Compliance Office

NLI Signing Period

The signing period for six sports programs (Football, Field Hockey, Men’s and Women’s Soccer, and Men’s and Women’s Track & Field) begins on February 3rd. See below for some frequently asked questions regarding prospects who have signed National Letters of Intent.

Q. How long is a prospective student-athlete considered to be a prospect?
   A. A prospective student-athlete remains a prospect even after signing a National Letter of Intent or financial aid agreement to attend UNC. The prospect, the University, its staff, and boosters are all governed by recruiting regulations until the prospect reports for regular season practice or attends his/her first day of classes in any regular term (i.e., fall or spring).

Q. Is it permissible for athletics department staff to contact a prospect who has signed an NLI?
   A. Yes. Noncoaching institutional staff members may make telephone calls to or receive calls from prospective student-athletes (or their parents or legal guardians) AFTER the calendar day on which the prospective student-athlete signs an NLI.

Q. Is it permissible for staff members or a booster to assist a prospect (who has signed an NLI) with pre-college expenses?
   A. No. Neither UNC staff nor boosters are permitted to offer, provide, or arrange financial assistance to cover a prospect’s expenses (educational or otherwise) for any period prior to his or her enrollment. This applies even to those prospects who have signed an NLI or financial agreement to attend UNC.

Please remember that the same prohibitions against the provision of extra benefits to currently-enrolled student-athletes also extend to all prospects.

If you have any questions about NCAA regulations pertaining to prospects who have signed an NLI, please do not hesitate to contact the Compliance Office at (919) 962-6000. The UNC Department of Athletics appreciates your efforts to comply with NCAA regulations.

Carmichael Back in Business

After much work and as more work continues, Carmichael Arena (yes, new name) is now open for business, although the official dedication is still pending, set for Feb. 28.

Stacey Harris now oversees the facility, with the assistance of Patrick Marsh. For the first time, Carmichael has its own dedicated facilities crew, led by Bobby Gales.

In addition to women’s basketball games, the facility has hosted a wrestling meet and has three upcoming gymnastics meets this winter. Carmichael also will resume hosting University commencement ceremonies in May.

Coaches are expected to start moving back into their offices in mid-February.

Special thanks to Jaci Field for her hard (and ongoing) work on the project, supervising the renovation. At this point, the facility is only open for games, but all should plan to stop by after everyone gets settled. Although many finishing touches remain, the facility is beautiful and will provide an outstanding venue for competition as well as office space.

NCAA Gambling Reminder

With college and professional basketball in full swing, please continue to be aware that the NCAA prohibits sports gambling of any kind at the collegiate or professional level. This applies to ALL collegiate student-athletes, coaches, trainers, and athletics department staff.

NCAA Gambling Policy:
• You may not place or accept a bet of any sort on any sporting event.
• You may not place or accept a bet for any tangible item. This includes cash, tickets, dinners, services, clothing, etc.
• You may not give information to anyone who places bets on college or professional sports.
• You may not place bets with bookmakers, through parlay cards, or any other method employed by organized gambling.

What This Means For You:
• NO wagers on ANY professional or collegiate sporting event.
• NO participation in sports pools that have both an entry fee and a potential prize, including those run online by friends (e.g., college bowl pools, Super Bowl pools, NCAA Basketball Tournament bracket pools).
• NO internet gambling on sporting events.
• NO sports wagering using toll-free or other phone numbers.
• NO participation in fantasy leagues that have both an entry fee and a potential prize.
• NO involvement in “pick-em” contests, or as a “guest picker” of games in a newspaper or online website.
• NO exchange of information about your team with ANYONE who gambles. In other words, do not give out information about injuries, changes in the depth chart, team morale, discipline problems, etc. This information should stay within the department. If shared, this information could aid gamblers and bookies.

Recipient of the 2009-10 Athletic Director’s Scholar-Athlete Awards were honored at halftime of the men’s basketball game against Wake Forest on Jan. 20.
New Tar Heel

Congratulations to Alisa Rawls Minshall (Olympic Sports) and husband Ryan on the birth of their first child, Eloise Rose. Eloise was born Dec. 24 and checked in at 7 lbs. 12 oz. and 21.5 inches.

