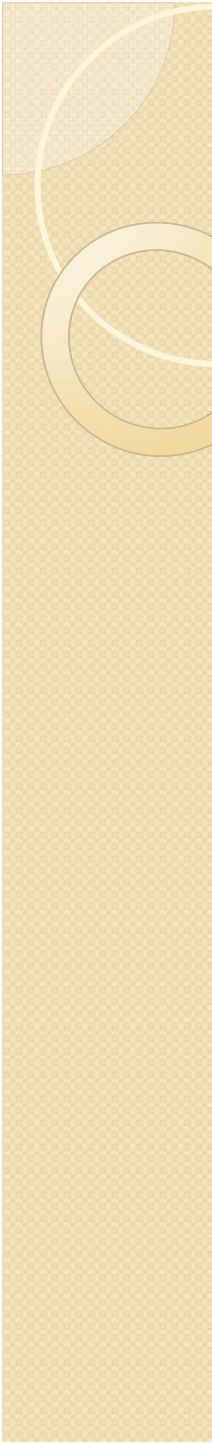


Monthly Compliance Meeting

March 6th and 7th, 2012



Today's Agenda

- HAC Announcements
- Jo's Announcements
- Campus Visit in Conjunction with Competition
- CHSAA Reminder
- Initial Eligibility
- FAFSA
- Summer School



HAC Announcements

- Week 8
- Summer School for returning students

 - Blue Form
 - March 7 – First day to register
- Summer Bridge for new students
 - Yellow Form
 - March 12 – First day to register once admitted/confirmed



Jo's Announcements

- Financial Aid Renewals – forms will be sent out soon. Process Review....
- Summer School (Blue Forms) Applications DUE March 23rd to HAC coordinator
- Awards/Participation Forms for Winter Sports (BB, Indoor Track, Ski) DUE within 2 weeks after conclusion of your season.

Campus Visits



- Bylaw 13.1.6.2 restricts coaches from having contact with or communicating with prospects during the days of their competition. This includes multi-day events...you must wait until their competition is complete!
- Once they have initiated travel with their team (i.e., get on the bus with coach) they are considered 'on call' and contact is not permissible.



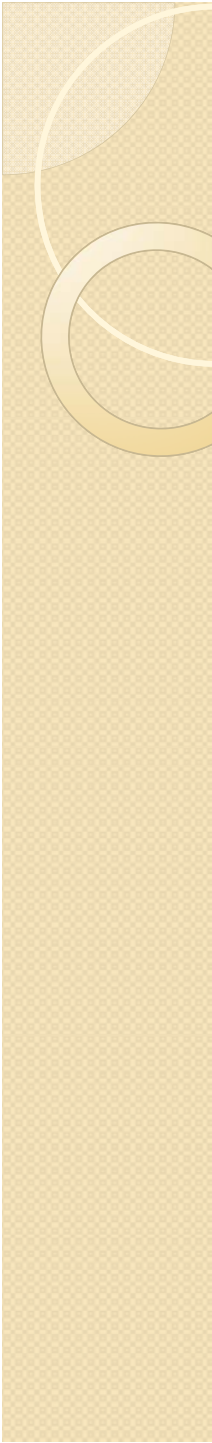
Campus Visits

- This means an AAU coach cannot bring a van full of prospects to campus on their way to a competition for unofficial visits.
- They are more than welcome to come to campus for a visit following the completion of their competition.
- Don't forget—multi-day event teams must be done with all of their competition in that event.



Campus Visits

- If the prospect is travelling with their parents, they are not considered 'on call' until they report to the event. They could come the day PRIOR to competition, but not the morning before competition.
- If they travel with the team/coach, have time during the day of the tournament and then come up with their parents, they would have to go through a normal CU tour, not an athletics tour.



CHSAA Reminder

- CHSAA events on campus this week/weekend.
- Basketball Ops Staff cannot attend.
- Your all-access pass from CU does not get you into these events.
- Don't forget your recruiting rules...contacts, evaluations, campus tours, etc.

