



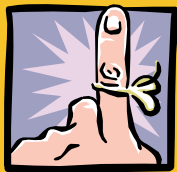
Colonials Compliance Newsletter

VOLUME IV, ISSUE I

SEPTEMBER 1, 2009

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**Mandatory meeting for all student-athletes and coaches
Monday, September 7th at 8:00pm in the Smith Center, Main Arena.**

Welcome Back Colonials!

The smell of fresh paint and new furniture is in the air with the final touches being performed to the newly renovated Charles E. Smith Center. Like many of you we in the Athletics Compliance Office are asking ourselves:

“WHERE DID THE SUMMER GO?!”

We may never know the answer to that question, but this newsletter may help us answer

“What’s happening in the GW Athletics Department this year?”

As always we have some new coaches and staff and a host of new incoming students eager to join the Colonials Family.

We encourage old and new to stop by and say hi! Tell us what you did this summer, and find out about all the exciting things that are happening in GW Athletics!

Some Fall 2009 Dates to Remember:

Monday, August 31st
First day of Classes

Monday, August 31st 7 p.m.
Freshman Welcome Dinner

Monday, September 7th
Mandatory Meeting for all student-athletes, coaches & staff - 7:00pm, Smith Center Main Arena

OPERATIONS STAFF NOTES:



Coaches, Staff and Student-Athletes:

Everyone must be certified by Risk Management in order to reserve and drive the vans (coaches and staff every 3 years and students every year). In order to drive this academic year you must attend a 45 minute training session on one of the following dates:

Van Dates in the Smith Center Conference Room:

Thursday, Sept. 3, 2009 – 5 pm – 6pm
Thursday, Sept. 10, 2009 – 1 pm – 2pm

Event Reminder:

Convocation, Sunday, August 31st, doors open at 3pm, ceremony begins at 4pm

As always, contact Jessie Goodell (jccg@gwu.edu) for facilities scheduling.

What is the Student-Athlete Advisory Council?

The purpose of The George Washington University’s Student-Athlete Advisory Council (SAAC) is to promote efficient communication between the Department of Athletics and Recreation administration and the student-athlete population.

The SAAC provides student-athletes with a leadership opportunity to discuss and provide suggestions on programs designed to serve their needs. The Council will act as a liaison between the Department of Athletics and Recreation and the stu-

dent-athlete body regarding needs and concerns that have an impact on their academic and personal well being.

Student-Athlete Advisory Committee (S.A.A.C.) meetings are held on the 1st Monday of every month at 9:00 p.m. and offer the opportunity for S.A.A.C. members to discuss important issues with Athletics staff. Attendance is mandatory for all S.A.A.C. representatives unless excused for class.

Please seek out your team’s SAAC representative if you have any questions.

Meeting dates are:

September 14, 2009

October 5, 2009

November 2, 2009

December 7, 2009

February 1, 2010

March 1, 2010

April 5, 2010

Student-Athlete Page

Academic Dates to Remember

Monday,
August 31st
Classes Begin

Monday,
August 31st
7 pm—Continental
Ballroom, Marvin
Center,
Freshman Welcome
Dinner

Thursday,
September 3rd,
7:15 pm -
AMP Kickoff Social
(Athlete Mentor
Program),
Continental
Ballroom, Marvin
Center,

Saturday,
September 12th
Last Day to drop/
add via GWEB

Monday,
September 14th,
9 pm—SAAC
meeting, Smith
Center Conference
Room

Tuesday,
September 15th,
5:30 pm
Study Abroad
Session for Student-
Athletes

Friday,
September 25th
Last Day to Drop
with Notation of
“W” via RTF-EZ
Form

Hey, coach is working me out 10 hours a day! Playing & Practice Season Reminders



The NCAA has carefully defined the playing season regulations by which all student-athletes and teams must abide. This includes practice, competition, conditioning, strength training, and practice and playing oriented meetings. The purpose is to have all teams compete by the same guidelines while helping student-athletes balance both athletic and academic commitments. **Please note that at NO time may you miss class to attend practice.**

What are the daily and weekly time limitations on countable athletically related activities?

