

SACRED HEART NEWS

Athletics Compliance

For Student-Athletes

Summer 2004

ACADEMIC ELIGIBILITY

1. To be eligible for competition next fall, you must have successfully completed **at least 24** credit hours since the fall semester of 2003. A minimum of **18** credit hours used to satisfy this requirement must have been earned during the regular academic year (i.e., Fall & Spring Semester). You must also have successfully completed **SIX** credits from this spring semester.
2. If you completed at least 6 credits this past spring, but did not complete a total of 24 credit hours during the regular academic year, you need to plan on going to summer school in order to be eligible to compete next fall. You will receive a letter stating your ineligible status, and it's a good idea to contact the academic advising staff to determine your status and whether you will need to attend summer school.
3. If you go to summer school at a different institution, you will need to have **prior** written approval from the Registrar's office for any course that you wish to take. Also, all course-work taken must be acceptable in your degree program and you must receive a "C" or better in the course.
4. If, at the end of this semester, you are placed on academic probation, you will need to attend summer school here at Sacred Heart. You will receive a letter stating your ineligible status, but it is a good idea to contact Lucy Cox to determine what courses you should take during the summer sessions.

CAMP AND CLINIC EMPLOYMENT

1. You may not participate as a camper in any camps or clinics here.
2. In the sport of football, a member of the squad may be employed in a football camp other than this camp, provided not more than one football student-athlete from this institution is employed.

3. You may not participate in organized practice activities at a camp or clinic.
4. Student-athletes employed at sports camps must perform duties that are supervisory in nature. Coaching and officiating cannot account for more than 1/2 of a student-athlete's work time.
5. Your compensation must be comparable to the going rate for all the camp's counselors of similar ability and experience.
6. If you only lecture or demonstrate at a camp/clinic you may not receive any compensation for your appearance at the camp/clinic.
7. Transportation to and/or from a camp/clinic may not be provided unless it is provided to all employees.

SUMMER EMPLOYMENT - GENERAL

- ❖ All earnings from summer employment must be at a rate of pay that is comparable with the going rate, in that locale, for the type of work performed.
- ❖ You should be paid by check (not cash) for the hours that you actually worked. If tips are a part of your wage, just keep a running tally of the amount.
- ❖ You cannot have transportation to and/or from work provided by your employer unless transportation is provided to all employees.
- ❖ Your employer cannot provide you with any benefit or privilege that is not provided to all employees (e.g., reduced rates for services or goods, meals, cars, entertainment at home, vacation trips, water skiing, etc.).
- ❖ You can be paid for teaching or coaching sport skills in your sport on a fee-for-lesson basis as long as institutional facilities are not used. You cannot use your name or photo to promote or advertise your availability.

FYI . . .

SUMMER PRACTICE AND COMPETITION

- ❖ **All Sports:** You must have written permission from the Department of Intercollegiate Athletics to participate in any official state games (e.g., Empire State Games, Bay State Games, etc.) Or to participate in any official try-outs and/or any competitions involving National teams, the Pan American Games, or the Olympic games.
- ❖ Current student-athletes and recruited prospective student-athletes who are in the area during the summer cannot participate jointly in recreational activities at the direction of, organized by, or observed by a coaching staff member.
- ❖ As a general rule, during the summer a member of the athletic department (e.g., coach, official, player, etc.) may not be involved in any way with any team you participate on. There are limited exceptions in some sports and you should check with the compliance office if you and a coach are involved in any way with the same team. Summer participation against outside competition by a student-athlete may not occur until after the last day of final exams. The chart below lists the sports that have limits on the number of student-athletes from a particular institution that may participate on each outside team. All other sports do not have a limit on the number of student-athletes that can compete as a member of a particular outside team. *Student-athletes in basketball and baseball must obtain the written permission of the athletic director to participate in a summer league.*

Baseball	4
Basketball	2
Field Hockey	5
Football	5
Ice Hockey	4
Lacrosse	5
Soccer	6
Softball	4

Basketball League Play. Student-athletes may compete on only **one** team in **one** approved summer league between June 1 and August 31.

- You must play only in a league approved by the NCAA. Be sure to ask your coach about this **before** you participate in a summer league.
 - You must have written permission from the Dept. of Athletics.
 - You cannot play in any type of "All-Star" game.
 - No more than two players with eligibility remaining from any single 2 or 4-year College can play on the same league team.
 - The league must be within 100 air miles of the city limits of your *official residence* at the end of the 2003-04 academic year or the university campus.
- ❖ You may not receive any pay for athletic participation. "Pay" includes any type of salary or compensation (including cash prizes). You may receive actual and necessary travel, room and board expenses, and apparel and equipment for practice and competition. These expenses may be received only from someone upon whom you are naturally or legally dependent, a non-university team, an amateur organization or a local sports club. **Such expenses cannot be based upon the outcome of the competition.**
 - ❖ The awards or prizes you may receive must conform to the regulations of the amateur governing body in your sport. All awards or cash prizes that you are not allowed to receive under NCAA regulations cannot be given in your name to another individual or agency. At **NO** time, under any circumstance, are you to receive cash. **Any questions about permissible prizes should be directed to your coach in advance of the competition, so as not to jeopardize your eligibility.**