Initial Eligibility

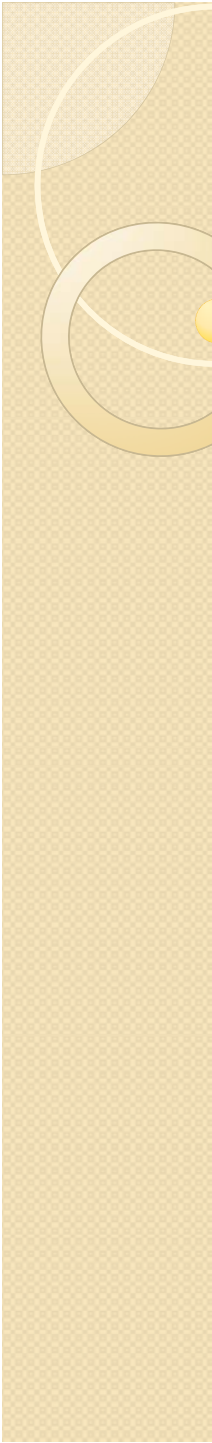


- The NCAA has finally released “Sliding Scale B” for the 2015 initial eligibility requirements.
- “Sliding Scale A” is still in effect for practice and aid, “Sliding Scale B” is for competition.
- Please use this handout as a reference!

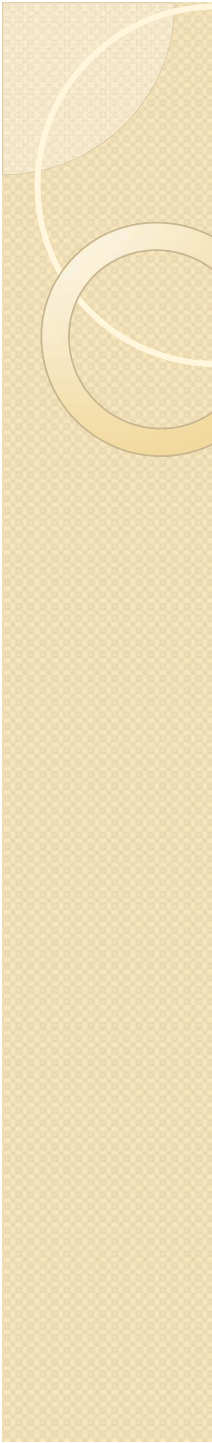
FAFSA Reminder

- Please remind your current and incoming student to complete their 2012-2013 FAFSA (using 2011 tax information).
- This is a great way to receive additional financial aid, Pell Grants and qualify for SAF.
- www.fafsa.ed.gov





Summer School



Summer Workouts

- Any workout in the summer is considered a voluntary workout.
Except:
 - Remainder of Track Outdoor Season
 - Men's Basketball Summer Access
 - Football Non-Discretionary Weeks
 - Permissible Preseason Practice in August
- Voluntary means no staff members present (except S/C for safety purposes).



Summer Workouts

- What is Voluntary??
 - SA cannot be required to report back to coach any information regarding the activity.
 - Activity must be initiated and requested solely by the SA. Cannot be required to participate.
 - Attendance (or lack of) cannot be recorded or reported to coaching staff members.
 - No awards or penalties for participation (or lack of).
- Coaching staff members, operation staff members cannot observe these activities.

Summer Workouts

- **Exceptions to Voluntary Rules**

1-Safety exception in ski and track/field (field events and steeplechase).

2-Practice associated with a permissible foreign tour.

3-Student-athlete initiated activity in the summer (individual sports only).

- Golf

- Ski

- Tennis

- Cross Country/Track/Field

4-Basketball summer access.

5-Football non-discretionary weeks.

Summer Workouts

- Prospective Student-Athletes
 - ❑ Scenario I
 - ❑ Enrolled in summer school.
 - ❑ Has not signed NLI.
 - ❑ May participate in voluntary workouts **conducted** by strength/conditioning coach.
 - ❑ Participation may only occur from the first day of class until final exams.
 - ❑ May receive workout apparel on an issuance and retrieval basis.

Summer Workouts

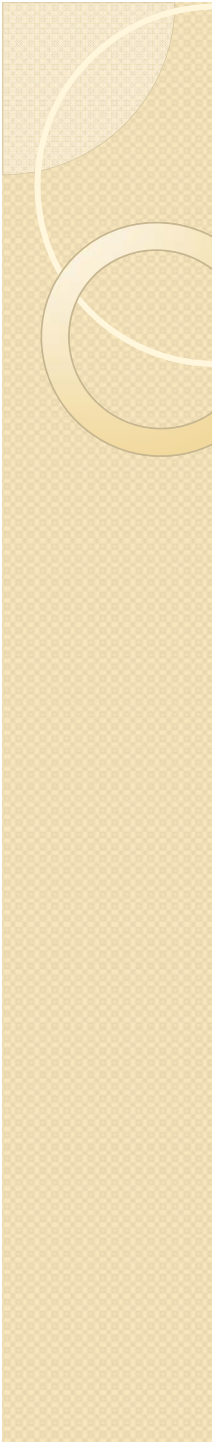
- Prospective Student-Athletes
 - ❑ Scenario 2
 - ❑ Enrolled in summer school.
 - ❑ Has not signed NLI.
 - ❑ During time in which class is not in session, prospect may participate in voluntary weightlifting or conditioning activities **in the presence of** strength/conditioning coach.
 - ❑ Such activities cannot be prearranged, the strength/conditioning coach is performing normal duties in the supervision of the facility in use and does not work directly with the prospect.

Summer Workouts

- Prospective Student-Athletes
 - ❑ Scenario 3 – SPORTS OTHER THAN FOOTBALL/BASKETBALL
 - ❑ Not enrolled in summer school.
 - ❑ Has signed NLI or is 4-year transfer who has signed financial agreement.
 - ❑ May participate in voluntary weightlifting or conditioning activities **in the presence of** strength/conditioning coach.
 - ❑ Such activities cannot be prearranged, the strength/conditioning coach is performing normal duties in the supervision of the facility in use and does not work directly with the prospect.

Summer Workouts

- Prospective Student-Athletes
 - ❑ Scenario 4 –FOOTBALL/BASKETBALL
 - ❑ Has signed NLI or is 4-year transfer who has signed financial agreement,
 - OR**
 - ❑ Is enrolled in summer school at CU.
 - ❑ May participate in voluntary weightlifting or conditioning activities **conducted by** strength/conditioning coach.
 - ❑ May receive workout apparel on an issuance and retrieval basis.



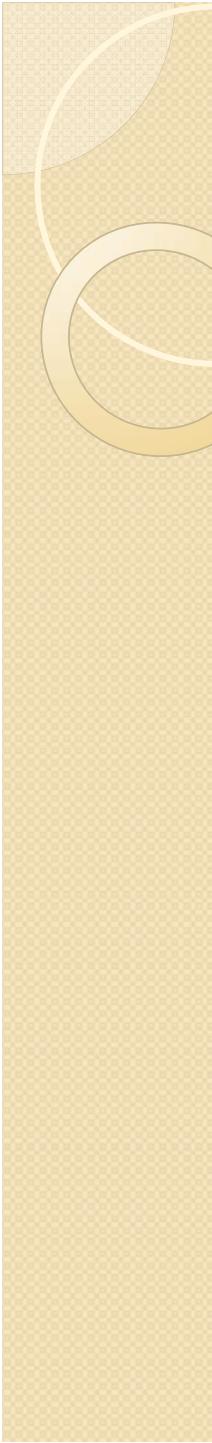
Summer School Camp Employees

- CU cannot employ incoming student-athletes in our camps. This includes freshmen, 2-year college transfers and 4-year college transfers.
- Any student-athlete employed by CU camps must go through the regular camp employee process and they must be paid the going rate.
- Student-athletes cannot be just a 'demonstrator' they must have actual camp counselor duties.



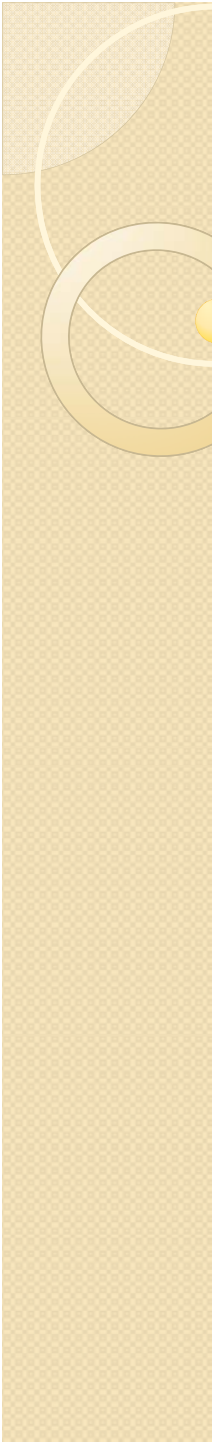
Summer School Aid

- Summer school aid is awarded in proportion to the aid that they have received during the previous academic year.
- All summer school is subject to review by the summer school committee.
- Incoming students must also receive approval to receive summer aid...see Kris Livingston.

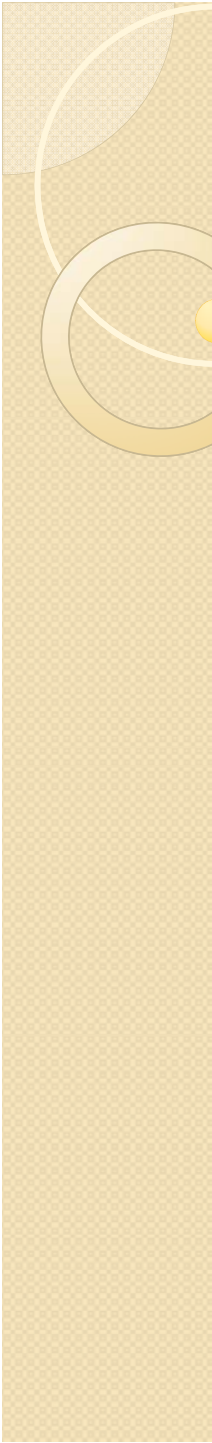


Summer School Housing

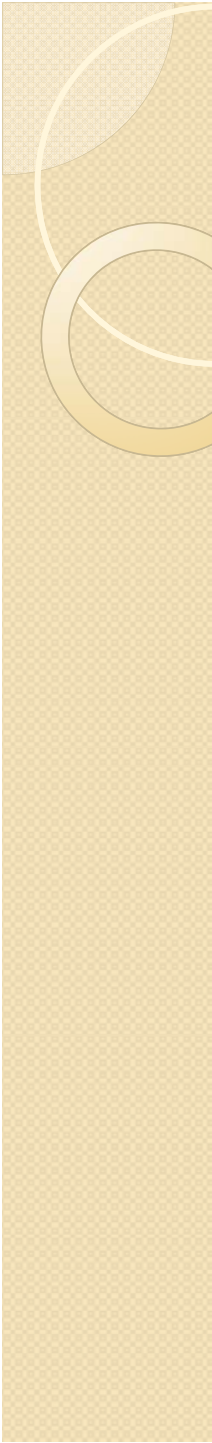
- Summer school housing is a separate application.
- Returning students must do it on their own with housing.
- Incoming students will be on a list provided to housing by Jo Marchi.
- Incoming students wanting to stay with current students must pay the **ACTUAL** rental rates along with utilities.



Questions??



Nutritional Supplements



Nutritional Supplements

Permissible Supplements

Vitamins and Minerals

Energy bars

Calorie replacement
drinks (e.g., Ensure,
Boost)

Electrolyte replacement
drinks (e.g., Gatorade,
Powerade)

Nonpermissible Supplements

Amino Acids

Chrysin

Chondroitin

Creatine/creatine-
containing compounds

Ginseng

Glucosamine

Glycerol

HMB

L-carnitin

Melatonin

Pos-2

Protein powders

Tribulus

Nutritional Supplements

No more than 30% of calories from protein.

