



Happy
Halloween!!

Colonials Compliance

VOLUME 4, ISSUE 2

OCTOBER 1, 2009

INSIDE THIS ISSUE:

Alumni Weekend 1

Operations Staff Notes 1

Student-Athlete Page 2

Official Visit Reminders 2

Can I Tweet That? 3

Nutritional Supplements 3

Recruiting Calendars 4

October Compliance Meeting

Coaches, Staff, & Administrators:

Don't forget, the first of our monthly compliance meetings will take place on Tuesday, October 6th at 10:00 a.m. and 2 p.m. in the Smith Center Conference Room.

These meetings are mandatory for all Athletics Department staff members.

Alumni Weekend—Join in the fun.

Alumni weekend 2009 is October 2-4th. Athletics is the emphasis at this year's functions. Keeping with the team spirit many coaches are hosting reunions. A special thanks to Alumni Relations for assisting with grants for these events. Below is a list of teams hosting athletic reunions over the alumni weekend.

- Baseball reception - Friday, Oct. 2, 5:30—7 p.m.
- Volleyball- Friday, Oct. 2, Alumni Dinner, Charles E. Smith Center.
 - * Friday, Oct. 2, *GW Volleyball vs. University of Rhode Island, 7pm*
 - * Sunday, Oct. 4, *GW Volleyball vs. Fordham University, 1pm*
- Men's and Women's Rowing- Saturday, Oct. 3, 9am, Boat House Coffee and Bagel Reception
- Men's and Women's Swimming- Alumni Swim Meet, Saturday, Oct. 3rd, 10am-noon.
 - Reception Charles E. Smith Center noon-2pm
- Men's and Women's Soccer- Annual Alumni Game, Satur-

day, Oct. 3 11am .

○ Reception 6:30-9pm, State Plaza Hotel

○ Friday, Oct. 2, *GW Women vs. St. Joseph's, 4pm*

○ Sunday, Oct. 4, *GW Women vs. Temple University, 1pm*

- Women's Tennis - Saturday, Oct. 3, Alumna Tournament 11am-1pm.
- Women's Lacrosse - Alumni Game, Saturday, Oct. 3, 2pm, Mount Vernon Athletic Complex.
- Gymnastics - Saturday, Oct. 3, 2pm-5pm, Smith Center Tour and Tonic Restaurant.
- Cross Country - Saturday, Oct. 3, 5-7pm, James Hoban's Restaurant and Bar

The Athletics Reunion will begin on Friday, October 2, with the debut of the Charles E. Smith Center's renovated floor during the Volleyball match at 7 p.m. Afterwards, alumni are invited to the all sports **GW Athletics Reunion Celebration at 1957 E Street NW beginning at 8:30 p.m. Coaches are encouraged to attend and should register with Mark**

Forrest, Associate Director, Clubs & Groups for Alumni Relations, at mforrest@gwu.edu.

Also, on Saturday, October 3rd from 2-3pm there will be an open house tour of the new Charles E. Smith Center. Coach Hobbs and Coach Bozeman will speak at 2pm. All reunion guests are invited and encouraged to attend this event.

Below are all the links to information for the reunion weekend.

Alumni Weekend (AW) main page: <http://alumni.gwu.edu/aw>

Athletics Reunion main page: <http://alumni.gwu.edu/aw/athletics>

Alumni Weekend Schedule of events: <http://alumni.gwu.edu/aw/2009/schedule>

Alumni Weekend Registration page: <http://alumni.gwu.edu/aw/2009/register>

Athletics Team Reunion registration page: <http://alumni.gwu.edu/aw/athletics/teamreunion>



Operations Staff Notes:

Please be advised there is a new email address for scheduling: athsched@gwu.edu. Please email any requests for athletic department space in the Charles E. Smith Center and on the Mount Vernon Campus to this email address.



Events to be aware of in October 2009

October 2-4: Alumni Weekend

October 2: W. Soccer v St. Joe's, 4pm and Volleyball v URI, 7pm

October 3: Swim Alumni Meet, 10am; W. Soccer Alumni Game, 11am and W. Lacrosse Alumni Game, 4pm

October 3-4: Softball Colonial Classic, 9am-3pm

October 4: Volleyball v Fordham, 1pm and W. Soccer v Temple, 1 pm

October 16-17: Colonials Weekend

October 16: Colonials Invasion

October 17: Jon Stewart

Student-Athlete's Page

Academic Dates to Remember:

October 1
From Varsity Letters to Cover Letters (resume writing workshop)
Smith Center Conference Room, 6-7 pm

October 1
Application for graduation due for December 2009 graduates

October 13
Pizza & Bowling for Freshman & SAAC reps, Marvin Center Hippodrome 6:30-8:30 pm

October 21
AMP Priority Registration Info Session, Smith Center Auxiliary Gym 7-8 pm

October 23
Last day to withdraw from a class without petitioning

October 23
Last day to change pass/no pass status

As discussed in the NCAA meetings, please review pages 26—31 in the 2009-2010 Student-Athlete Handbook related to countable activities. Please feel free to contact me if you have any questions.

