



Football OPERATIONS CENTER

LSU's Football Operations Center is an all-in-one facility that includes football offices, locker room, training room, weight room, equipment room and 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 houses over 50 trophies displaying the great moments in LSU football history. Here the past and present of LSU football is celebrated with memorabilia that dates back to the 1930s.



Ten individual players are honored for national awards in the atrium with the oldest trophy being the 1939 Knute Rockne Award presented to Ken Kavanaugh. Billy Cannon's 1959 Heisman Trophy (above) serves as one of the atrium's most popular displays.

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.



100-Yard Indoor FOOTBALL 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 mural outside the position meeting rooms honors LSU's first round NFL Draft picks. Helmets of all 32 NFL teams and a listing of each LSU player who has played for that respective team is also on display.



LSU's 202 first-team All-Southeastern Conference selections are honored on a wall outside the weight room. Images of each decade in LSU football history span along the top of the display.



LSU's 65 All-Americans are on display in the atrium.



The atrium has 10 kiosks that display that honor LSU's greatest teams. This one exhibits the accomplishments of the 2007 National Championship team, including the Coaches' Trophy and the SEC Championship Trophy.



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 360 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 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 footage.



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 footage.





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.

The foundation of LSU's two BCS national championships and three SEC titles since 2000 starts with 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, continues to perpetuate the success of LSU's strength and conditioning program. Since Moffitt joined the Tigers for the 2000 season, LSU has become one of the fittest teams in America. Proof in that lies in the Tigers' fourth-quarter success the past several 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 (above), the 2003 College Football Strength and Conditioning Coach of the Year, observes linebacker Jacob Cutrera during an exercise. Moffitt and his staff conduct workout sessions (left) that include both strength and endurance training on the indoor practice field.



GO ONLINE: LSUsports.net/lsupower

4th Quarter Strength Program

Tommy Moffitt

LSU Strength & Conditioning
Coordinator



- INTRO
- THIS IS LSU**
- TIGERS
- COACHES
- REVIEW
- HISTORY
- LSU

"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."

9

Fourth-quarter comebacks under Les Miles, including four in 2008

22

Fourth-quarter comebacks since 2000

17

Fourth-quarter points at Alabama in 2007 to stun the Tide with a 41-34 win

17

Fourth-quarter points versus Auburn in 2007, culminating with a 22-yard, game-winning catch by Demetrius Byrd

14

Fourth-quarter points versus Florida to erase a 24-14 deficit and defeat the Gators, 28-24

4th-Quarter Comebacks

Making a difference down the stretch in every college football game is important, and LSU continues to be one of the nation's best at making timely plays when it matters most -- the fourth quarter. The Tigers follow one of the most strenuous off-season conditioning programs that prepares the team for what they need when the clock is winding down.

58-5

LSU's record over the last eight years when taking a lead into the fourth quarter.



LSU's 2007 championship season was filled with key fourth-quarter plays en route to the title, and few were as big as the 22-yard catch by Demetrius Byrd from Matt Flynn with 0:01 remaining versus Auburn. The game-winning grab lifted LSU past Auburn, 30-24, on Oct. 20.



The Football Operations Center weight room features custom iron-grip dumbbells (right) and weights (above) and equipment made by Body Masters and Eleiko. An entrance (top, right) from the weight room leads to the indoor football field.





Athletic TRAINING

Athletic trainers Jack Marucci (opposite page, bottom right), Andy Barker (bottom) and Shelly Mullenix (above) 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 (bottom) 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



Dental Center

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



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.



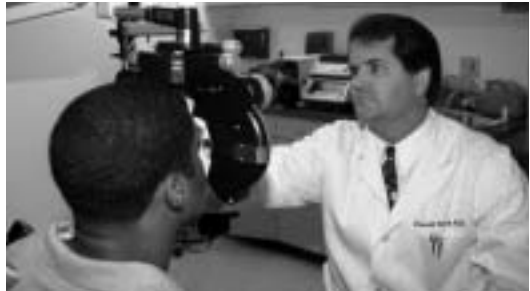
Real-Time X-Rays

A new state-of-the-art fluoroscope was added in the summer of 2008 that will provide LSU trainers the opportunity to take x-rays on site in the Operations Center. The machine can provide real-time images of the internal structures of a patient.



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.



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.





4-0

LSU is the only school in the nation to post a perfect record in BCS bowl games with more than two appearances.

Bowl GAMES



LSU has appeared in eight-straight bowl games dating back to 2000. The Tigers have claimed two BCS national titles in that span and won four BCS bowls, which leads the SEC. Overall, LSU has played in 39 bowl games, which ranks ninth in the nation. All-American Glenn Dorsey and LSU players (above) celebrate the 2008 BCS National Championship Game win over Ohio State.



2008
BCS CHAMPIONSHIP GAME
LSU 38
Ohio State 24

Offensive MOP Matt Flynn threw for 174 yards and tied a school record with four TD passes to propel LSU past Ohio State, 38-24, in the 2008 title game.



2007
SUGAR BOWL
LSU 41
Notre Dame 14

JaMarcus Russell tossed for 332 yards and two TDs to earn MVP honors in the victory over Notre Dame in the 2007 Sugar Bowl.



2004
SUGAR BOWL
LSU 21
Oklahoma 14

MVP Justin Vincent ran for 117 yards and one touchdown in LSU's 21-14 Sugar Bowl victory in 2004.



2002
SUGAR BOWL
LSU 47
Illinois 34

Rohan Davey passed for a Sugar Bowl-record 444 yards against Illinois to earn MVP honors in 2002.