One gram of protein equals 4 calories.

Grams of protein * 4 / # of calories per serving = _____% of calories from protein.

Nutritional Supplements

Nutrition Facts

Serving Size: 1 cup (250g)

Amount Per Serving

Calories 158 **Calories from Fat** 22

% Daily Value*

Total Fat 2.5 g **4%**

Saturated Fat 1.54 g **8%**

Trans Fat

Cholesterol 7.5 mg **2%**

Sodium 152.5 mg **6%**

Potassium 425 mg **12%**

Total Carbohydrate 26.1 g **9%**

Dietary Fiber 1.25 g **5%**

Sugars 24.85 g

Sugar Alcohols

Protein 8.1 g

Vitamin A 490 IU 10%

Vitamin C 2.25 mg 4%

Calcium 287.5 mg 29%

Iron 0.6 mg 3%

Low fat skim chocolate milk.

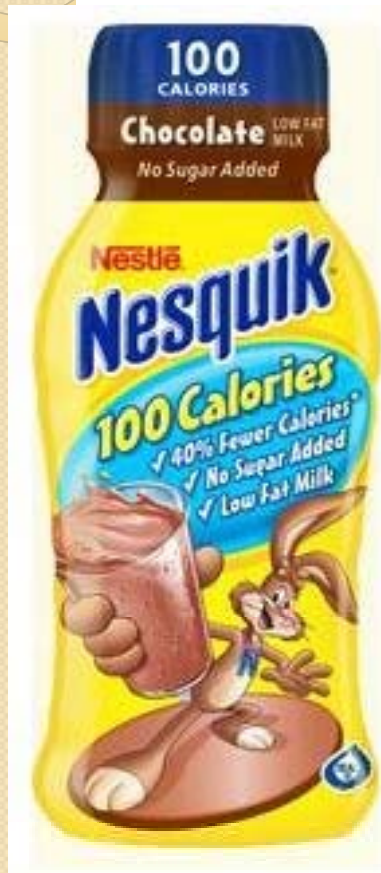
$$8.1 \text{ g protein} * 4 = 32.4$$

$$32.4 / 158 \text{ cals per serving} = .205 \text{ } 20.5\% \text{ of calories from protein}$$

PERMISSIBLE!

Nutritional Supplements

Nesquik 100 calorie chocolate milk.



$$8 \text{ g protein} * 4 = 32$$

$$32 / 100 \text{ cals per serving} = .32$$

32% of calories from protein

IMPERMISSIBLE!

Nutritional Supplements



Muscle Milk Collegiate Chocolate Milk

$$18 \text{ g protein} * 4 = 72$$

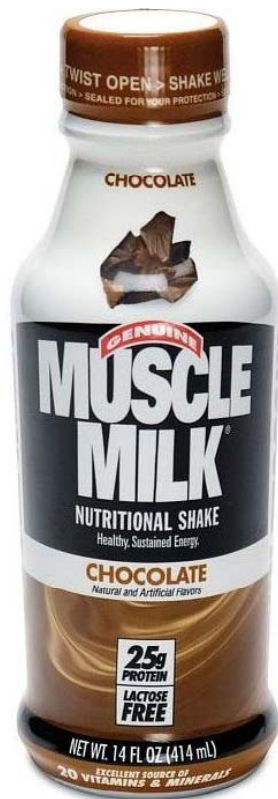
$$72 / 250 \text{ cals per serving} = .288$$

28.8% of calories from protein

PERMISSIBLE!

Nutritional Supplements

Muscle Milk Ready to drink chocolate milk.



$$22 \text{ g protein} * 4 = 88$$

$$88 / 230 \text{ cals per serving} = .382$$

38.2% of calories from protein

IMPERMISSIBLE!

Nutritional Supplements

100 % Real Fruit Juice

The Other Stuff



PERMISSIBLE!



IMPERMISSIBLE