ASK BEFORE YOU ACT

- ❖ You are allowed by NCAA regulations to use the University's athletic facilities in voluntary participation activities only and, provided the activity is not supervised by or held at the direction of any member of the coaching staff.
- ❖ You may be involved in voluntary participation in weight-training or conditioning programs utilizing the facilities, provided such activities are supervised by members of strength and conditioning staff or athletics trainers who perform such duties for rehabilitation purposes, on a department-wide basis.
- ❖ Individual consultation with a coach initiated by you is permitted, provided the coach and you do not engage in any practice activity.
- ❖ Student-athletes and members of the coaching staff are not permitted to engage in countable athletically related activities during the summer. However, in individual sports only (i.e., swimming, tennis, track, wrestling), a coach may participate in individual workout sessions with a student-athlete from the coach's team during the summer, provided the request for such assistance is initiated by the student-athlete.
- ❖ Required meetings and work-outs for student-athletes held at the direction of or supervised by institutional staff members during the summer months would constitute out-of-season practice, and is precluded by NCAA rules. For purposes of complying with the regulations, please be aware that this would also include requiring student-athletes to submit summer workout logs and progress reports

PROSPECTIVE STUDENT-ATHLETES

1. You cannot provide any material assistance (e.g., a place to stay, rides, meals, etc.) to any prospective student-athletes, even if the prospective student-athlete has signed the National Letter of Intent to attend the University. These student-athletes are all considered to be prospects by the NCAA until the first day of fall classes or the first day of fall practice, whichever comes first.
2. You may be invited by your high school coach or a program planner for a local organization to speak to a group. You may do so, talking about your experiences as a student-athlete (if appropriate). However, please be aware of the following:

A. You may **NOT** make a recruiting "pitch" for the university.

B. You may **NOT** talk one-on-one with any student who is in grades 9-12, other than casual conversation not involving recruitment.

C. You may **NOT** comment publicly about any prospective student-athlete that the university is recruiting.

SUMMER MEDICAL COSTS

Please remember that if you are injured or become ill during the summer, the costs for medical treatment are your responsibility. The University's insurance covers you only for injuries that occur during regularly scheduled season practices and competition and voluntary workouts during the summer. However, you should notify your coach and the Sports Medicine staff of any injuries that occur during the summer months. This will assist you and the staff during the medical examination process in the fall.

ACADEMIC ADVISEMENT

Every wonder what you can do over the summer to be better prepared for next fall academically? Probaly not, but hear me out.

Buy your books now – why not? This way you can avoid standing in line in the fall.

Read a book on time-management – why not? – you have the time!

Get a day-planner and figure out your time – before it figures out you.

Every think about what you can do the first week of school to get ahead? No, but come on – I am on a roll.

Read your syllabus for each class – this is the game plan to the A

Get any extra credit on your calendar and get it done before mid-terms

CLA/tutor in the Learning Center

Words of Wisdom

It's summer time!!!! That means lots of fun in the sun! Or, maybe it's time for your summer job. So, is it too early to think about preseason? Not for you because you are a Division I athlete. No doubt that's a big commitment, and, YES, it's hot and your days are long. You're exhausted and you don't have much time. The best thing you can do is find the time.... **play and train**. Skills are just as important as fitness. Find a league, coach a camp, and get together with other athletes in your area. The more exposure to your sport, the better off you'll be for pre-season or fall ball. Don't let summer drag you down. Push through it. Do the workouts. And remember... "Self-discipline is a matter of how hard you are willing to work when no one is watching." – Pat Summitt

Check out these websites for leads on camps and clinics!!

www.usfieldhockey.com
www.laxpower.com
www.softball.org
www.ussportscamps.com
www.laxcamps.com
www.mlscamps.com
www.excelvb.com

Special thanks to Assistant Field Hockey Coach Erika Vargas for her contributions!

SHU ATHLETICS

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Most important message of all, as a student-athlete if you follow these simple points – you will have academic success and guess what – YOU DESERVE IT ALL!!!

Study Tips

- Choose a place where you are least likely to be distracted
- Schedule your study time in a place where you're less likely to see friends or teammates
- Study in a position that is comfortable and non-conducive to sleeping
- Study during time that you have scheduled and do not stray away from your game plan
- Maintain concentration and pursue the material with a positive approach.
- Get help if you need it p do not wait

Classroom Etiquette

- Sit towards the front of the classroom. It helps you stay focus on what is being discussed in class.
- Take good notes and write a summary of each class.
- Get to know your instructors
- Te best way to earn an academic strikeout is by not attending class. Your attendance in class will play a major role in your success as a student.

HAVE YOU EVER BEEN INJURED?

We need your help! We are developing a survey that we would like for you to complete, in order to improve the current services we offer to injured student-athletes. Please send an e-mail to Lucy Cox @ coxl@sacredheart.edu.