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CHECK OUT THE STUDENT SERVICES PAGE ON THE NEWLY REDESIGNED VILLANOVA ATHLETICS WEBSITE



CRASH COURSE IN CLASS

LYNNE TULLY GIVES SENIORS AN "EDGE" OVER THE COMPETITION IN BUSINESS ETIQUETTE DINNERS

Lynne Tully is a professional speaker and communications consultant. She founded her own company, The Professional Edge, in 1995. Known as "Central Pennsylvania's Miss Manners", Tully's programs on business etiquette have been recognized in The Philadelphia Inquirer and The Chicago Tribune. Having traveled across the state and country to speak, her audience ranges from college students to Fortune 500 companies.

She is also a Professor of Communications at York College of Pennsylvania where she instructs classes in Public Speaking and Human Communication. Tully is presently conducting research for her first book "From Dorm Room to Boardroom: Business Etiquette for College Graduates Entering the Workplace".

Tully's life experiences have lent to her expertise in this field. As a former Miss Pennsylvania, it was imperative that everything be perfect to gain an edge over the competition – and her programs on business protocol, etiquette and communications are designed to help students do just that in job interviews and in the workplace.

"Business executives are suddenly realizing etiquette is now a priority and many second and third job interviews are scheduled during a meal," says Tully. "The way a person conducts himself or herself during a meal says a lot about them and the way they pay attention to detail."

Tully's most popular program is the one she presented three times this fall to our senior student-athletes. She feels these lessons are invaluable for bridging the gap between the classroom and the boardroom.

TEN TIPS FOR THE BUSINESS LUNCH OR DINNER

Today more than ever, business is conducted at mealtime. A potential customer or business associate can tell a lot about you and the way you pay attention to detail by the way you conduct yourself at the table. Here are 10 things to remember if you are "dining for dollars":

- 1) Arrive on time and wait for your party in the lobby of the restaurant. Do not proceed to the table (and begin on the bread or a beverage) without your host.
- 2) Keep clutter (keys, eyeglasses, hats, gloves, cellular phones, pagers) off of the table – these items are not part of the meal. Purses and briefcases can go on the floor. Keep documents or other papers on your lap.
- 3) Place your napkin on your lap as soon as everyone with whom you are dining is seated at the table.
- 4) Order only the basics (salad, main course, beverage) unless your host insists, and then joins you in an appetizer or dessert. Also, keep in mind that you want to order something easy to maneuver – forget the baked French onion soup and the Rueben sandwich. Ask your host for recommendations so that you know the appropriate price range to stay within.
- 5) Do not leave the table once the meal has started, unless you have to blow your nose or clear your sinuses during the meal; use the restrooms before or after service. Also, do not apply lipstick or comb your hair at the table.



Volleyball seniors Jackie Fugiel and Libby Sybilrud get advice from presenter Lynne Tully.

- 6) Once you have picked up a utensil it should never touch the table again. Put into practice 'rest' and 'finished' positions for your utensils.
- 7) Never chew with your mouth open or speak with food in your mouth, no matter how brilliant your impending comment might be.
- 8) Maintain the same pace as the person with whom you are dining.
- 9) Remember that servers are people, too, and make requests politely. How you handle this could indicate to your client, guest or associates the way you would treat coworkers and subordinates.
- 10) Remember that the purpose of business dining is business – food is secondary. Do not comment on your impression of the service or food if it is bad. Focus on your dining companions and forget your desire to leave the table completely satisfied food-wise.

Bonus tip: Be aware of your company's policy on consumption of alcoholic beverages when dining with clients. Do not feel obligated under any circumstances to order alcohol for yourself, even though others are encouraging you to do so.



FOOTBALL TAILGATE



STUDENT-ATHLETES,
GOING TO THE BIGGEST FOOTBALL GAME OF THE YEAR - WHEN YOUR VILLANOVA WILDCATS TAKE ON THE DELAWARE BLUE HENS? WELL THEN, COME BEFORE THE GAME TO THE TAILGATE IN YOUR HONOR. FREE FOOD, FRIENDLY COMPETITION AND MUSIC ALLOW YOU TO MIX & MINGLE WITH OTHER TEAMS!

WHAT: STUDENT-ATHLETE TAILGATE

WHEN: SATURDAY, NOVEMBER 17TH @ 11 AM

WHERE: LAWN AREA BETWEEN JAKE NEVIN FIELD HOUSE AND THE PAVILION ON ITHAN AVENUE



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A GAME PLAN TO BLITZ THE BOOKS

JOHN BAXTER HAS ENGINEERED AN ACADEMIC TURNAROUND AT FRESNO STATE

In a small, two-room office at Fresno State, flanked by a novelty mallet, an oversized frying pan, assorted doodads and framed pictures of animals, sits 36-year-old assistant football coach John Baxter. A set of bowling pictures tops his file cabinet, the drawers of which hold dozens of three ring binders and copies of old newspaper articles. He knows exactly where to find page 10C of the June 27, 1997, USA Today, the page on which Fresno State's student athlete graduation record was ranked as the worst of any Division I-A institution in the country.

