

TOP ATHLETIC SUPPORT FACILITIES

The essential tools to athletic success are available to all Gator student-athletes.

The University of Florida Strength and Conditioning program ranks among the elite programs in the nation. Gator soccer players use the expanded Ben Hill Griffin Jr. Training Center as their primary source for weight training. Karin Werth, the Assistant Director of Strength and Conditioning/Women's Sports, works year-round with Gator soccer players, providing individualized training programs tailored to each athlete's needs. As part of Florida's \$28-million renovation and expansion of the Southwest stadium, the Training Center expanded to a total of 26,685 square feet, which opened in the summer of 2008. The weight room is furnished with new weight equipment, TV monitors, a state-of-the-art sound system and an artificial turf track for speed workouts and other aerobic activity.

The UF soccer team uses the athletic training room in the Lemerand Athletic Center. The Lemerand Athletic Center houses three full-time, five graduate assistant and 10 student-athletic trainers. Emily Kiefer works with the Gator soccer team and is assisted by student trainer Keri Anne Boltin. Both Kiefer and Boltin help with the prevention, treatment and rehabilitation of injuries for the soccer team.

In addition to the sports medicine staff, the Gators have direct access to various health care professionals. The UAA sports medicine staff includes Dr. Ann Grooms, Team Physician-General Medicine; Dr. Jocelyn Gravlee, Team Physician/General Medicine; Dr. Mike Moser, Orthopedic Surgeon; Anna Grout, Nutritional Consultant and Marty Huegel, Physical Therapist.

Located on Stadium Road, cornering James G. Pressly Stadium and McKethan Baseball Stadium, the multistory Athletic Fieldhouse provides four staff offices and general medicine and orthopedic rooms, allowing the physicians to come directly to the athletes for treatment. The facility also contains state-of-the-art treatment and rehabilitative modalities including a sunken cold tank. The athletic training staff can utilize the SwimEx 700T, a complete isokinetic aquatic therapy system. The system takes the injured athlete to new depths with a deep-water running well that accommodates seven feet of water. The deep-water well is easily accessed and designed for totally non-weight bearing applications in both therapeutic and conditioning environments, allowing more productive and aggressive therapy in the earliest phases of rehabilitation.

“Being prepared for competition is so important and our staff works hard to make sure we are at our best all the time. Karin’s (Werth) conditioning & strength program really prepares us physically and mentally for the season. When we do have injuries, Emily (Kiefer) is always there to help us deal with them. The facilities are the best you could have - anything you need is available.”

Liz Ruberry



The Gator Training Table is just one of the many dining facilities available to Florida student-athletes on the UF campus. The Training Table features menus specifically designed by UF's nutritionist to meet athletes' individual needs.



The expanded and renovated Ben Hill Griffin Jr., Training Center will include new weight equipment, TV monitors, a state-of-the-art sound system and an artificial turf track for speed workouts and other aerobic activity.

A member of UF's nutrition staff meets with all the members of the Gator soccer team to discuss their nutritional needs. The staff also conducts cooking classes and takes team members on grocery shopping trips (above) so that they can learn what to look for to make healthy choices.



Emily Kiefer (above right) is the Gator soccer team's full-time athletic trainer, attending all practices and competitions. The UF Sports Medicine staff provides Gator student-athletes with the most up-to-date treatment techniques to both prevent and rehabilitate injuries.



Karin Werth, the Assistant Director of Strength and Conditioning for Women's Sports, supervises the Gator soccer team's strength and conditioning sessions.

