



*University of Colorado  
Monthly Compliance Meeting*

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*April 9, 2009*

*PROTECT*  
**YOUR  TEAM**

# Overview of Today's Session

- Announcements from HAC
- Announcements from Jo
- Participation Awards & Championship Awards
- Voluntary Workouts
- Equipment
- Compliance Quote of the Month



# Announcements from the HAC

- Academic Recognition Luncheon

April 21

- Graduation Brunch

May 8





# Jo's Announcements

- Financial Aid Worksheets DUE Tomorrow
- All Student-Athlete meetings: 4/14 & 4/15  
all SAs including graduating seniors and all coaches/DOs must attend.
- Summer School Contracts/Direct Deposit
- Comply & Verify Updates – New PSAs- Juniors, etc.
  
- Tom McConnell Announcement



# **Participation and Championship Awards**

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# Participation Awards Figure 16-1

- Annual Participation Awards
  - \$175 for Freshmen, Sophomores, and Juniors
  - \$325 for Seniors
- Things that would be included are:
  - Framed Jerseys (retail pricing)
  - Watch given at the Senior Banquet (Buff Club)
  - Letterwinner's gifts (Jacket, Fleece, Blanket, Plaque)
  - Flowers, Team photo, etc.



# Participation Awards

- **Special Event Participation**
  - Postseason play (e.g. Big 12 Tournaments, NCAA Tournament/Regional, etc.)
  - Established meets, events or tournaments in individual sports (e.g. Coors Classic, Maui Invitational, Texas Relays, etc.)
  - Must assign a value to the award if not specified.



# Championship Awards

- Conference Championship and National Championship awards may be given from:
  - CU
  - Big 12 or NCAA (not both)



# Special Achievement Awards

- Special Attainments/Contribution to a team's season (Most improved, etc.) (\$175)
- MVP of a special event (tournament, bowl game)
- National Awards (Heisman, Hermann Trophy, Wade Trophy, etc.)
- Big 12 Athlete of the Year
- Player of the Game
- Hometown Award

# Awards con't...

- Reminders:
  - May not combine values or separate awards to meet the specific limit.
  - SA may not contribute to cover any additional costs.
  - Certificates only have no value- if there is a frame, must be accounted for.
  - Must be eligible to compete in order to receive awards (year in residence, academically inelg. )
  - All awards for the entire year must be reported on each sport's awards limitations form. (Strength & Conditioning, Academics, CUSPYs, etc.)



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# **Voluntary Workouts**



# What is considered a “Voluntary Workout?”

A voluntary workout is when:

- 1.) The SA must not be required to report back to a coach or other staff member.
- 2.) In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the SA's coach



## What is considered a “voluntary workout?”

- 3.) The activity must be initiated and requested solely by the SA.

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- 4.) CU nor any CU staff member may require the SA to participate in the activity at any time.
- **MUST** meet all 4 requirements!!



## Voluntary workout con't....

- Staff members can provide information to SAs related to voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track).
- Staff may assign specific times for SA's to use CU facilities for such purposes and inform the SA of the time in advance



# What is considered a “Voluntary Workout?”

- The SA's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other SAs.
  - Exception: The Speed, Strength, and Conditioning staff can keep attendance for safety purposes, but can't share that information with coaches.



## What is considered a “Voluntary Workout?”

- The SA may not be punished if he or she elects not to participate in the activity.
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- In addition, neither CU nor any CU staff member may provide recognition or incentives (e.g., awards) to a SA based on his/her attendance or performance in the activity.



# Violation Example #1

- During the summer of 2007, a men's soccer coach required the members of the men's soccer team to submit summer training activity logs to him on a monthly basis.
- The student-athletes (SAs) were “encouraged” to train during the summer, but not required to do so.
- Those who did not turn in training logs were required to participate in extra conditioning when the team reported for fall practice.
- The coach believed it was permissible to require activity logs for informational purposes, as long as he did not require SAs to participate in any specific activities.



# Who can be at Voluntary Workouts?

- Strength Coach
  - May design and conduct workout programs for SAs
  - These workouts **must** be at the request of the SA.
  - We have developed a form documenting the SA's request of a conditioning program
- Sports Medicine



## Violation Example #2

- A head men's basketball coach attended a half-hour summer conditioning session conducted by the institution's strength and conditioning coach for the men's basketball student-athletes.
- The institution reduced the men's basketball team's practice time by twice the amount of the impermissible activity (i.e., one hour).



## Who can be at Voluntary Workouts?

- Coaches/staff cannot schedule their workouts during times when their team is engaged in workouts.
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# What activities are permissible?

