



Colonials Compliance Newsletter

VOLUME 2, ISSUE 1

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There will be a **mandatory** meeting for all Student-Athletes, Coaches and Athletics Department Staff on **Sunday, September 9th at 7:00pm in the Smith Center.**

Welcome Back Colonials!

Aah, September. The smell of newly sharpened pencils and fresh textbooks is in the air! And all you can say, as you head back to Foggy Bottom this Fall 2007 is:

“WHERE DID THE SUMMER GO?!”

Well, we may not ever know the answer to that question, but we DO know the answer to the question “What’s happening in the GW Athletics Department this Fall?”

ATTN Coaches, Staff and Student-Athletes: Everyone must be certified by Risk Management in order to reserve and drive the vans. Please make sure whether or not you are staff, a coach or an athlete that you attend a training session for van certification. There will be sign up sheets in the main office. The sessions last approximately 30-45 minutes with attendees filling out the applications and providing their licenses for photocopying. Additionally and most importantly, we will review the van policy manual and all aspect of check-in/check-out, maintenance, early morning/late night arrival and departure, accidents, etc.

We have some new coaches & staff. New plans for exciting activities in the works. And of course, we have a fantastic group of new student-athletes joining the Colonials family!

So Colonials, feel free 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 2007 Dates to

Remember:

September 4th

First day of Classes

September 9th

Mandatory Meeting for all student-athletes, coaches & staff - 7:00pm, Smith Center

October 1st

S.A.A.C. Blood Drive
(See below for more info!)

Keep in mind the following dates when the Smith Center is hosting various events:

September 1 - 3,
University Convocation

September 6 - 8,
Fall Fest (Rain Site)

September 23 - 25,
Grad Fair

As always, see Jessi Goodell
(jccg@gwu.edu) for facilities scheduling.

OPERATIONS STAFF NOTES:



S.A.A.C. News:

This fall, there will be monthly meetings of the Student-Athlete Advisory Committee (S.A.A.C.) on the **2nd Monday of every month at 10:30am.** The meetings will take place in the AD’s Club, and will give S.A.A.C. members a chance to talk with Athletics Department staff about important issues. Attendance is mandatory for all S.A.A.C. repre-

sentatives unless excused for class, practice or games. The meeting dates are:

- October 8, 2007
- November 12, 2007
- December 10, 2007
- February 11, 2008
- March 10, 2008
- April 14, 2008



Also, on Monday, October 1st S.A.A.C. will be hosting a blood drive in the Smith Center. Ask your S.A.A.C. member for the details, and if you want more information about donating blood, check out: <http://www.redcross.org/donate/give/>

Playing & Practice Season Regulations

Student-Athlete Page

Academic Dates to Remember

Wednesday, September 4th
Classes Begin

Wednesday, September 4th
7 pm, Auxillary Gym, Freshman Welcome Dinner

Thursday, September 5th
8:15 pm, AD's Club, AMP Kickoff Social (Athlete Mentor Program)

Friday, September 14th
Last Day to drop/add via GWEB

Wednesday, September 26th
5:30-6:30, AD's Club, "Varsity Letters to Cover Letters", Resume Workshop

The NCAA has carefully defined the playing season regulation 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 or Academic 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 Committee (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), rehabilitation activities and medical examinations.
Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.	Fund-raising activities or public relations or promotional activities and community service projects.
Discussion or review of game films.	Training table meals.
Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).	Attending banquets (e.g., awards or post-season banquets).
	Recruiting activities (e.g., student host).

Continued on Next Page...

Playing & Practice Season Regulations cont.

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 may not simulate offensive or defensive alignments.
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.	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).
Participation in a physical fitness class conducted by a member of the athletics department staff.	Any other countable athletically related activity that may have been permissible during the in-season period.
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 equipment related to the sport may be used. However, in the sport of swimming and diving a student-athlete may be involved in in-pool conditioning with swim-specific equipment (e.g., starting blocks, kickboards, pull buoys, etc.).

2007-2008 Compliance Meetings:



Beginning in October 2007, there will be mandatory monthly compliance meetings for all Athletics Department coaches & staff on the first Monday of every month as follows:

October 1, 2007	10:00am Meeting Only	Smith Center, Room 308
November 5, 2007	10:00am & 2:00pm	AD's Club
December 3, 2007	10:00am & 2:00pm	AD's Club
February 4, 2008	10:00am & 2:00pm	AD's Club
March 3, 2008	10:00am & 2:00pm	AD's Club
April 7, 2007	10:00am & 2:00pm	AD's Club
May 5, 2007	10:00am & 2:00pm	AD's Club

Coaches' Reminders -

Text Message Reminders:

Electronically transmitted correspondence is limited to electronic mail and facsimiles. All other forms of electronically transmitted correspondence (e.g., Instant Messenger, text messaging) are prohibited.



Notecard/Stationary Reminders:

Institutional note cards provided to prospects may not exceed 8 1/2 by 11 inches when opened in full and may only contain GW's or the athletics name and logo on the outside AND may include only handwritten information (e.g., words, illustrations) on the inside when provided to prospects.

Clearinghouse Registration for Official Visits:

A high school or preparatory school prospect must register with the Initial-Eligibility Clearinghouse and be placed on GW's institutional request list (IRL) with the Initial-Eligibility Clearinghouse.



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*"The greater part of our happiness or misery depends upon our dispositions, and not upon our circumstances."
-Martha Washington, First Lady 1789-1797*

GWU TRIVIA: KNOW YOUR SCHOOL!!

1765: Jacob Funk purchases a plot of land from H Street, NW to the Potomac, and from 19th Street to 24th Street. It is called Hamburg or Funkstown.

1799: President Washington dies, leaving 50 shares of stock in the Potomac Company in support of the building of a University in the District of Columbia

1821: Congress charters Columbian College. President James Monroe signs the act.

1820-1884: Columbian College is situated on "College Hill", located between 14th and 15th Streets, NW on what is now Florida Ave. Tuition costs \$50.00 per annum.

1904: Congress changes the institution's name to The George Washington University.

1905: Continental blue and buff--from George Washington's military uniform--were adopted as the official school colors. The previous colors were orange and blue.

1912: The University borrowed funds to buy property at 2023 G Street (present site of Lisner Hall) to house all of its arts and science departments. Over the next 12 years, the University moves to its present location in Foggy Bottom.



Recruiting Calendars

Baseball

September 1 - September 13, 2007
Quiet Period

September 14 - September 30, 2007
Contact/Evaluation Period

Men's Basketball

September 1 - September 8, 2007
Quiet Period

September 9 - October 5, 2007
Contact Period

Women's Basketball

September 1 - September 15, 2007
Quiet Period

September 16, 2007 - April 22, 2008*
Evaluation Period

* Women's basketball staff shall not exceed 100 recruiting-person days

September 16, 2007 - April 22, 2008**
Quiet Period

** Those days not designated above for evaluation purposes

September 16 - October 6, 2007 ***
Contact Period

***September 28 - 30, 2007 evaluations permitted at non-scholastic events

Softball

September 1 - September 3, 2007*
Contact/Evaluation Period

*Limited to 50 evaluation days (8/1 - 7/31) per 13.02.6.2

September 4 - November 22, 2007
Contact ONLY Period

Volleyball

September 1 - September 30, 2007*
Contact/Evaluation Period

*Limited to 80 evaluation days (8/1 - 7/31) per 13.02.6.2

All Other Sports

September 1 - September 30, 2007
Contact/Evaluation Period

In the next issue of
Colonials
Compliance:



Student-Athlete
Q & A

Official Visit
Reminders!



Nutritional
Supplement
Information