The props are visual coaching aids. The binders help Baxter organize his 16 hours a day of juggling special teams coaching duties with his role as the Bulldog's academic gun. The articles are reminders of the program's turbulent past.

When Pat Hill replaced Jim Sweeney as Fresno State's football coach after the 1996 season, the first person he hired was Baxter. The first thing Baxter did was parade the entire team in front of a video camera and ask each player to state his GPA and the number of academic units he had passed the previous semester. Twenty-two of the 73 players had sub-2.0 GPAs and only eight were above 3.0. The team average was 1.95.

You could hear a pin drop in the room when we finishing doing it," Baxter says. "At the end of the meeting I said, "Whatever you guys have been doing obviously hasn't been working, so if you'll just come back tomorrow and trust me for one day, I'll show how I can make a difference in your lives. From that day one, they've been believers." The ones who stayed, that is. Only 51 players came back the next season. Those 51 averaged a 2.68 GPA the following semester.

The Bulldogs' academic transformation under Hill and Baxter has been impressive in the three semesters since that first meeting; the teams cumulative GPA has risen from 2.21 to 2.6. Add to this a record of 8-4, Fresno State's best in six years, and an invitation to play Utah in the Las Vegas Bowl on Dec. 1'8, its first postseason bid since 1993, and it's clear something special is happening. The program's recipe mixes an unusually dedicated coaching staff with a cultish devotion to Baxter's patented study-skills formula, Academic Gameplan.

Academic Gameplan begins with Baxter's two-week seminar on study skills at the start of each semester. This is followed by 30 to 60-minute study sessions four days a week. Players and the entire coaching staff attend the sessions; each coach is charged with monitoring the progress of his position players.

In the seminar, Baxter teaches students classroom demeanor, note-taking skills ("the academic glove") and how to use his custom made black

three-ring binder ("the academic bat") to organize their lives. Each player is required to purchase a binder which allots space for a list of all assignments, grades ("the scoreboard") as well as detailed schedules of classes, both short term ("the scouting report") and long term ("the lineup").

A self-proclaimed "visual learner", Baxter would have been a Prop 15 football player under today's rules. He flunked out of Loyola Academy in Wilmette, IL, but talked his way back in with a promise to attend summer school. He graduated from high school but flunked out of Loras College in Dubuque, IA, after one semester - then begged for another chance there, too. The dean's condition was that Baxter have a plan.

"I interviewed guys on the football team who were good students", says Baxter, who didn't play for Division III Loras, but was the running backs coach at Iowa State, then implemented it while coaching at Maine, Arizona, Maryland and Tulane. With Hill's support, Gameplan has been embraced at Fresno State.

Baxter graduated from Loras in 1983, then earned a master's in higher education from Iowa State in 1987, writing his thesis on alternatives to traditional academic support. He developed Gameplan as a graduate assistant coach at Iowa State, then implemented it while coaching at Maine, Arizona, Maryland and Tulane. With Hill's support, Gameplan has been embraced at Fresno State.

Not a single member of Hill's first recruiting class has been disqualified for academic reasons. In fact, barring unforeseen catastrophe, that class should pass the 70% four-year graduation rate which would place Fresno State alongside the nation's elite athletic scholarship schools - when it checks out in 2000.

As for Baxter, his success as a special teams coach - his units have blocked 50 kicks in 9 seasons - has drawn feelers from several pro teams. For now, he'll stick to college. "I'm into educating kids", he says. "I think the things I've done in coaching stand on their own, but to me there's a bigger picture out there than touchdowns."

By Jamal Greene,
December 20, 2000 issue of Sports Illustrated

THE IMPACT OF A COLLEGE DEGREE IN THE NFL

Virtually all NFL players attended college. Unfortunately, and for many reasons, only about one-third of them earned degrees. Those players with college degrees have, on the average, both significantly longer careers and higher salaries than players without degrees.

* Analysis of over 600 starters in 1990 showed that players with degrees earned 31% higher salaries and averaged two more years of playing experience than non-degree starters.

* Generally, the percentage of starters at each position with degrees was almost twice as high as the percentage for all players at that position.

* Average salary for NFL starters without degrees was 10% under the average for all starters.

* Another NFL study found that players with degrees played 50% longer, 6.14 years in the league compared to 4.1 years for starters without degrees.

* Whatever the reason, a college degree may translate into nearly a million dollars more for the average player in his NFL career. Using the league-wide average career for all players of 3.5 years, an additional average value of a degree would lead to an extended average career of 5.28 years. The extra 2.5 years of income, as well as enhanced pension benefits, might earn starters with degrees an additional \$2 million.



A 1998 Villanova graduate, Brian Finneran currently plays for the NFL's Atlanta Falcons.

WILDCAT ROWING TAKES PART IN FIRST ANNUAL RUN FOR THE KIDS

On Saturday, September 22nd, 2001 the Villanova rowing team completed a community service project for the 2001-02 year as they took part in the First Annual Run For the Kids, part of National Cancer Awareness Week. Organized by the Committee to Benefit the Children of St. Christopher's Hospital in Philadelphia, the 10K run and three mile walk started at the southwest corner of the Philadelphia Art Museum, continued along West River Drive.

