



# Colonials Compliance

VOLUME 2, ISSUE 2

OCTOBER 1, 2007

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Happy Halloween!!

## Risk vs. Reward: Nutritional Supplements

Every year the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports hear appeals of positive drug tests by student-athletes who claim they only used dietary supplement products they obtained legally, at local retailers, at the gym, or over the Internet and that they checked out the ingredients against the NCAA list of banned substances before using the product. A 2005 study conducted by the University of California, Los Angeles Olympic Lab identified supplements that contain banned ingredients that are not listed on the label, illustrating the risk involved in using products from an industry that is not regulated.

A positive drug test resulting from using a supplement product that contains a banned substance renders a student-athlete ineligible for NCAA sports participation for a minimum of one year with no guarantee they will ever return.

Because of concerns for student-athletes' health and

safety, and a commitment to maintain fair competition, the NCAA restricts the kinds of nutritional supplements member schools may provide student-athletes, and bans the use of performance enhancing substances by student-athletes. Unfortunately, the supplement industry attempts to convince student-athletes that not only will they be better athletes by using their products, but that not using supplements means not being serious about their sport. Many athletic departments promote this culture by encouraging student-athletes to obtain supplements on their own (or purposefully not discouraging use), or by providing supplements that are marketed for performance enhancement.

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 manufacturer 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.

### Operations Staff Notes:

Events to be aware of in October 2007:



10/12-10/13: Colonials Weekend  
10/11: MA & 3<sup>rd</sup> Floor Closed @ 5pm  
10/12-10/13: Building Closed

10/26: Colonials Invasion  
Building Closed



### Reminder:

The SAAC Blood Drive will be held on Monday, October 1st. This means the Smith Center's Main Arena and 3rd Floor will be closed ALL DAY.



Student-Athlete's  
Page

**Academic  
Dates to  
Remember:**

October 1 -  
Applications  
Due For Winter  
Graduation

October 3 -  
Pizza & Bowling  
(Freshmen  
Event),  
6-8 pm,  
Hippodrome

October 17 -  
AMP (Athlete  
Mentoring  
Program) Event  
- "Priority  
Registration  
Info Session",  
7:30 pm,  
AD's Club

## Student-Athlete Reminders for Official Visits

As a reminder official visits for prospects are an important part of the overall recruiting process. There are also numerous rules associated with on campus visits. With that in mind, here are a few rules and guidelines to abide by when you are hosting a prospect:

- Only **YOU** will be provided with money with which to entertain yourself, the prospect, the prospects parents (legal guardian) or spouse. Other students may assist with hosting the prospect, but **MUST** pay for their own entertainment. (ie, other current student-athletes may not use the host money to pay for any entertainment expenses).
- You **MUST** obtain **TIME/DATE** stamped receipts for all host money

used and **turn in all receipts and ANY unused money to your coach** immediately after the visit.

- **THE \$30/DAY IS THE ONLY MONEY THAT MAY BE SPENT ON ENTERTAINMENT** (e.g., you or the prospect **MAY NOT** put in additional funds of your own to pay for entertainment above the \$30/day).

Here's an example:

Women's Soccer recruit Molly McTurf is coming in for a 48 hour Official Visit. Her host Dara Defender wants to take Molly out to dinner with a few current women's soccer athletes and then to a movie in Chinatown.

First, Dara should purchase two new Metro fare cards with five extra cents on each card (to turn in as transportation receipts) for

Molly and herself. Next, at the restaurant, make sure that the \$60 host money is used to purchase meals for Molly and Dara **ONLY**. Then, at the movie, use the \$60 host money to purchase tickets and snacks for **BOTH** Molly and Dara as neither are allowed to contribute any extra cash to the visit's entertainment costs.

Dara should be keeping careful track of how much host money is being used during the visit (using more than the allotted \$30/day is an NCAA violation!) and then turn in all receipts and any left-over money to Coach Vogel immediately when the visit is over.

If you have any questions about Official Visit rules, see your coach or Chandra Bierwirth, AAD/Compliance.



## 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.

### Monthly SAAC Meeting:

The first of the monthly SAAC meetings will be held on Monday, October 8th at 10:30am in the AD's Club.

We will be discussing fundraising and the use of GW Sports logos with John Och from GW's Licensing & Trademark Division.

