• Compliance Office

Holiday Reminders

As we approach the holiday season, please remember that all “occasional meal” rules still apply for any institutional staff member who wishes to provide a student-athlete or an entire team with a holiday meal. Each student-athlete is limited to three occasional meals per semester, and anyone wishing to provide a meal must clear it with the student-athlete’s head coach, complete the “Occasional Meal Form” (located on the J: Drive,) and submit it to the Compliance Office before providing the meal. Also:

• It is not permissible to provide any student-athletes with holiday gifts.
• It is not permissible to send holiday greeting cards to recruits. The only permissible cards are plain postal service cards and institutional note cards.

Please contact the Compliance Office (2-6000) with questions.

• Human Resources

December Time Sheets and Paychecks

Due to the upcoming Winter Holidays scheduled for December 24, 25 & 26, timesheets for Pay Period #13 (Dec. 10th through Dec. 23rd) must be submitted to our office NO LATER THAN NOON ON MONDAY, DECEMBER 17th.

NOTE: You will need to estimate time worked and coded time for the second week of that pay period. Should actual time worked and coded time differ from your estimated time, a “CORRECTED” timesheet should be submitted with Pay Period #14.

CHAMPIONSHIP CHEER

Congratulations to the field hockey team, which claimed UNC’s first NCAA title of the 2007-08 school year. Carolina beat Penn State 3-0 on Nov. 18 to complete the season with a 24-0 record, including 16 shutouts. The title is the fifth for the program and for coach Karen Shelton, and it marked the second time that UNC has completed the season undefeated.

To all employees paid monthly, please note that December paychecks will be distributed on Friday, December 21st, instead of the last work day of the month. This paycheck distribution date is to help accommodate the holiday schedule and allow employees to receive their pay before the holiday break.

Please contact Joyce at 962-7850 or Tracy at 962-7852 if you have questions, or if you need to make adjustments to these timesheets after they are submitted.

Moving Day

The Ernie Williamson Athletics Center was finally ready to welcome its happy occupants last week. At left, the ticket office’s Jonathan Miller and Brian Bersticker enjoy their roomy new digs. Above, Susan Malay does a bit of cleaning before setting up shop.

The ticket office can be found on the ground level, with athletics offices on the second floor and the Rams Club on the third floor. The first-floor museum remains under construction and is scheduled to open in late January.
Happy Birthday to ...

John Lovett  Football  Dec. 1
Mark Yaekel  Football  Dec. 1
David Burton  Outdoor Facilities  Dec. 10
Jennifer Holbrook  Men's Basketball  Dec. 10
Ricky Boger  Outdoor Facilities  Dec. 13
Ronald Johnson  Outdoor Facilities  Dec. 13
Margie Dubnansky  Rams Club  Dec. 15
Nate Yarbrough  Baseball  Dec. 17
Bonnie Clarke  Sports Marketing  Dec. 19
Carl Boxburger  Finley Golf Course  Dec. 22
Robert Mercer  S-A Services  Dec. 26
Robert Costa  Finley Golf Course  Dec. 28
Rick Brewer  Athletic Comm.  Dec. 29
Beverly Smith  Softball  Dec. 30

Time to Celebrate

Don’t forget the Holiday Party next Tuesday, Dec. 11, from noon to 2 p.m. in the North Box.
If you haven’t already done so, please RSVP to Kathy Griggs at kgriggs@unca.unc.edu.

Vacation reminder

(If by some chance you should need one … )

Upcoming holidays are Dec. 24-26, Dec. 31 and Jan. 1.

The 2008 holiday schedule is:

- New Year’s Day: Tuesday, Jan. 1
- Martin Luther King, Jr.’s Birthday: Mon., Jan. 21
- Spring Holiday: Friday, March 21
- Memorial Day: Monday, May 26
- Independence Day: Friday, July 4
- Labor Day: Monday, Sept. 1
- Thanksgiving: Thurs.-Fri., Nov. 27 and 28
- Winter Holiday: Tues.-Fri., Dec. 23-26

Campaign continues

If you have not yet contributed to the 2007 State Employees Combined Campaign, it’s not too late! Please consider taking part by donating to a cause that’s meaningful to you.
For more information, check out the SECC website at www.ncsecc.org. If you have questions, contact Allison Battle at 843-9720 or abattle@unca.unc.edu.

YOU ARE INVITED TO THE

9th ANNUAL WINTER BLOOD DRIVE
in Woollen Gym
on
Tuesday, December 18, 2007
7:30am – 1:00pm

Call 96-BLOOD (962-5663) ext. 226 or visit
http://unc.givesblood.org
to make your appointment on-line.

Presenting donors will receive FREE Shirts and are entered into a drawing for a $1,000 Gift Card!

