

SPECIAL POINTS OF INTEREST:

- Spring Career Panels
- Knight Light: Meet Members of SAAC
- Meet the ASSA Staff
- PRIDE Award of the Month

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Reaching Out In the Community

In a constant effort to give back to those who support UCF, several athletic teams gave of their time and reached out to the community in the month of February.

Members of the volleyball team traveled to Camp Boggy Creek in Eustis, Florida for an outreach weekend like none other! Camp Boggy Creek is a year round camp serving terminally ill children throughout Florida. The mission of Camp Boggy Creek is to enrich the lives of seriously ill children and their families by creating a life-enhancing camp experience that is exciting, empowering, memorable, safe, and medically sound, at no cost to them. **Danielle Harrison** and **Nichole Riedel** participated in the Clash Party family weekend February 10th-12th. During the weekend they assisted families with activities such as archery, woodshop, arts & crafts, tie-dye shirts, boating, fishing, and much more.

Here's what they had to say:

"Camp Boggy Creek was an unforgettable experience that will forever be a memory in my heart. Being able to put a smile on a chronically ill child's face was an opportunity of a lifetime. One amazing fun weekend to be able to support a family and be there for them in a time of need was an awesome chance to give back to society. Participating in volunteering experiences like this one really puts life into perspective and one should be thankful everyday for what they have."

-Danielle Harrison

"My experience at Boggy Creek was life changing. I am so happy that I was able to spend time with these children and their families. I went to camp thinking the only thing I was going to do was to play with the families; however I left camp with so much more than what I came in with."

-Nichole Riedel



The **women's basketball team** found time to give back to the Orlando community in spite of being in the middle of their season. On February 18th they assisted with the Inaugural Young Women Leaders Program Slam Dunk for School Safety Basketball Tournament and Fundraiser. The Young Women Leaders Program is a mentoring program sponsored by the UCF Women's Studies Program that pairs 7th grade girls in Seminole County schools with UCF undergraduate and graduate women. During the event the Knights were on hand to sign posters and take pictures with the guests.



Members of the **volleyball team** sacrificed their beauty sleep to assist with the Central Florida Children's Home "It's for the Kids" 5K walk and run on February 25th. The 5K Walk/Run is an annual event the home hosts as one of its primary fundraising efforts. This year the race raised over \$45,000. As the 800 racers made their way through the course they were greeted at different checkpoints by members of the volleyball team who offered encouragement and course directions.

Spring Career Panels

February culminated the Knights PRIDE Career Panels for 2011-2012.

The Career Panels aim to provide sophomore and junior student-athletes who are majoring or interested in specific career fields the opportunity to hear from those currently working in that field. The hope is that student-athletes will gain a better understanding of the qualifications and skills needed to work in a particular field.



On February 6th, student-athletes interested in Criminal Justice heard from Alexa Walewski (Protective Services Manager, Bank of America), Officer Jose Vicente (Recruiter, Orlando Police Department), Chief Richard Beary (UCF Police Department), Mike Chatman (Former State Probation Office and US Pretrial Services Supervisor), and Bryce Essary (Special Agent, FBI). The panelists spoke candidly about work life balance, pros and cons of working in criminal justice, and the opportunities available in the field beyond the front line.

February 7th was geared toward those student-athletes interested in pursuing careers within Communications. Dialogue that evening addressed topics such as how to get your foot in the door, salary ranges, and the importance of internships. Guest panelists that evening included Doug Richards (Director of Communications, UCF), Iliana Limon (Orlando Sentinel), and Katie Dagenais (Media Relations Director, Orlando Health).



Student-athletes interested in Sports Administration were greeted by a very diverse panel highlighting the various avenues available in the broad sports field. Guest panelists for the February 9th panel included Mike Millay (ESPN Wide World of Sports), Bill Stamper (Coach, Oak Ridge High School), Jude Wolbert (Sr. Programs & Operations Coordinator, Rollins College), Alejandra Diaz-Calderon (NASCAR), Jill Mickle (Foundation Director, Florida Citrus Sports), and Jennifer Lastik (Director of Events, Central Florida Sports Commission).

The Spring Career Panels concluded on February 8th with the Sciences panel. Student-athletes heard from Dr. Bernard Mackey (Office of Pre-Professional Advising), Kristin Fisher (Nursing Graduate Student, UCF), and Sharon Cowan-Sheridan (Center for Speech and Language). The panelists informed the student-athletes of the demands required in their professions and the steps they should be taking now in preparation for graduate school.



Each of the panels were a huge success and the student-athletes left more informed regarding opportunities within their field of interest. We would like to thank all of our guest panelists for giving of their time and investing in the lives of our student-athletes.

Call for Involvement

As an advocate of the University of Central Florida, we encourage you get involved with the UCF student-athletes. There are several ways you can be involved. As an alumnus, sponsor, donor, UCF or Orlando Community member we encourage you to give back. We are searching for members of the community to assist with UCF Student-Athlete Networking Knight on March 22nd from 6:30pm-8:00pm. If you are interested in the cultivation of UCF Student-Athletes, please feel free to contact Marcus Sedberry at (407) 823-3126 or by email at msedberry@athletics.ucf.edu.



Meet the ASSA Staff

Academic Services for Student Athletes (ASSA) has recently hired several new athletic academic advisors. Each month, a new staff member will be highlighted. This month we would like to highlight Erica Hampton. She joined the ASSA team in August 2011.



Erica Hampton is an Advisor and Tutor Coordinator for Academic Services for Student Athletes and is in her first year with the program. Hampton advises the defensive players for the football team and the Women's golf team.

Erica received her Bachelor's degree in communication studies from Virginia Tech. After teaching preschool and elementary school children for a year, Erica went back to graduate school and received her Master's degree in Print Journalism and Media Studies from University of South Florida St. Petersburg.

Erica is a member of the National Association of Academic Advisors for Athletics (N4A). She also likes to write in her free time.

Knights PRIDE Award of the Month

Danielle Harrison from the women's volleyball team is being honored this month for her many contributions to the UCF and Orlando community through the Knights PRIDE Program.



Danielle is a senior Marketing major from Tallahassee, Florida. This semester she has been very active in outreach programs including the Florida Hospital for Children, Community Food and Outreach Center, and Camp Boggy Creek.

In addition, Danielle serves on the SAAC Executive Board as the Marketing Chair and is currently the UCF Athletics intern for Career Athletes. This past month she was honored with money toward a business suit for attending at least 7 of the Life Series events offered by the PRIDE Program.

Congratulations to Danielle for her efforts!

Knight Light

Knight Light gives readers the opportunity to get to know the leaders of the UCF student-athlete community each month. This month, the focus is on introducing SAAC members from the Women's Track and Field team.

SAAC is an elite group of student-athletes that work as a connection between teams, administration and the UCF community. We provide opportunities for leadership, networking and community outreach.



Destinee Romain

Women's Track and Field

Fun facts about Destinee:

- Hometown: Miami, Florida
- Last Song Played on your iPod: Give Me - Kirk Franklin featuring Mali Music
- Favorite Charity: Alzheimer's Foundation
- Dream Job: Sports Psychologist



Afia Charles

Women's Track and Field

Fun facts about Afia:

- Hometown: Greenbelt, Maryland
- Favorite Sport to Play Beside Her Own: Basketball
- Favorite TV Show: That 70's Show
- Dream Job: Physical Therapist



Athletic Accomplishments 2011-2012

Baseball held their Opening Knight this past month at their newly expanded on-campus baseball stadium with a 13-7 victory over Long Island. The 6-2 Knights are preparing for a series of home games March 2nd-18th.

Men's Basketball hosted UTEP on February 25th and improved to 20 wins at home. The Knights are coming off of a tough loss against Memphis and look to improve when they host their senior night Saturday March 3rd against UAB.

Football signed 19 promising recruits for the upcoming fall season to join their talented roster. The Knights 2012 season schedule kicks off August 30th at Akron.

Men's Golf opened their spring season with a 4th place finish in the Gator Invitational in Gainesville. Sophomore Ricardo Gouveia was selected as the C-USA Men's Golfer of the Week on February 15th. The 17th ranked Knights are headed to the USF Invitational on March 4th before returning to Orlando March 19th for the UCF Invitational.

Men's Soccer is preparing for another great fall season after their impressive run advancing to the second round in the NCAA tournament of 2011. The Knights announced their spring schedule with a total of six exhibition matches with three of the competitions being held at the UCF Soccer Complex.

Men's Tennis had a superb 7-0 victory February 5th at UCF over visiting Georgia Southern. In the following matches they suffered a few losses to bring them to a 3-5 overall record. They are looking to regain momentum at their next home match March 2nd against Memphis.

Spirit performed their Spirit Splash routine at the Orlando Magic game against Minnesota on February 13th. The team is currently training for tryouts in May.

Women's Basketball hosted their third Susan G. Komen Pink Game on February 19th against Memphis to raise awareness for breast cancer. The 13-15 Knights are preparing for their senior night and last home game of the season March 1st against Marshall.

Women's Golf finished with a record-breaking performance February 13th on the second day of their UCF Challenge at RedTail Golf Club. The Knights shot a six-under 282 for the lowest round in school history and went on to finish fourth in the tournament. Freshman Katie Mitchell was named C-USA Women's Golfer of the Week February 22nd.

Rowing is training and preparing for their spring campaign where they will compete in Texas, Rhode Island, and Indiana. The Knights will host a scrimmage against Nova Southeastern at Lake Pickett on March 10th.

Women's Soccer opened their spring season with wins over Miami and Rollins in their competitive games on February 13th and 18th respectively. The Knights are practicing their skills and gaining experience in the spring games in order to prepare for their 2012 season.

Softball started the season with one of the best starts in school history with two double header sweeps over their opponents. The Knights hosted their home opener at the UCF Softball Complex February 24th-26th and finished the weekend 4-1. Senior pitcher Ali Schmidt was selected as the C-USA Pitcher of the Week on February 25th.

Women's Tennis delivered a 6-1 victory at Florida Gulf Coast on February 18th picking up a shutout, Genevieve Lorbergs and Alexis Rodriguez captured an 8-0 triumph and Andrea Yacaman and Taylor Dubins posted an 8-4 win as well. The Knights recently suffered losses to rival USF and No. 10 Tennessee. They look to bounce back in their series of home matches throughout the month of March.

Women's Track and Field finished 2nd in the C-USA Indoor Championships. The 11th nationally ranked Knights claimed a total of four gold medals and 10 all-conference distinctions. Senior Jackie Coward claimed the gold and set the C-USA Indoor Championship Meet record in the 60 meter hurdles with a time of 8.08.

Volleyball is diligently training in the off-season in preparation for their spring tournaments.

KNIGHTS PRIDE

Cori Pinkett - Graduate Assistant
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Knights PRIDE

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