# Recruitment Q & A:

**Q: Is it permissible to have contact with a prospect PRIOR to competition if he/she is visiting campus on an official or unofficial visit?**

A: NO. If a prospect is participating in a competition with his/her high school, you may ONLY have contact with the prospect on the day of the competition AFTER he/she has been released from the appropriate institutional authority. In addition, if you are providing expenses (i.e., official visit) the competition will need to be included in the 48 hours and you will not be permitted to provide any expenses to the competition site.

**Q: Is it permissible to send a letter addressed to a freshman or sophomore in c/o a high school coach so that he/she may deliver it to the prospect?**

A: NO. General correspondence (including letters) may not be sent to a prospect during their freshman or sophomore year.

**Q: Is it permissible to send schedule cards to a prospect?**

A: NO. You are not permitted to send schedule cards nor are you permitted to attach a schedule to general correspondence or e-mail if it is posted on our web site. Since all of our schedules are posted on

our website the only way you're permitted to send a schedule to a prospect is by including it within the text of general correspondence (i.e. letter) or text of an e-mail.

**Q: Is it permissible to conduct official visits during an evaluation period?**

A: Yes. OFF-campus contacts are not permitted during an evaluation period. However, ON-campus contacts are permissible during this time.

## Basketball Academic Group



**Daylight Savings Time ends on November 4, 2007.**

**This year we will be "falling back" in the month of November.**

**Mark your calendars!**

The Division I Men's Basketball Academic Enhancement Group charged with developing and implementing strategies to improve academic performance in men's basketball, has appointed five subcommittees to study specific issues related to improved academic performance in the sport. The 30-member group, which includes presidents, head coaches, commissioners, athletics directors and faculty representatives, met for the first time in August to began a thorough and patient process of understanding perspec-

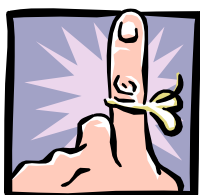
tives, sharing information and identifying factors and characteristics that may contribute to men's basketball's low Academic Progress Rate (APR) being the lowest among all NCAA sports.

NCAA President Myles Brand appointed the basketball academic enhancement group after a similar panel successfully addressed academic improvement in baseball. The group plans to submit recommendations and proposals to the Division I Board of Directors by the end of 2008.

Following are the subcommittee assignments:

- \* Transfer issues (incoming and outgoing)
- \* The 0-for-2 phenomenon related to APR
- \* Academic preparation and support
- \* Coach/player relationships
- \* Playing and practice seasons

Source: [ncaa.org](http://ncaa.org)



**October Compliance Meeting:**

Coaches, Staff, & Administrators:

Don't forget, the first of our monthly compliance meetings will take place on Monday, October 1st at 10:00 am in Smith Center Rm. 308. These meetings are mandatory for all Dept. of Athletics & Recreation staff members.



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“If you don’t know where you’re going,  
you’ll end up someplace else.”  
- Yogi Berra

## Did You Know???

Did you know that the during the month  
of October fall the national observances

for...

**Pasta Month?**

**Pizza Month?**

**Caramel Month?**

**Pretzel Month?**

**Seafood Month?**

**Pickled Pepper Month?**

**Apple Month?**

&

**Dental Hygiene Awareness month?**



# Recruiting Calendars:

### Men's Basketball

September 9 - October 5, 2007  
Contact Period

October 6 - October 31, 2007  
Evaluation Period

### Women's Basketball

September 16, 2007 - April 22, 2008  
Evaluation Period

September 16, 2007 - April 22, 2008  
Quiet Period

September 16 - October 6, 2007  
Contact Period

### Softball

October 1 - October 11, 2007  
Contact Only

### Softball Cont.

October 12 - October 31, 2007  
Contact/Evaluation

### Volleyball

October 1 - October 31, 2007  
Contact/Evaluation

### All Other Sports

October 1 - 31, 2007  
Contact/Evaluation

## In the November Issue of Colonials Compliance:

National  
Letters  
of  
Intent  
Reminders



Proposed  
Legislation



## OCTOBER SPORTS BIRTHDAYS!!

Brett Favre (October 10th)

Michelle Wie (October 11th)

Martina Navratilova (October 18th)

Mickey Mantle (October 20th)

Bobby Knight (October 25th)