PLEASE BRING RED CROSS DONOR CARD & PHOTO ID TO BE ELIGIBLE TO DONATE

With a goal of 300 units, this drive will occur during a critical time of the year, when blood collections are typically low due to holiday travel.

Visit http://www.unc.edu/blood to make your appointment online, or call 96-BLOOD (2-5663), ext. 226 between 8 a.m. and 5 p.m. daily between now and Dec. 17. Appointments are encouraged, but walk-ins will also be accepted. Donors will be given a free long-sleeved American Red Cross t-shirt and a hearty snack following the donation process.

We are also offering the option of collecting double red cells from qualifying donors. Please visit our website for additional information: http://www.unc.edu/blood/.

Individuals who would like to volunteer their time may sign up online at www.unc.edu/blood or call 962-1483.

Parking is available for donors in the Cobb Lot.

For more information or questions, call Employee Services at 962-1483.

Please send newsletter comments, suggestions, submissions or corrections to Dana Gelin at dgelin@unc.edu or 962-0083
• **Sports Medicine**  
**New Year’s Resolutions ...**

It’s that time of year again to eat and be merry. Most people tend to make New Year’s resolutions with the most popular being to lose the 10 pounds we gained over the holidays.

With that said, the benefits of exercise quickly become apparent. You feel great. You want to do more, run farther and lift heavier. Beginners often try to do too much too soon and find themselves getting injured. If you are injured you can’t work out. Listed below is information about the body, how to rehabilitate an injury, and how to prevent any injuries.

- **Muscle** – Consists of fibers that contract (shorten) to cause movement. Muscles have a large supply of blood that circulates through them. This facilitates intake of oxygen and nutrients as well as removal of waste products.
- **Tendon** – A band of strong fibrous tissue that connects muscle to bone. Tendons are tough and have a limited ability to stretch. They have much less of a blood supply than muscle, and therefore may take a long time to heal.
- **Ligament** – A strong, fibrous band of connective tissue connecting two or more bones together. They also have a poor blood supply through them, which increases healing time.

**Types of injuries:**
- Strain – Stretch or tear of muscle and/or tendon
- Sprain – Stretch or tear of a ligament

**Possible causes of these injuries are:**
- Twisting
- Not warming up
- Lifting to much weight to fast or with to little rest
- Returning to exercise before an old injury has fully healed

Tendonitis – Inflammation of a tendon which is usually caused by overuse or over-training.

Muscle Soreness – Temporary muscle soreness just after working out is caused by excess accumulation of lactic acid in the tissues. It diminishes in 1-2 days as the lactic acid is carried away by the blood, leaving enough oxygen for the muscle. The exact cause of delayed onset muscle soreness is not known but it may be due in part to micro-tears in the muscle tissue. There is an increased likelihood of injury when you train when there is still muscle soreness from a previous workout.

**Treatment of Injuries**

**Medical Care:**
- You should see a doctor if:
  - There is severe pain
  - You cannot move the injured part and/or injury does not heal (swelling and pain persist)

- **R.I.C.E.**
  - **R:** Rest
  - Rest the injured body part for at least a couple of days. During rehab, never work through the pain or discomfort
  - **I:** Ice
  - Ice the injured area immediately after injury for 10-15 minutes. Continue icing every hour if possible. Ice helps to decrease pain, inflammation and swelling
  - **C:** Compression
  - Wrap an ace bandage around the injured area with moderate pressure but not tight enough to cut of the blood supply. This helps to decrease swelling
  - **E:** Elevation
  - Elevate the injured body part above the heart. This helps to decrease swelling

**After an injury:** Stop activity (rest), place an ice bag on the injury (ice), secure it with an ace wrap (compression) and elevate the injured part.

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**Academic All-America Honors**

Three soccer student-athletes have earned ESPN The Magazine Academic All-America honors, as announced by the College Sports Information Directors of America (CoSIDA). Juniors Yael Averbuch and Anna Rodenbough both were named to the women’s second team and sophomore Bill Dworsky was named to the men’s third team.

Rodenbough and Averbuch are both repeat members of the team. Rodenbough was also a second-team choice last year while Averbuch moved up to the second team this year after being voted on to the third team a year ago.

Rodenbough, a goalkeeper from Greensboro, N.C., majors in applied science and biomedical engineering at UNC. She has a 3.58 cumulative grade point average. Averbuch is a psychology major from Upper Montclair, N.J. She has a 3.69 cumulative grade point average.

Dworsky was the team’s leading scorer in 2007 and carries a 4.0 grade point average. A native of Huntsville, Ala., he is the Tar Heels’ first Academic All-America selection since Matt Crawford earned first-team accolades in 2002.

- To be eligible for Academic All-America honors, all three players were named to the Academic All-District first team. Also earning All-District recognition were Kristi Eveland (women’s soccer second team), Eddie Ababio (men’s soccer first team), and Stephanie Jansma and Lauren Prussing (both volleyball third team).