Welcome, Eloise! All the best to the Minshall family!

DEPARTMENT NEWS

Warm Welcomes

• Welcome to Garreth Ewing, who has joined the field hockey staff as an assistant coach.

Fond Farewells

• Mary Willingham has left the Academic Support Program to become Director for Academic Counseling within the College of Arts and Sciences. She works with all of the academic/learning units on campus (Learning Disability Program, Writing Center, Learning Center and Academic Support Program for Student-Athletes), so will continue to have a limited role within our department.

• John Martin has left Athletic Communications to become Communications and Media Relations Manager at USA Triathlon in Colorado Springs.

• Baden Sharp has left the field hockey staff to return to his native Australia.

• Jonathan Miller has left the ticket office for a position in sales.

• Susan Parler, administrative assistant at Finley Golf Course, is retiring at the end of February after five years at the course.

Best wishes to Mary, John, Baden, Jonathan and Susan! You’ll be missed!

Happy Birthday in February to ...

Brie Farley Rowing Feb. 1
Amy Piland Rams Club Feb. 1
John Blanchard Student-Athlete Services Feb. 6
Beth Bridger Student-Athlete Services Feb. 6
Christy Garth Swimming Feb. 8
Janine Holland Rams Club Feb. 10
Dana Rea Olympic Sports Feb. 11
Kevin Robinson Outdoor Facilities Feb. 11
Brandon Fanney Game Operations Feb. 16
Joan Holt Baseball Office Feb. 17
Sue Walsh Rams Club Feb. 19
Jan Mann Women’s Golf Feb. 20
Kaye Koenig Olympic Sports Feb. 22
Peter Watson Track-Cross Country Feb. 22
Ken Crowder Equipment Office Feb. 23
Clare Duffy Business Office Feb. 24
Anne Sexton New Media Feb. 24
Clarissa Adams Women’s Basketball Feb. 26
Sylvia Hatchell Women’s Basketball Feb. 28

And belated (but no less happy)
January birthday wishes to ...

Johnny Heath Outdoor Facilities Jan. 1
T.P. Hutchinson Equipment Office Jan. 3
Teresa Vanderford Football Office Jan. 3
Clint Gwaltney Ticket Office Jan. 4
Penny Jernigan Gymnastics Jan. 4
A.J. Grant Wrestling Jan. 12
Jack Jensen Wrestling Jan. 20
Dave Arendas Baseball Office Jan. 21
Joyce Dalgleish Athletics HR Jan. 26
Frank Maynard Finley Golf Course Jan. 26
Bobby Gales Outdoor Facilities Jan. 26
Karlton Creech Ram’s Club Jan. 29
Tim Sabo Ticket Office Jan. 30
Steve Gisselman Strength & Conditioning Jan. 31
Corey Holliday Football Office Jan. 31
Charlie Williams Football Office Jan. 31

Thanks for Thirty Years of Service!

After 30 years of hard work and countless airport runs, David Burton is retiring from the Outdoor Facilities staff on Feb. 1. For decades, Tar Heel coaches and student-athletes have counted on David to deliver them safely and promptly to RDU airport and welcome them back home after trips. (It should be noted, now that he’s made his last airport run, that in all those decades, he has never had so much as a fender-bender with a team aboard.) He also maintains and manages the motor fleet, assuring that all CD players remain in working order (which, surely, has been to the chagrin of some coaches).

David will now have more time for playing golf and driving his beloved Corvette. The entire Department of Athletics thanks him for his many years of service and wishes him all the best in retirement!


**Cindi Atwater**  
*Sports Travel Consultant, Anthony Travel*

**Born and raised:** Born in Durham, grew up Durham/Hillsborough area  
**Education:** Orange High School in Hillsborough; American Airlines travel courses in Dallas, Texas  
**Family:** Husband, Steve; daughter, Kendall (14) and my mom, dad and older brother  

**Athletic background:** Junior high and high school cheerleading (nothing like the cheerleading of today- they ARE real athletes!)  
**Before your current position:** Worked at American Express Travel handling business travel for large companies and worked at smaller agencies in Chapel Hill doing vacations and travel for different departments here at UNC  
**Years in current position:** