

# Sycamore Sentinel

Back in Blue & White  
Go Sycamores!

*Indiana State University Athletics*



## September Division I Recruiting Calendar

### Football

September 1– 30 Quiet

### Volleyball

September 1-30 Contact

### Baseball

September 1-9 Quiet  
September 10-30 Contact

### Softball

September 1-30 Contact

### Track & Field/CC

September 1-30 Contact

### Women's Basketball

September 1-15 Quiet  
September 16-30 Contact

### Men's Basketball

September 1-8 Quiet  
September 9-30 Contact

## Policy — Drug Testing, Ethical Conduct, Alcohol

Alcohol consumption is illegal and unacceptable for student-athletes under the age of twenty-one. High risk alcohol consumption is not recommended and is not encouraged for student-athletes, even those twenty-one years of age and older. High-risk alcohol use is defined as four or more drinks in one sitting for women and five or more drinks in one sitting for men. Alcohol-related offenses (e.g., DUI, public intoxication, assaults while under the influence of alcohol, underage possession of alcohol) are contrary to this policy.

Student-athletes are under an increased amount of pressure compared to the general student body. These pressures can result in stress and anxiety which can predispose the student-athlete to the use of mood-altering substances. The ISU Drug and Alcohol Program (DAP) will:

- Educate student-athletes about mood-altering substances and the dangers associated with their use, as well as the negative effects on athletic performance.
- Deter the use of these substances through a comprehensive drug testing program.
- Identify student-athletes with substance abuse/dependence and other problems for which substance use may be an indicator early in the course of the disease or problem, so treatment can be instituted in a timely manner.

The student-athletes' desire to be successful can lead to the use of performance enhancing drugs to attain their goals. Such drugs give a student-athlete an unfair advantage and their use constitutes cheating. Additionally, these drugs have adverse side effects which could be harmful to the health of student-athletes, particularly in the long term. Please refer to the [Student-Athlete Handbook](#) for further information.

## Dining — Food Credits

Student-athletes receiving an athletic scholarship, which pays 100% of their room and board should use their credits at one of the cafeterias. However you may use your credits during the week at Sub Connection & the Generations carry-out service in the Commons. Commons cash may be used wherever it is accepted on campus at any time. In order to become bigger, faster, stronger athletes, a well-balanced diet is critical, therefore better food selections have been enforced.

## Travel Itineraries & Parties

Coaches, please remember to turn in your travel itineraries prior to departure, including your entire travel party.

## Student Athlete and Prospects — Pass Lists

Inviting prospects onto campus for an official visit? How about attending an ISU Volleyball match, football game, or soccer match!!! Don't forget to add your prospect to the pass list! As a reminder, hard tickets are not issued. All prospects and their parents must be added to a pass list. Upon arrival at the competition, they must show their ID and sign the pass list to be admitted.



Mark your Calendars!  
Monthly Compliance  
Education Meetings

September 21, DeDe III

October 19, HMSU 421

November 16, HMSU 421

December 14, HMSU 421

## [www.gosycamores.com](http://www.gosycamores.com) — Compliance — Forms

Coaches, staff and student-athletes, all the forms you will ever need can be found on our athletics web site, in the Compliance Forms section. These forms deal with various aspects of your day to day operations. Such forms include official and unofficial visits, pass

lists, recruiting, and financial aid to name a few. Please contact anyone in compliance if you have problems opening any of the forms or have questions as to when they are due, etc. Student-athlete forms may also be found on the same page towards the bottom. Those forms include

outside competition, employment, financial aid, and general student-athlete information. Please use this web site as your first resource for forms. The compliance forms link may be visited by clicking [here](#).

## Student-Athlete 2010-11 Handbook

The 2010-11 Student-Athlete Handbook may be found online, [www.gosycamores.com](http://www.gosycamores.com). Topics covered in the handbook include the following: Mission Statement, Traditions, Academics, Compliance, and various department policies. Being part of Sycamore Athletics involves reading and abiding by all policies and procedures set forth. Please follow this [link](#) to read the handbook.

### Out of Season Practices

Remember the countable hour limit for out of season practice is 8 hours per week (6 hrs conditioning and 2 hours skill instruction, with two days off).

### Countable Athletically Related Activities

#### Practices

Meetings initiated or required by a coach

#### Competition

Field, floor or on-court activity

## Countable Athletically Related Activities

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### In Season Practice

20 Hours Per Week  
Four Hours Per Day  
One Day Off

### Non-countable Athletically Related Activities

Compliance Meetings

Student-athlete initiated meetings with coach

Drug/alcohol educational meetings

Study Hall or tutoring/academic advising

## Hosting a Prospective Student-Athlete: Host Responsibilities, Do's & Don'ts

- ~ No cash may be given to the recruit
- ~ May not take a recruit more than 30 miles from campus
- ~ Alcoholic beverages are prohibited
- ~ Providing/purchasing sexual favors is prohibited

- ~ No gambling/gaming/sports wagering
- ~ Curfew is 11:00pm when classes meet the next day, if classes do not meet, 1:00am
- ~ Recruits may not be interviewed by the press

## Q and A! Official and Unofficial Visits

In accordance with NCAA Bylaws 17.1.6.2.2, 17.1.6.2.3 and 17.3.3.1-(a), an institution may not publicize skill-related instruction that occurs outside the playing season in all sports other than football, or informal practice scrimmages in basketball. Also, an institution may not conduct skill-related instruction sessions in view of a general public audience. Informal practice scrimmages in basketball must be held in complete privacy.

**Question:** May prospective student-athletes view skill-related instruction while on official or unofficial visits?

**Answer:** Yes, it is permissible for a prospective student-athlete to view skill-related instruction during official or unofficial visits, provided the skill-instruction has not been publicized and is not held in view of a general public audience.

**Question:** May individuals accompanying prospective student-athletes on official or unofficial visits (e.g., parent, sibling, coach) view skill-related instruction?

**Answer:** Yes, it is permissible for individuals accompanying prospective student-athletes on official or unofficial visits to view skill-related instruction, provided the skill-instruction has not been publicized and is not held in view of a general public audience.

**Question:** May an institution invite individuals (e.g., boosters, high school coaches) to watch a team's skill-related instruction or in basketball, an informal practice scrimmage?

**Answer:** No, if an institution were to invite an individual or individuals to a skill-related instruction session or an informal practice scrimmage it would be considered publicizing the activity, which is prohibited by the legislation.

**Question:** May prospective student-athletes in basketball view an informal practice scrimmage while on official or unofficial visits?

**Answer:** Basketball prospective student-athletes (and those individuals accompanying the prospective student-athlete) are permitted to view informal practice scrimmages while on an official visit. However, prospective student-athletes (and those individuals accompanying the prospective student-athlete) are not permitted to view an informal practice scrimmage in basketball during an unofficial visit.

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