Sponsored by La Salle College High School and Mount St. Joseph Academy, the race benefits children surviving cancer, leukemia and blood disorders, providing a chance for them to realize their true academic potential.

The rowing team volunteered their time to help with registration, at water stands throughout the course of the race, at the finish line and helped to tally results.

Congratulations to the Wildcat rowing team on a job well done!



I AM YOUR FLAG



"Traditionalists say I was born of a woman's hand ...fashioned from bits of colored cloth by a seamstress in a small house in Philadelphia, a year after the new country was born.

Historians are less certain of my origin. Yet, no one doubts my existence. I was created out of necessity to serve as the emblem of a people whose experiment in nationhood was as unique as the arrangement of my stars and stripes.

I have proved my adaptability to change. I've accommodated growth. I've stood up to time and troubles. I fluttered in the fall air with General Washington and his loyal French allies at Yorktown. My fabric was shredded by cannonballs from British frigates in the War of 1812 and I was carried in triumph by Andy Jackson at New Orleans. The British could see me clearly in the mists of "dawn's early light," waving from the standards at Fort McHenry.

I've witnessed turmoil and bitterness, even lost some of my glory in mid-century in a war between brothers, but I was restored as a nation's emblem at Appomattox.

I traveled West with the new frontier. I flew from the headlamps of the Iron Horse in Utah. I was with the prospectors at Sutter's Mill, with the cavalry against cattle rustlers, with the Rough Riders at San Juan Hill.

I crossed the Marne with the doughboys anxious to make the world safe for democracy. I was raised over a shell-pocked hilltop at Iwo Jima and I stood by the grim-faced negotiators at Panmunjom. I was on that last helicopter from Saigon and with the men and women of Operation Desert Storm.

I have been around in victory and defeat. I've seen pain and pleasure. I've been folded smartly by soldiers and handed to weeping widows. I've covered the coffins of those who've served country and community.

But, I also decorate bandstands and concert halls. I am saluted in parades, in schools and at ballparks.

I am part of political campaigns, high holidays and ice cream socials. I fly from skyscrapers and bungalows. I've been to the Moon and the ocean floor.

I am everywhere my people are. I am saluted and, occasionally, scorned. I have been held with pride and I have been ridiculed, because I am everything my people are: proud, angry, happy, sad, vengeful, argumentative, ambitious, indifferent.

I was created to serve a people in struggle and a government in change. There are now more stars in my blue field than there were in the beginning and, if need be, there's room for more.

But, those red and white stripes remain as they've always remained: clearly visible through the struggle...the symbol of the "land of the free and the home of the brave."

I am your past. I am your future. I am your flag.

By Bob Nelson, KYW Newsradio

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ATHLETICS DEPARTMENT VOLUNTEERS TIME OVER FALL BREAK FOR SERVICE

ADMINISTRATORS, STAFF AND COACHES DONATE PART OF THEIR WEEK TO DOING GOOD IN THE COMMUNITY

The Greater Philadelphia Food Bank is the bridge between those in our region with extra food and those without enough. St. Agatha/St. James Soup Kitchen is a smaller link for those who go hungry.

Over the past two decades, the Food Bank has distributed more than 140 million pounds of donated food to charities that feed needy families throughout southeastern Pennsylvania. Every day, they distribute 16 tons of nourishing food among nearly 800 nonprofit organizations, operating more than 1,400 diverse feeding programs, to help to fight hunger and malnutrition among our neighbors.

Through the support of individuals, businesses and foundations, the Food Bank provides nourishment to nearly 310,000 poor and low-income families each year in Bucks, Chester, Delaware, Montgomery and Philadelphia Counties.

Hunger can affect anyone and anyone can affect hunger. This is why the

administrators, staff and coaches of the Villanova Athletics Department gave up some of their time to help out. Volunteers prepared food for distribution by re-packing, labeling and sorting.

The Athletics Department also did work at the St. Agatha/St. James Soup Kitchen, located at 38th and Chestnut Streets in Philadelphia. There, administrators, staff and coaches cleaned and painted the walls of the vast kitchen, which serves over 125 people per night.

It is not uncommon to find people needing emergency food assistance who never could have imagined they'd be in that situation. Sometimes, it's a work lay-off, a strike, an illness or some other stroke of bad luck that can bring a family to the door of a community food pantry or soup kitchen. Sometimes domestic violence forces a woman and her children into shelter; other times, someone may become disabled and homebound and unable to fend for herself; or when a minimum wage job

forces a parent to choose between paying the rent and feeding his children. These are some of the reasons why so-called average people may find themselves in need.

Fortunately, the Greater Philadelphia Food Bank, its safety net of member agencies and the St. Agatha/St. James Soup Kitchen are there when the need for food assistance arises. And, it is truly a reality that anyone can affect hunger.

The logo for Villanova Athletics, featuring the word "VILLANOVA" in a large, bold, serif font with a slight arch, and the word "Athletics" in a smaller, lowercase serif font below it.

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