Student-athletes may not participate in countable athletically related activities for more than:

In Season:

4 hours per day
20 hours per week (including multi-sport)
Must have 1 day off/week

Out-of-Season (during the academic year):

4 hours per day
8 hours per week
Must have 2 days off/week



The Daily and weekly hour limitations **DO NOT** apply to the following time periods:

- During pre-season practice prior to the first day of classes or the first scheduled contest, whichever is earlier.
- During an institution's term-time official vacation period (e.g., Thanksgiving, spring break), as listed in the institution's official calendar, and during the academic year between terms when classes are not in session.

Below are partial lists of common activities that count and do not count against your daily and weekly time limits:

Countable Athletically Related Activities	Non-Countable Athletically Related Activities
Practices (not more than 4 hours/day).	Compliance meetings.
Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).	Meetings with a coach initiated by the student-athlete and at which no athletically related activities are discussed.
Competition (and associated activities, regardless of their length, count as 3 hours). Note: No countable athletically related activities may occur after the competition.	Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.
Field, floor or on-court activity.	Study hall, tutoring or academic meetings.
Setting up offensive and defensive alignment.	Student-Athlete Advisory Council (SAAC) meetings.
On-court or on-field activities called by any member of the team and confined primarily to members of that team.	Voluntary weight training not conducted by a coach or staff member.
Required weight-training and conditioning activities.	Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
Required participation in camps/clinics.	Traveling to/from the site of competition (as long as no countable activities occur).
Visiting the competition site in the sports of cross-country and golf.	Training room activities (e.g., treatment, taping), medical examinations and rehabilitation activities, as long as they are not conducted by a coaching staff member.
Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.	Attending banquets (e.g., awards or post-season banquets).
Discussion or review of game films.	Training table meals.
Captains practice (e.g., attendance required).	Recruiting activities (e.g., student host).
Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).	Fund-raising activities or public relations or promotional activities and community service projects.

Playing & Practice Season Regulations continued....

Outside the playing season (during the academic year), student-athletes are limited to not more than eight (8) hours per week of certain countable athletically related activities. Those activities are shown below:

Permissible Countable Athletically Related Activities During The Out-Of-Season Period	Non-Permissible Activities During The Out-Of-Season Period
Required weight training and conditioning activities supervised by an athletics department staff member.	Conditioning drills that simulate offensive or defensive alignments.
In sports other than baseball , participation in up to 2 hours per week of skill-related instruction with no limit on the number of student-athletes and coaches involved from Sept. 15 th – April 15 th . Prior to Sept. 15 th and after April 15 th there is a limit of up to 4 student-athletes and any number of coaches involved at any one time in any facility.	No required participation in any countable athletically related activities during any institutional vacation period (e.g., Christmas break, summer) that occur outside the declared playing and practice season (e.g., in-season).
In baseball , from Sept. 15 th to one week prior to exams in the fall semester and from Jan. 15 th through April 15 th , skill instruction may include more than 4 student-athletes. Prior to Sept. 15 th , from the opening day of classes of GW's spring semester (if the spring semester start date is prior to Jan. 15 th) and after April 15 th , skill instruction is limited to 4 student-athletes and any number of coaches involved at any one time in any facility.	No equipment related to the sport may be used during conditioning activities except in the sport of swimming, a student-athlete may be involved in in-pool conditioning with swim-specific equipment (e.g., starting blocks, kickboards, pull buoys).
Participation in a physical fitness class conducted by a member of the athletics department staff.	All athletically related activities are prohibited one week prior to the beginning of GW's final exam period through the conclusion of each student-athlete's final exams.
Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, no coach present).	No participation in any other countable athletically related activity that may have been permissible during the in-season period.

Gotta Send that Recruiting Material



Coaches may provide the following printed materials to prospects, their parents or legal guardians, their coaches or any other individual responsible for teaching or directing an activity in which a prospect is involved beginning September 1 at the beginning of his or her junior year in high school for all sports except men's basketball. Men's basketball may provide these materials beginning June 15 at the conclusion of the prospect's sophomore year in high school:

General Correspondence. General correspondence, including letters and blank postcards issued by the U.S. postal service, may be sent only by mail. Attachments to general correspondence may only include materials printed on plain white paper with black ink that are not created for recruiting purposes, except for the additional printed materials listed in this section. All GW staff members (e.g., faculty members, athletics department staff members and administrators) may prepare general correspondence.

Business Cards.

Camp Brochures. Brochures are not restricted by content or design, but are restricted to a single two-sided sheet, not to exceed 17 by 22 inches in size when opened in full. Camp brochures may be provided to a prospect at any time. (See Bylaw [12.5.1.6.](#))

Questionnaires. May be provided to a prospect at any time.