**Kendell Tapped For Phi Beta Kappa**

Field hockey senior Heather Kendell has been inducted into Phi Beta Kappa honorary society. A midfielder from Chapel Hill, she was among 123 Carolina students honored in a ceremony on Nov. 19, a day after she helped the Tar Heels to a 3-0 win over Penn State in the NCAA title game.

An exercise and sport science major, Kendell played in 22 games during the 2007 season, starting six. She scored three goals and had five assists. During her career, she has earned spots on the All-Atlantic Coast Conference Academic Field Hockey Team and the NFHCA National Academic Squad. She also has been named to the Dean's List and the ACC Academic Honor Roll.

Phi Beta Kappa membership is open to undergraduates in UNC’s College of Arts and Sciences and professional degree programs who meet stringent eligibility requirements. Less than one percent of all college students qualify to be members.

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Athletic Department Newsletter • December 2007 • Page 3
Steve Gisselman
• Assistant Strength and Conditioning Coach for Olympic Sports

Born and raised: Wausau, Wisc. (two hours north of Madison in the Snow Belt)
Education: Undergraduate: Exercise Physiology - UW-Madison, Graduate:

Human Movement Science - UNC

Family: David (Dad), Roxanne (Mom), Denise (sister), Kris (sister)

Athletic background: Competitive triathlete and cyclist.
Three-time national championship qualifier for XTERRA Off-road Triathlon Series. Current member of the Independent Fabrication Racing Team.

Before UNC: Worked as an intern in the Department of Strength and Conditioning at UW-Madison, primarily with football. Also worked in the Department of Neurology at UW Hospitals in the ALS/MS division. Aided in data collection for a number of clinical trials while in the Department of Neurology.

Job description: Sport specific performance enhancement and injury prevention for a number of UNC’s Olympic sport teams.

Prior jobs at UNC: Research and teaching assistant in the physical therapy department. Also created digital media files for tarheelblue.com, mainly working with football highlight videos.

What’s the best thing about your job? Without a doubt it has to be working with the athletes and coaches for each respective team.

Favorite pastimes: Riding my bike for extended periods of time, preferably in the dirt; travelling to as many places on the planet as possible.

Favorite local restaurants: Bin 54 (fine dining), Carrburritos (informal dining)

Favorite book: The Alchemist by Paulo Coelho

Favorite TV shows: No Reservations with Anthony Bourdain and anything on the National Geographic Channel

Last movie you saw and grade you’d give it: Darjeeling Limited, another fine Wes Anderson film. A++

A fun fact about you: Have commuted by bike to and from work 1000+ times in the past four years

Biggest pet peeves: Lazy people and bad drivers (the ones that have almost hit me on my bike)

Dream job: Professional triathlete or product designer for Apple

Greatest athletic achievement: Crossing the finish line at the XTERRA National Championship in Lake Tahoe, Nev. The race took place at 6800ft (water temp at start of swim was a balmy 57 degrees) of elevation and climbed to 9000 on the bike leg. Cramped so hard on the run I thought my leg was broken but still managed to finish the race.

What would you do with a completely free day? Take the RDU to Gatwick flight and spend a day in London

If you could have dinner with anyone, who would it be and why? Leonardo da Vinci, the universal genius

What would you do with your dream vacation? Ride a stage in the Tour

Alisa Rawls
• Olympic Sports Administrative Assistant

Born and raised: Charleston, SC
Education: B.A. in Art from Elon College, 1999 (Oil painting & ceramics, minored in philosophy)

Family: My parents live in Charleston, my sister lives in Atlanta. I have been here with my boyfriend, Ryan, for 9 years. We have a dog and two cats.

Athletic background: Rode horses competitively for 10 years, now learning golf

Current position at UNC: I assist Rowing, Women’s Lacrosse, Fencing, Golf, Softball and Men’s Tennis.

Job description: Anything that involves paper or data, and occasionally something artsy/crafty.

Prior jobs at UNC: I temped in the Dean’s Office at the UNC School of Public Health for a year, and was the data-girl for the OCAP Study in the School of Dentistry for a year before that.

What’s the best thing about your job? I have a wide variety of tasks and lots of great coworkers to keep it entertaining.

Favorite pastimes: Hiking, kayaking, playing with my camera

Favorite local restaurant: Lime and Basil

Favorite book: The Tao of Leadership by Thich Nhat Hanh

Favorite TV show: Man vs. Wild on the Discovery Channel

What would you do with your dream vacation? Backpacking around the world to as many places as possible

If you won the lottery, what’s the first thing you’d buy? A sizable chunk of wilderness in the mountains

Gisselman, continued

De France, summit Mt. McKinley, kayak the Amazon, ride a pack of sled dogs across Antarctica, surf the Gold Coast in Australia, walk the Great Wall in China, explore the pyramids in Egypt. Basically a really intense trip around the world.

