

Top Athletic Support Facilities

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

The gymnastics team utilizes a training room in the Stephen C. O'Connell Center for practice and home competitions. A training room nearby in the Lemerand Center on Stadium Road contains general medicine and orthopedic rooms to allow physicians to see and treat athletes directly in the facility with state-of-the-art equipment. Full-time athletic trainer Stacey Higgins oversees the Gators gymnastics team and is assisted this season by a pair of student athletic trainers – Bri Gomez and Izzy Nichols. Every Florida team is assigned its own athletic trainer to treat athletes both in practice and in competition. In addition to sports medicine, Gator gymnasts have access to a full-time sports nutritionist and sport massage.

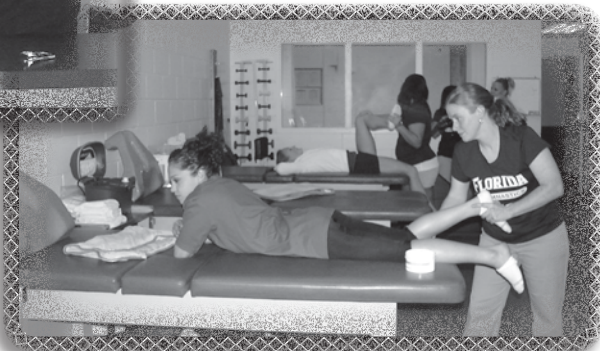
As part of Florida's \$28-million renovation and expansion of the Southwest stadium, the Training Center expanded to a total of 26,685 square feet. The weight room has been furnished with new weight equipment, TV monitors, a state-of-the-art sound system and an artificial turf track for speed workouts and other aerobic activity. The Florida gymnastics coaching staff supervises the conditioning during the season, challenging the team members with a variety of physical tests that specifically target the needs of a gymnast.



Stacey Higgins is the Gator gymnastics 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.



The regular use of sports massage gives Gator gymnasts an added edge in muscle injury prevention, as well as improved recovery from training and competition.



The Gator gymnasts have full access to Griffin/Oakley Strength & Conditioning Complex that underwent a \$28 million expansion and renovation in the last year. The weight room has been 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.



UF's Sports Nutritionist Cheryl Zonkowski meets with all the members of the Gator gymnastics team to discuss their nutritional needs. She also conducts tours of grocery stores, showing the gymnasts how to read nutrition labels to make good nutritional choices.



The Gator Athletics Training Table features menus specifically designed by UF's nutritionist to meet athletes' needs and is exclusively available to Gator student-athletes.

"There are so many people available at Florida to help you. Medical care, athletic training, nutrition counseling - all those resources are readily available. I know those staff members all have our best interest in mind. Anything you need is here - the Florida athletic program provides everything necessary to be successful."

Maranda Smith