multi-purpose platform, bench, incline, squat and Olympic lifting stations, along with 12 dumbbell bench stations.

## Operations Center WEIGHT ROOM

Strength and conditioning coach Tommy Moffitt, who was named the 2003 College Football Strength and Conditioning Coach of the Year by the America Football Monthly, has proven to be a perfect fit in purple and gold. Since Moffitt joined the Tigers for the 2000 season, they have become one of the most fit programs in the nation, as witnessed by their success in the fourth quarter each of the past six seasons.

Prior to coming to LSU, Moffitt earned the 1999 College Football Strength and Conditioning Coach of the Year honor by the Professional Football Strength and Conditioning Coaches Society as a Miami Hurricane.



Tommy Moffitt was named the 2003 College Football Strength and Conditioning Coach of the Year by the American Football Monthly.



Moffitt and his staff conduct workout sessions that include both strength and endurance training.

# 4th Quarter

## Strength Program

**Tommy Moffit**  
LSU Strength & Conditioning Coordinator



INTRO  
THIS IS LSU  
TIGERS  
COACHES  
REVIEW  
HISTORY  
LSU

### LSU's 4th Quarter Comebacks

Making a difference down the stretch is important in every college football game. The Tigers follow the most strenuous off season conditioning program that gives them what they need when the clock is winding down in the 4th quarter. The Tigers have recorded 18 4th quarter comebacks since 2000. LSU is 51-4 over the last seven years when taking a lead into the 4th quarter:

GAME	RESULTS	4TH QUARTER DEFICIT
<b>2000</b>		
Mississippi St.	W, 45-38	down 31-17 entering 4th quarter
Alabama	W, 30-28	down 21-14 with 11 minutes to play
Georgia Tech	W, 28-14	down 14-9 entering 4th quarter
<b>2001</b>		
Kentucky	W, 29-25	down 25-22 with less than a minute
Tennessee	W, 31-20	down 17-16 entering 4th quarter
<b>2002</b>		
Kentucky	W, 33-30	down 30-27 with 11 seconds to play
Ole Miss	W, 14-13	down 13-7 entering the 4th quarter
<b>2003</b>		
Georgia	W, 17-10	tied 10-10 with 4:25 to play
<b>2004</b>		
Oregon State	W, 22-21	down 15-7 entering 4th quarter, won in OT
Florida	W, 24-21	down 21-17 entering 4th quarter
Troy	W, 24-20	down 20-17 with 3:59 to play
Ole Miss	W, 27-24	down 24-20 entering 4th quarter
<b>2005</b>		
Arizona State	W, 35-31	down 17-7 entering 4th quarter, scored 28 in the 4th
Florida	W, 21-17	down 17-14 entering 4th quarter
Auburn	W, 20-17	down 17-14 with 4:52 to play, won in OT
Alabama	W, 16-13	down 13-10 entering 4th quarter, won in OT
<b>2006</b>		
Tennessee	W, 28-24	down 24-21 with 7:29 to play
Ole Miss	W, 23-20	down 20-7 entering 4th quarter won in OT

"The 4th Quarter Program is designed to take our players to the next level. Our focus with the 4th Quarter Program is in five areas – discipline, commitment, toughness, effort and pride. Our players have devoted themselves to these values and as a result, they are having a great deal of success on the field, in particular the fourth quarter."



JaMarcus Russell led LSU to eight 4th quarter comebacks during his career, including the game-winning TD pass to Early Doucet with :09 seconds left to win at Tennessee, 28-24 in 2006.



The Football Operations Center weight room features custom iron grip dumbbells (right) and weights and equipment made by Body Masters and Eleiko.

## Tiger Stadium WEIGHT ROOM

The LSU strength and conditioning facility, located in Tiger Stadium, was built in 1997 and features the latest in both strength training and cardiovascular training equipment.





# Athletic TRAINING

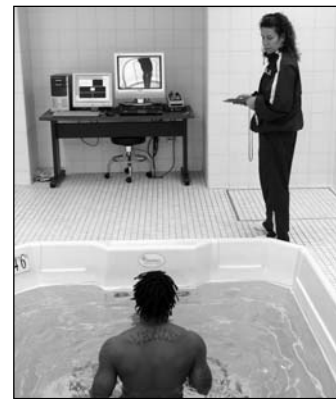
Athletic trainers Jack Marucci (above), Andy Barker (opposite page, bottom) and Shelly Mullenix (below) have over a combined 50 years experience.

LSU boasts the largest and most complete athletic training facilities in all of collegiate athletics with both the Operations Center and the Broussard Center for Athletic Training in Tiger Stadium. Both are furnished with the latest in technology and equipment. The Operations Center training room features a full view of the practice fields, two hot/cold jacuzzis and an underwater treadmill. The Broussard Center includes an on-site x-ray room, an in-house pharmacy, as well as the largest hydrotherapy pool in both collegiate and professional sports and is one of the few collegiate training centers with a full-service pharmacy and a full-service vision center.



## Hydrotherapy Treatment

An integral part of rehabbing and developing LSU student-athletes is the operations center's hot/cold jacuzzis and an underwater treadmill in a fully equipped Hydrotherapy room. The Broussard training center (above) boasts the largest hydrotherapy pool in both collegiate and professional sports.



## Broussard Athletic TRAINING CENTER



The two story, 22,000 square foot facility contains 20 treatment tables with the newest forms of modalities available, 14 taping stations, a 1,600 square foot rehabilitation area which contains the latest rehabilitation equipment including the Cybex Norm, Woodway treadmills and Body Master select rise equipment. LSU's multi-million dollar athletic training facility is named in honor of Dr. Martin J. Broussard (left), the legendary trainer whose career spanned over 40 years at LSU.



# Complete Care



## Gameday Wellness

The full-time training staff, along with 10 graduate assistants, prepares the players for gameday in the comfort of Tiger Stadium hours before kickoff.



## Dental Center

A fully functional dental center, staffed by Dr. Walter Atkinson, is located inside the Broussard Center for Athletic Training.



## Vision Center

Dr. Don Peavy conducts eye exams for LSU's student-athletes in a convenient location in the Broussard Center for Athletic Training.



## Pharmacy

The LSU Athletic Training Pharmacy is the only one of its kind in college athletics. Staffed by pharmacist David Chavin, the LSU Athletic Training Pharmacy provides the Tigers with first-class service in a convenient location.



## Rehabilitation

LSU's Broussard Center for Athletic Training boasts some of the most technologically advanced equipment to aid the recuperation and rehabilitation of LSU's student-athletes.