Host Money Q & A

Please remember that a host and prospect should NEVER attend a party, bar or adult establishment.

General Rule

GW may provide a student host a maximum of \$30/day to cover any entertainment expenses for a prospect, the prospect's parents/legal guardians, and the student host. Excluded in this amount are the cost of meals, admissions to campus athletics events, and entertainment expenses of staff members that accompany the prospect. (NCAA Bylaw 13.6.7.5(a))

If multiple student-athletes host a prospect, the \$30/day entertainment money can only be applied to actual and necessary expenses incurred by the prospect and all of the student hosts. Only one student host may receive a free meal in these situations. (NCAA Bylaw 13.6.7.5.2)

Frequently Asked Questions

Q: Our program has three prospects visiting campus dur-

ing the same weekend. Can the entire team go to a movie, play miniature golf, go bowling, etc. and have all of their expenses covered with the student host money?

A: Maybe, if the \$30/day student host money for all three prospects (i.e. \$90) covers all of the entertainment expenses for the team. If all of the team members have their expenses covered with host money, they become additional "student hosts."

Q: If the host money for three prospects and their respective hosts does not cover the entertainment expenses for the team, may other team members attend the entertainment activity?

A: Yes, but the remaining student-athletes must pay for the activity out-of-pocket.

Q: If multiple student-athletes become hosts because their entertainment expenses are covered by the host money, may all of them receive a complimentary meal when accompanying the prospect?

A: No, only one student may receive a free meal if multiple students are designated as hosts.

Q: Can student host money for the entire official visit (\$60 maximum) be applied towards an entertainment activity on one day?

A: Yes, assuming the entertainment provided to the prospect does not exceed the allowable amount, and no additional entertainment expenses are provided for the duration of the official visit. (NCAA Interp. 10/14/1998)

Q: Can a prospect or student host pay for any additional entertainment expenses incurred out-of-pocket?

A: No, the prospect and host **may not** pay for any entertainment costs arranged by the institution. (NCAA Interp. 10/14/1998) All actual costs of entertaining the student host, the prospect and his or her parents/legal guardians during the official visit may not exceed the aforementioned host money limitations.

Monthly SAAC Meeting:

The next monthly SAAC meetings will be held on Monday, October 5th at 9pm in the Smith Center Conference Room.

October 13th— Freshmen Pizza and Bowling Event in Hippodrome from 6:30—8:30 p.m. for SAAC reps. and freshman

Hey Mom & Dad...

Under NCAA legislation parents of student-athletes are considered "representatives of athletics interest." Therefore, please remind your parents they need to keep the following two things in mind:

✓ They **MAY NOT** speak to prospects or their parents about the team or the athletics program even if the prospect is on an official visit as representatives

MAY NOT have any contact with the prospects and their family or friends.

✓ They **MAY** invite team members out for an occasional meal at any location however, they need to contact the GW Department of Athletics first to ensure all applicable NCAA rules are being followed.

Can I Tweet That?



Skill Instruction

As a reminder, per NCAA Bylaws 17.1.6.2.2 and 17.1.6.2.3, skill-related instruction may not be publicized and may not be conducted in view of a general public audience.

Therefore, please note comments 1-4 below are permissible for coaches to tweet however comment 5 below is not permissible to tweet.

1. Looking forward to individual workouts today.
2. Headed to the gym for workouts.
3. Looking forward to coaching our guys in skill instruction this afternoon.
4. Looking forward to coaching our guys in skill instruction at 2pm today.
5. Headed to the gym to work out athlete X, come out and see this workout and support us during this critical time of the year!

Publicizing a Prospects Visit

Pursuant to Bylaw 13.10.5, it would not be a violation to tweet “we have prospects coming on campus this weekend” or “we have a VIP on campus this weekend,” but there is risk of doing so. If programs are posting these types of comments and the media shows up then we could have violations of 13.10.1 or 13.10.5 and it will be difficult to say such violations are inadvertent as we would be inviting the violations with the posts.

So, while it is technically permissible for a coach to post such tweets, the Athletics Department IS NOT comfortable with the

possible consequences therefore, coaches MAY NOT tweet about prospects visits to campus.

Basketball Informal Practice Scrimmages

Basketball coaches should not do anything affirmative to make the public or media aware of their practice scrimmage, which means that the coach should not tweet anything about the scrimmage. Therefore, a coach **could not** tweet “our scrimmage went well today, really happy with the team’s effort” after the team played in an informal practice scrimmage in accordance with Bylaw 17.3.5.3(h).

That said, the May 1, 2008 Education Column (see Q & A below) provides that it is permissible for a coach to participate in an interview under the stated conditions. Essentially, there is a difference between answering interview questions with general information and just tweeting general information to the public. (This distinction also exists in Bylaw 13.10.2, where an institution can confirm its recruitment of a PSA, but may not just unilaterally communicate the recruitment of a PSA.

Question: May a coach or the student-athletes of either team participate in an interview with the media?

Answer: The coach or student-athletes of either team may participate in an interview with the media, provided the comments are limited to the practice scrimmage in general and the interview was not established by either school to promote the scrimmage. The coach or student-athletes may not comment specifically on the score or team and/or individual student-athlete statistics.



Dietary Supplements—Friend or Foe

Definition of a Dietary Supplement

Congress defined the term “dietary supplement” in the Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a “dietary ingredient” intended to supplement the diet. The “dietary ingredients” in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and such substances as enzymes, organ tissues, glandulars, and metabolites. **Dietary supplements** can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, softgels, gelpcaps, liquids, or powders. They can also be in other forms, such as a bar, but if they are, information on their label must not represent the product as a conventional food or a sole item of a meal or diet. Whatever their form may be, DSHEA places dietary supplements in a special category under the general umbrella of “foods,” not drugs, and requires that every supplement be labeled a dietary supplement.

Division I Bylaw 16.5.2-(g) states that only non muscle-building

nutritional supplements may be given to student-athletes for the purpose of providing additional calories and electrolytes, as long as the supplements do not contain NCAA banned substances. The four categories of permissible nutritional supplements are: carbohydrate/electrolyte drinks, energy bars, carbohydrate boosters, and vitamins and minerals. Those permissible categories were selected because they provide for hydration and calorie replacement only; they do not create a competitive advantage through strength/muscle building.

Question to Consider if Considering the Purchase of Supplements

Does the product’s list of ingredients contain strange and exotic blends and ingredients that make claims regarding health and performance? If yes, then this product has placed itself outside the realm of accuracy, safety and legitimacy, and should not be used. Remember, the intent of the supplement manufacturers is to sell a product, not protect your health and safety. It is your responsibility as a student-athlete to know which products are legal before purchasing them.



GW Athletics Compliance Office

Chandra V. Bierwirth
Assistant Athletics Director/Compliance
202.994.6282
cbwirth@gwu.edu

Angie Jordan
Executive Assistant
202.994.1497
hijumpr@gwu.edu

"When people show you who they are, believe them." ~ Maya Angelou

Did You Know???



October 19, 1987, Black Monday was when the stock market crashed

around the world. The Dow Jones dropped by 508 points to 1738.74 (22.61%)

October 28, 1962, President Kennedy announced US Air and Naval "quarantine" of Cuba because the Soviet Union had installed offensive missiles and bomber bases on the island directed at the US

October 1999, an Iceberg the size of London broke free from the Antarctic ice shelf.



Recruiting Calendars:

Baseball

October 1- 31, 2009
Contact/Evaluation

Men's Basketball

October 1 - October 5, 2009
Contact Period

October 6 - October 31, 2009
Evaluation Period

Women's Basketball

September 16 - October 6, 2009
Contact Period+

+October 2- 4, 2009

Evaluations permitted at nonscholastic events

October 7, 2009 - February 28, 2010

Evaluation Period

Cross Country

October 1- 31, 2009
Contact/Evaluation

Women's Lacrosse

October 1- 31, 2009
Contact/Evaluation

Softball

October 1- 31, 2009
Contact/Evaluation

Volleyball

October 1- 31, 2009
Contact/Evaluation

All Other Sports

October 1 - 31, 2009
Contact/Evaluation

In the November Issue of Colonials Compliance:

National Letters of Intent Reminders



Proposed Legislation