- Strength and Conditioning workouts
  - “Pick-up” games
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- Not Permissible

- Skill Instruction
- Sport Specific Equipment (blocking sleds, Q-Back cams, etc.)

# What activities are permissible?

- Educational Column Division I 2004 Hot Topic #1 - Use of Equipment Related to the Sport During Out-of-Season Conditioning Drills
- Date Published: January 27, 2004  
Item Ref: I

## Educational Column:

- Institutions should note that Bylaw 17.1.5.2.3 prohibits an institution from using equipment related to the sport when conducting conditioning activities outside the playing season. In July 2003, Hot Topic #1 I clarified that blocking sleds were football-related equipment and could not be used for out-of-season conditioning drills. It further explained that, regardless of how a blocking sled is promoted, it is an apparatus that is intended to teach blocking and tackling technique. After further review of different types of conditioning equipment, the membership services staff agreed that each institution is in the best position to determine if an apparatus being used for conditioning drills is related to the particular sport in question. However, it remains impermissible to use equipment clearly related to a sport (e.g., blocking sled in football), even if the apparatus is not used during the conditioning drills to teach technique.



# Voluntary Workout Expenses

- CU can pay fees for SAs to use institutional practice and competition facilities
  - (e.g., Greens fees in golf, lift tickets for Ski, rec center court time usage)
- No coaches can be in attendance



# Summer Practice

- Sports where coaches can participate in individual workout sessions, if their attendance is requested by a SA:

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  - Cross Country/Track & Field
  - Men's/Women's Golf
  - Skiing
  - Tennis



# Safety Exception

- Skiing and T&F Field Events can attend workouts and provide instruction for their student-athletes engaged in voluntary workouts
- Cannot **CONDUCT** the workouts



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# **Equipment & Apparel**



# Equipment Check-in

- SAs need to return the equipment they have been issued from CU at the end of their playing season.
- If a SA wishes to use his/her equipment during the summer, or over the semester break, he/she would have to talk to their team's Equipment Manager-but, it is permissible to do.
  - 16.11.1.7 A SA may retain and use institutional athletics equipment (per the institution's normal equipment policy) during a summer vacation period.



# Sources of Equipment

- Any equipment provided to a SA by a manufacturer (e.g. skis from Rossignol) must be shipped directly to the Equipment Room., even during the summer time. (Bylaw 16.11.2.5)
  - The staff will issue that equipment on a check-out/retrieval basis.



## Violation Example

- Four baseball student-athletes sold bats back to sporting goods stores in exchange for store credit
- The SA's had to repay the amounts they made from the sale of the bats to a charity of the institution's choice.
- The SA's also had to be withheld from contests (between 10%-20% of their season).

# Retention of Athletics Apparel and Equipment.

- NCAA Bylaw 16.11.1.6

A SA may retain athletics apparel items (not equipment) at the end of the individual's intercollegiate participation.

Used equipment may be purchased by the SA on the same cost basis as by any other individual interested in purchasing such equipment. (see interp on next slide)



# Retention of Athletics Apparel Subsequent to the Academic Year

- Date Published: May 11, 1990  
Item Ref: d

## Interpretation:

- in regard to whether CU may permit a SA to retain apparel items (e.g., warm-ups or uniform) subsequent to an academic year and prior to the end of the individual's collegiate participation;
  - determined that in order for such items to be provided to the SA, they must not be reusable (e.g., they must have received normal usage through practice and competition) by other team members in subsequent seasons and then subject to the discretion CU, may be considered the property of the involved SA; noted further that under such circumstances, such items may not be sold by the involved SAs.

# Travel Apparel

- 16.8.2.1 Except as permitted in Bylaw 16.8.1.9, CU may not provide to SA, team travel outfits, blazers or other items of clothing that are not sports-related practice or competition apparel.
- 16.8.1.9 CU may provide SAs with one shirt (e.g., polo, oxford style) bearing the CU logo to be used for team travel or other events at which he/she is representing CU.
  - The shirt may bear a single manufacturer's or distributor's normal trademark or logo not to exceed 2 1/4 square inches in area, including any additional materials surrounding the normal trademark or logo.



# Apparel

- **Reminder--Equipment Sale –  
Friday, April 24<sup>th</sup> and Saturday,  
April 25th**

## Violation Example # 2

- A student-athlete at another institution circumvented equipment room protocol and returned defective shoes directly to the manufacturer.
- In exchange, the manufacturer sent vouchers to the student-athlete for the amount of the shoes.
- Student-athlete had to repay the amount of the voucher (\$150) and be withheld from contests.



## Compliance Quote of the Month

**“A "No" uttered from the deepest conviction is better than a "Yes" merely uttered to please, or worse, to avoid trouble.”**

**-Mahatma Gandhi**