If you won the lottery, what’s the first thing you’d buy? I would give a large donation to the Bill and Melinda Gates Foundation.
2008 Winter Sports Schedules

Please see the November newsletter for men’s and women’s basketball, men’s and women’s swimming and diving, and wrestling schedules. Those seasons are now underway, with track & field and gymnastics kicking off in January.

GYMNASTICS

Jan. 20  At George Washington  Washington, D.C.  4 p.m.
Feb. 1   Governor's Cup  Towson, Md.   7 p.m.
Feb. 10  At West Virginia  Morgantown, W.Va.  8 p.m.
Feb. 22  Florida  Chapel Hill, N.C.  7 p.m.
March 1  Tar Heel Invitational  Chapel Hill, N.C.  1 p.m.
March 7  At Minnesota  Minneapolis, Minn.  6 p.m.
March 15  At North Carolina  Raleigh, N.C.  7 p.m.
March 22  At Pittsburgh  Pittsburgh, Pa.  1 p.m.
March 29  EAGL Championships  Morgantown, W.Va.  4 p.m.
April 12  NCAA Regionals  TBA  TBA
April 24  NCAA Championships  Athens, Ga.  TBA

TRACK AND FIELD

Indoor Track

Jan. 12  Joe Hilton Tar Heel Invitational  Chapel Hill, N.C.
Jan. 19  Eddie & Jo Smith UNC Classic  Chapel Hill, N.C.
Feb. 1-2  Texas Roadhouse Carolina Classic  Chapel Hill, N.C.
Feb. 8-9  At Armory Invitational  New York, N.Y.
Feb. 15-16  At Tyson Invitational  Fayetteville, N.C.
Feb. 15-16  At Iowa State Classic  Ames, Iowa
Feb. 16  Carolina Chic-fil-A Invitational  Chapel Hill, N.C.
Feb. 22-23  At Virginia Tech  Blacksburg, Va.
Feb. 23  Dick Taylor UNC Relays  Chapel Hill, N.C.
Feb. 28-Mar. 1  ACC Indoor Championships  Chapel Hill, N.C.
Mar. 7-8  At Alex Wilson Invitational  South Bend, Ind.
Mar. 8  At Virginia Tech  Blacksburg, Va.
Mar. 8-9  USATF Combined  Chapel Hill, N.C.

Outdoor Track

Mar. 21-22  At Wake Forest Open  Winston Salem, N.C.
Mar. 28-29  At Raleigh Relays  Raleigh, N.C.
April 3-5  At Texas Relays  Austin, Texas
April 4-5  At Florida Relays  Gainesville, Fla.
April 4-5  At Duke Invitational  Durham, N.C.
April 12  Tony Waldrop UNC Invitational  Chapel Hill, N.C.
April 17-19  ACC Outdoor Championships  Atlanta, Ga.
April 24-26  At Penn Relays  Philadelphia, Pa.
May 9  Taylor Cattle Farm Carolina Classic  Chapel Hill, N.C.
May 16-17  At Georgia Tech Invitational  Atlanta, Ga.
May 17  Nike - UNC Elite Meet  Chapel Hill, N.C.
May 18  At NC A&T  Greensboro, N.C.
May 30-31  NCAA East Regionals  TBA
June 11-14  NCAA Outdoor Championships  Des Moines, Iowa

Tar Heels in the Community

Above, the women’s golf team hosted a Carolina Dreams group at the men’s basketball game against Iona. Below, the women’s soccer team threw a Halloween party at Ronald McDonald House.

• Athletic Communications

UNC program ranks No. 1

UNC ranked No. 1 on STACK magazine’s first ever college list of the nation’s premier academic and NCAA Football, basketball and other Division I sports programs. Combining the best in athletics with the best in academia, the Elite 50 list will be available in 5,500 high schools nationwide beginning Nov. 27th in STACK’s November/December issue.

The 2008 edition of the Elite 50 marks the first time any media outlet has released a stand-alone ranking of the country’s leading college sports programs based on academics, athletic opportunity and overall performance. The Elite 50 rankings also include sport-specific rankings for 14 individual NCAA sports including football, basketball and soccer as well as video tours of some of the Elite 50 colleges.

The Elite 50 methodology combines academic and athletic data with STACK’s internal research. The schools are ranked using key measures of academic and athletic performance – overall academic rankings via U.S. News & World Report, athlete graduation rates, athlete indexes, national sport-specific rankings, championship history, professional successes, atmosphere, coaching staff tenure and more.

For more information on the Elite 50 methodology, visit www.stack.com/elite50.

The top 10: