



# Sycamore Sentinel

## ISU Compliance Newsletter for Coaches, Staff & Student Athletes



April 2009

### \*\*April NLI Signing Period\*\*

#### LATE SIGNING PERIOD AND DEAD PERIOD REMINDERS

**Please remember that during dead periods, NO in-person contacts or evaluations, on or off-campus, may occur between coaches and staff with recruits or their families!**

#### General Do's and Don'ts During the NLI Signing Period

##### DO'S

- NLI may be delivered via express mail, courier service, regular mail, e-mail or fax
- Sports other than football, coaches may make unlimited phone calls to a recruit on the initial signing date and the two days thereafter; football coaches are allowed unlimited phone calls to a recruit during the 48 hour period prior to and after the 7 a.m. of the initial signing date
- Comments by coaches and staff-see "Don'ts"

##### DON'TS

- In-person, off-campus delivery is prohibited
- Comments prior to filing NLI with conference office and confirmation from compliance to media staff are prohibited
- Signees, their parents and family are not allowed to be present at any press conferences conducted at which coaches make announcements of signing classes

#### **SPORTS NOT IN CHAMPIONSHIP SEASON - SKILL INSTRUCTION LIMITED TO GROUPS OF NO MORE THAN FOUR (4) STUDENT ATHLETES AT ANY ONE TIME IN ANY ONE FACILITY BEGINNING APRIL 15TH!!**

Beginning April 15th, in ALL SPORTS except softball, golf, tennis and baseball, skill instruction sessions are limited to a maximum of four (4) student athletes at any one time in any one facility. Additionally, ALL COUNTABLE athletically related activities (e.g., practice, film, meetings, skill instruction, weight training and conditioning) are PROHIBITED one week prior to the beginning of final exams through the conclusion of the student athlete's final exams. This prohibition applies REGARDLESS of whether a student athlete requests instruction (voluntary)!!

**NOTE: THE WEEK PRIOR TO FINAL EXAMS BEGINS MONDAY, APRIL 27TH AND FINAL EXAMS END FRIDAY, MAY 8, 2009!!**

#### April Division I Recruiting Calendar

##### Baseball

April 1-5 Contact

**April 6-9 DEAD**

April 10-30 Contact

##### Men's Basketball

April 1 Quiet

**April 2-9(noon) DEAD**

April 9(12:01 PM)-22 Contact

**April 13-16 DEAD**

April 22-30 Quiet

##### Women's Basketball

April 1-2 Contact

**April 3-9 DEAD**

April 10-12 Quiet

**April 13-16 DEAD**

April 17-21 Evaluation

April 22-30 Quiet

##### Football

April 1-14 Quiet

April 15-30 Evaluation

##### Softball & Volleyball

April 1-5 Contact

**April 6-9 DEAD**

April 10-30 Contact

##### All Other Sports

April 1-5 Contact/Evaluation

**April 6-9 DEAD**

April 10-30 Contact/Eval

##### Recruiting Definitions:

##### "Contact" Period

Permissible to make in-person, off-campus, recruiting contacts and evaluations.

##### "Evaluation" Period

Permissible to be involved in off-campus activities designed to assess the academic qualifications and playing ability of prospects. NO in-person, off-campus contacts may be made.

##### "Quiet" Period

Permissible to make in-person recruiting contacts ONLY on campus. Evals may continue.

##### "DEAD" Period

NO in person contacts or evals on- or off-campus or to permit official or unofficial visits.



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### BANNED: SUPPLEMENTS & SPORTS DRINKS

#### THE WORD ON “VITAMIN WATER”

The product “Vitamin Water” with **BANNED or IMPERMISSIBLE** substances are:

- “Energy-Tropical Citrus” (caffeine; guarana seed extract)
- “Rescue Greed Tea (caffeine; green tea extract; ecgc)
- “Power-C Dragonfruit” (taurine)
- “B-Relaxed Jackfruit Guava” (L-theanine)
- “Vital-T Lemon Tea-Rooibos” (Rooibos tea extract)
- “Balance Cran-Grapefruit” (glucosamine)

Vitamin Water flavors **approved** by the NCAA are:

- Revive Fruit Punch
- Essential Orange Orange
- XXX-ACai, Blueberry, Pomengranate
- Focus—Kiwi Strawberry
- Formula 50 Grape
- Multi-V Lemonade
- Charge Lemon Lime
- Endurance Peach, Mango
- Defense Raspberry, Mango

Remember, the **NCAA** can test for banned substances at any time during the calendar year, including summer! Don't be caught off guard!! **Testing positive = loss of eligibility for one year and loss of a season of competition!!**

#### Summer Camps & Clinics

It IS permissible for student athletes to be employed in a sports camp or clinic, provided:

1. They perform general supervisory duties in addition to any coaching/officiating assignment
2. They are paid the “going” rate
3. They cannot be paid only to lecture or demonstrate

Sycamore Shout Out!!!



#### SUMMER'S COMING SOON...POINTS TO REMEMBER!!

*It's called “vacation” for a reason!!*

- Coaches **can't conduct** organized practices with your team or any individual student athletes anywhere, anyplace, or any time
- Coaches **can't force** student athletes to take part in any athletically related activity, including film watching, reviewing playbooks, coming over to a coach's residence to discuss team matters...the list goes on
- Coaches **can't observe or monitor** student athletes taking part in any voluntary activities including strength and conditioning, pick-up games, etc
- Coaches can't have managers, athletic trainers or any other persons observe or monitor any athletic activities on your behalf.
- Only our strength and conditioning staff may be involved with voluntary athletically related activities during the summer vacation period

**But did you know that.....**

- **COACHES of INDIVIDUAL SPORTS (Cross Country, Golf, Tennis and Track) CAN participate in INDIVIDUAL-WORKOUT (as opposed to TEAM) sessions with student athletes from their team during the summer, PROVIDED the student athlete fills out and submits a written request to the compliance office.**
- **COACHES CAN arrange for and pay fees associated with the use of institutional practice and competition facilities (as opposed to the YMCA, Boys/Girls Club, etc.) by student athletes engaged in voluntary activities.**

#### OUTSIDE COMPETITION BY STUDENT ATHLETES

A student athlete is generally prohibited from competing as a member of an outside team during the academic year. However, NCAA Bylaw 14.7.1 provides several exceptions to this rule. In the sport of basketball, the exceptions come with many restrictions. Student athletes are required to obtain written permission BEFORE they participate in any type of outside competition. Mistakes in this area may result in a student athlete losing their amateur status and eligibility!

#### Recent NCAA Infraction Cases & News.....

##### University of Connecticut basketball under the microscope

<http://sports.espn.go.com/nbc/news/story?id=4021188>

##### Texas A&M Corpus Christi....Oh, to heck with the rules!!

<http://www.ncaa.org/wps/ncaa?ContentID=47609>

##### Florida State University major violations found.....

<http://www.ncaa.org/wps/ncaa?ContentID=46730>

#### Sycamore Compliance Team

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