



LSU FOOTBALL FACILITIES

**BUILT FOR THE FUTURE**  
 HERE TODAY



MAIN ENTRANCE WITH TIGER STATUE



RECRUITING LOUNGE



VIDEO 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. The new facility, one of the finest of its kind in college athletics, allows for more efficient time for dressing, training and practicing for the LSU football team.

LSU's 2003 ADT National Championship trophy is housed in the Atrium of the LSU Football Operations Center along with the 1958 National Championship trophy.



FACILITY BUILT BY THE  
 TIGER ATHLETIC FOUNDATION



CHARLES McCLENDON

# PRACTICE FACILITY

INTRO

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On Sept. 9, 2002, LSU formally named its football practice facility for **Charles McClendon**, the winningest football coach in school history. The facility features four 100-yard football practice fields as well as an indoor practice facility.



## INDOOR FIELD

The 100-yard climate-controlled practice field connects to the Football Operations Center. The facility was built in 1991 and is 8,250 square feet with brand new Momentum Field Turf by SportExe similar to the Louisiana Superdome and M&T Bank Stadium in Baltimore.





OPERATIONS CENTER  
**LOCKER ROOM**

**140**  
 Lockers complete with lockable storage bins and a sitting area.

**4**  
 Plasma screen TVs and six 27-inch TVs.

**Players Lounge**  
 Includes 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.



**115**  
 Lockers complete with lockable storage bins and a sitting area.

**2**  
 Two large shower rooms

**7**  
 Seven televisions placed so every locker can view at least one

- A surround sound stereo system.
- Spacious locker areas with sauna and steam rooms.
- Located on the North End of Tiger Stadium.

On Sept. 29, 2003, LSU named the gameday football locker room for **Jeff Boss**, the Tigers' supervisor of athletic equipment for 24 seasons. Boss was diagnosed with brain cancer in early 2003 and passed away on October 27 later that year.



JEFF BOSS GAMEDAY  
**LOCKER ROOM**





BILL LAWTON

## SQUAD ROOM

**144**

Theatre-style seats for team meetings and film sessions.

### State-of-the-Art

The main auditorium has state-of-the-art audio and visual components necessary for meetings, lectures and reviewing of game tapes. The room was made possible largely in part by Mr. William Lawton of Lake Charles, La.



HALL OF

## CHAMPIONS

### All-Americans

LSU Tiger Football honors each All-American with a painting by former Tiger Jack Jaubert

### NFL Legacy

One wall displays all of LSU's former players that have played in the NFL

### Bowls

Another wall has a framed bowl game program featuring all of 37 LSU's bowl appearances.





OPERATIONS CENTER

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# WEIGHT ROOM

**16**  
 Multi-purpose platform, bench, incline, squat and Olympic lifting stations.

**12**  
 Dumbell bench stations

**Custom Weights**  
 Custom iron-grip dumbbells and weights and equipment made by Body Masters and Eleiko. Watch and listen to state-of-the-art video and sound system.

**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.



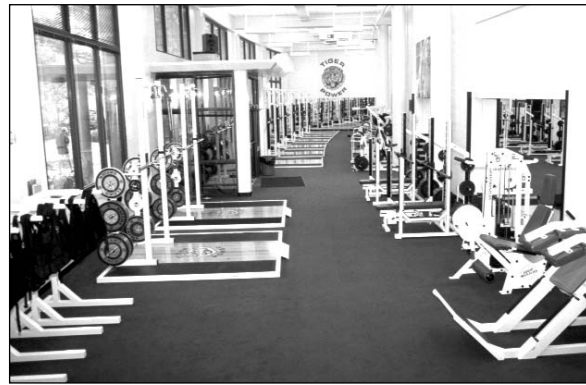
Tommy Moffitt was named the 2003 College Football Strength and Conditioning Coach of the Year by the American Football Monthly.



# 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.



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**LIFT** The 14 strength and conditioning staff members give LSU a good staff to student-athlete ratio.



**KARATE** Joel Neely leads the Tigers in various karate techniques to help improve balance, flexibility, coordination, team work and focus.



**YOGALATES** With a combination of yoga and Pilates, instructors Don Yesso and Lorilin Braymer help the Tigers improve flexibility, stabilization and functional core strength.

## 4TH QUARTER

### STRENGTH PROGRAM

Making a difference down the stretch is important in every college football game. The Tigers follow the most strenuous off season conditioning programs that give them what they need when the clock is winding down in the fourth quarter.

"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."

**Tommy Moffitt**  
LSU Strength & Conditioning Coordinator

The Tigers have recorded 16 fourth-quarter comebacks since 2000. LSU is 41-4 over the last six years when taking a lead into the fourth quarter.

#### LSU's 4th Quarter Comebacks Since 2000:

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





## OPERATIONS CENTER TRAINING ROOM

### 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 a 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.



## BROUSSARD ATHLETIC TRAINING CENTER



LSU's multi-million dollar athletic training facility is named in honor of **Dr. Martin J. Broussard**, the legendary trainer whose career spanned over 40 years at LSU



## IN THE POOL

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



In the cardio workout area in the Football Operations Center training room players are given the option of watching multiple TVs or viewing one of the four 100-yard practice fields.



# PREPARING ON GAMEDAY

LSU boasts one of the best training staffs in the country with Jack Marucci, Andy Barker and Shelly Mullenix having over a combined 50 years experience. The full-time training staff, along with 10 graduate assistants prepare the players for gameday in the comfort of Tiger Stadium hours before kickoff.



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## 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.

