



RAC Roundup

2011-2012 Student-Athlete Advisory Committee Officers



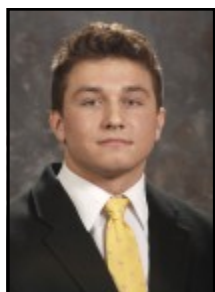
SAAC President
Marshall Dilworth
Men's Swimming



SAAC Vice President
Mara Cosgrove
Soccer



Organizational Relations
Lauren Hewson
Women's Swimming



Media Relations
Sam Stratton
Football



MWC Representative
Kenzie Hewson
Women's Swimming



MWC Representative
Chaundra Sewell
Women's Basketball

Important Upcoming Dates

- September 24th - **Brown & Gold Game**-Football vs. Nebraska @ 5:30PM
- September 27th & 28th - Stress Management Speaker - Dr. Jim Brennan
- September 28th - SAAC Meeting @ 6PM
- October 2nd - **Brown & Gold Game**-Soccer vs. Northern Colorado @ 1PM
- October 5th - Wellness Screening

INSIDE

- What is SAAC?
- 2010-2011 S.A.D.D.L.E. Cup Winner
- Stress Management Speaker - Dr. Jim Brennan
- Important Dates for Fall 2011
- September Home Athletic Events

2011-2012 Student-Athlete Advisory Committee Representatives

Football	Darren White	Women's Golf	Dana Zamprelli
Men's Golf	Jake Hedge	Women's Basketball	Brenna Freeze
Men's Track	Joe Plante	Soccer	Jenny Johnson
Men's Cross Country	Tyler Gifford	Soccer	Sydney Jones
Wrestling	Jake Eitzen	Women's Track	Brooke Hughes
Wrestling	Michael Poulos	Women's Track	Olivia Heaston
Men's Swimming	Derek Campbell	Women's Track	Candace Wollert
Men's Basketball	Jack Bentz	Volleyball	Rachel Keyes
Men's Basketball	Larry Nance	Volleyball	Reese Roehrkasse
Volleyball	Bridget Shanahan	Tennis	Sasa Nemcova

What is the Student-Athlete Advisory Committee (SAAC)?

The Student-Athlete Advisory Committee (SAAC) is comprised of representatives from each of the Varsity athletic teams. These individuals come together to work towards enhancing the quality of life of the student-athlete and to promote a positive student-athlete image both on and off campus. Many of these individuals are great resources to go to for team questions or concerns. Feel free to contact any of the 2011-2012 representatives or officers.

Goals of SAAC:

- To inspire and develop student-athletes into leaders of character beyond athletics.
- To plan community service projects which involve student-athletes.
- To coordinate academic affairs with the lives of student-athletes.
- To plan and promote social events and activities involving both student-athletes and the traditional student population.
- To promote good sportsmanship and publicize the athletic and academic accomplishments of student-athletes.
- To strengthen the relationship between student-athletes and coaches/administrators.
- To improve student-athlete's lives by raising awareness of health, safety, and social issues.
- To discuss concerns of student athletes and present those concerns to appropriate parties.



**Next SAAC
Meeting
September 28th,
2011 at 6PM
WAR Room**

**"The quality of a person's life is in direct proportion to their
commitment to excellence."**

-Vince Lombardi

2010-2011 S.A.D.D.L.E. Cup Results

Congratulations to Women's Volleyball team for winning the 2010-2011 S.A.D.D.L.E. Cup for the third year in a row! Trailing Volleyball was Women's Track, Men's Swimming, and Wrestling. Stay tuned to future RAC Roundups for exciting opportunities to help your team earn points.



**Ask your coaches about
when your team will attend!**

Stress Management Speaker - Dr. Jim Brennan

Dr. Brennan is a human performance consultant who specializes in the field of Emotional Intelligence. He serves a wide range of clientele who must perform at their best under substantial pressure, including elite athletes, business executives, educators, and corporate leadership teams both in the U.S. and around the world.

He is the former Dean of the Wescoe School for Professional Studies at Muhlenberg College in Allentown, P.A. where he continues to teach courses in Human Behavior, Leadership, and Organization Development. He is the resident Sports Psychology consultant for the Villanova University men's basketball team which has reached the NCAA "Sweet 16" four times

in the last six years, including a Final Four appearance in 2009. Dr. Brennan served with the U.S. Army in Vietnam in 1971-72 as a combat M.P. After his discharge from the armed forces he went on to distinguish himself as a track &

field sprinter and decathlete at the University of Wyoming where he earned a B.S. in Psychology, a B.A. in Social Studies, an M.A. in Education, and a Ph.D. in Adult Learning.

The University of Wyoming Athletics program chose to bring Dr. Brennan here to speak as a direct result of feedback from the student-athlete survey. Dr. Brennan's message will be a valuable asset to our student-athletes, coaches, and administrators because of his ability to observe, assess, and teach the dimensions of emotional intelligence and positive psychology that will be indispensable to the University of Wyoming's team and individual performance.



DR. BRENNAN WILL TEACH HOW TO:

- **Develop winning thinking patterns to help improve focus and control intensity.**
- **Increase self-confidence in your ability to perform at your best consistently.**
- **Maintain mental and emotional intensity during performance.**
- **Prevent anger and frustration from negatively affecting performance.**
- **Convert setbacks into comebacks.**
- **Produce best efforts under pressure.**

Student-Athlete Wellness Screening

**When: October 5th, 2011
7:30 AM - 4:00 PM**

**Where: Office of Academic
Support**

Mandatory for all sports

FALL 2011 Dates to Remember

Here are some dates to keep in mind for this Fall semester:

August 22nd – Fall Classes Begin

August 26th - Tuition/Fees Due

August 31st - Last day to drop or change sections in semester courses

September 5th – Labor Day - Classes excused, university offices closed

October 21st - Mid-Semester

October 24th - 28th- Student-Athlete Advising Week

November 2nd - Student-Athlete Priority Registration

November 4th - Last day to withdraw from individual semester courses

November 21st - Last day to withdraw from the university for Fall 2011

November 23rd - 25th Thanksgiving Break - Classes excused, university offices are closed the 24th-25th

December 2nd - Last day of classes

December 5th - 9th - Finals Week

September Home Athletic Events

Soccer

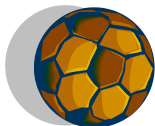
16th vs. Drake @ 4pm

18th vs. CSU-Pueblo @ 1pm

23rd vs. S. Dakota @ 1pm

25th vs. Creighton @ 1pm

30th vs. Boise St. @ 4pm



Volleyball

22nd vs. Boise State @ 7pm

24th vs. Air Force @ 1pm



Football

24th vs. Nebraska @ 5:30pm



University of Wyoming

Do you have an idea for the RAC Roundup?
Please contact

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