Nonathletics Institutional Publications. Nonathletics GW publications available to all students may be provided at any time (e.g., official academic, admissions and student-services publications published by GW and available to all students).

NCAA Educational Material Published by the NCAA (e.g., NCAA Guide for the College-Bound Student-Athlete). May be provided to a prospect at any time.

Athletics Publications. GW may produce a recruiting brochure or media guide (but not both). The publications may have only one color of print inside the cover and may not exceed 8 1/2 by 11 inches in size and 208 pages in length. GW may not produce a separate media guide that is intended to supplement the one permissible recruiting brochure or media guide. Such supplemental information (e.g., historical information, records) may be posted on GW's Web site and may be printed in black and white, and provided to the media. GW may not create a portfolio of information (e.g., pictures) to be used in the recruiting process unless it is considered GW's one permissible athletics recruiting publication. GW may produce additional media publications for separate purposes (e.g., postseason media guide) provided the additional publications are not provided to prospects (or their parents or legal guardians).

Game Programs. Game programs (which may not include posters) may be provided to prospects only during official and unofficial recruiting visits and may not be mailed.

Pre-enrollment Information. Necessary pre-enrollment information regarding orientation, conditioning, academics and practice activities, may be provided to a prospect, provided he or she has signed a National Letter of Intent or institutional financial aid agreement or has been officially accepted for enrollment. (See Bylaw [13.4.2.5.](#))

Institutional Note Cards. Institutional note cards may not exceed 8 1/2 by 11 inches when opened in full. In addition, such cards may only contain GW's name and logo or an athletics logo on the outside, must be blank on the inside (one side of the card when opened in full) when produced and may include only handwritten information (e.g., words, illustrations) on the inside when provided to the recipients.

Institutional Postcards. GW postcards may not exceed 4 1/4 by 6 inches. In addition, a postcard may contain only the GW's name and logo or an athletics logo on one side when produced and may include only handwritten information, (e.g., words, illustrations) on the opposite side when provided to the recipients.



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2009-2010

Department Compliance Meetings:

Monthly Compliance Meetings will begin in October 2009. These meetings are mandatory for **all Athletics Department coaches & staff** and will be held on the first Tuesday of every month in the Smith Center Conference Room (fall semester) and AD's Club (spring semester) as follows:

September 14, 2009 (COACHES ONLY)	NOON
October 6, 2009	10:00 a.m. & 2:00 p.m.
November 3, 2009	10:00 a.m. & 2:00 p.m.
December 1, 2009	10:00 a.m. & 2:00 p.m.
February 2, 2010	10:00 a.m. & 2:00 p.m.
March 2, 2010	10:00 a.m. & 2:00 p.m.
April 6, 2010	10:00 a.m. & 2:00 p.m.
May 4, 2010	10:00 a.m. & 2:00 p.m.

"Honesty is the first chapter in the book of wisdom."

- Thomas Jefferson

Recruiting Calendars



Baseball

September 1 - September 10, 2009
Quiet Period

September 11 - September 30, 2009
Contact/Evaluation Period

Men's Basketball

September 1 - September 8, 2009
Quiet Period

September 9 - October 5, 2009+
Contact Period

+All live evaluations during the academic year shall be limited to regularly scheduled high school, preparatory school and two-year college contests, tournaments, practices and regular scholastic activities involving prospects enrolled only at that institution.

Women's Basketball

September 1 - September 15, 2009
Quiet Period

September 16, 2009 - October 6, 2009
Contact Period

Cross Country

September 1 - September 30, 2009
Contact/Evaluation Period

Women's Lacrosse

September 1 - September 30, 2009
Contact/Evaluation Period

Softball

September 1 - September 30, 2009+
Contact/Evaluation Period
+Limited to 50 evaluation days (8/1 - 7/31) per 13.02.6.2

Volleyball

September 1 - September 30, 2009+
Contact/Evaluation Period
+Limited to 80 evaluation days (8/1 - 7/31) per 13.02.6.2

All Other Sports

September 1 - September 30, 2008
Contact/Evaluation Period

In the next issue of
Colonials
Compliance:



Student-Athlete
Q & A

Official Visit
Reminders!



Nutritional
Supplement
Information

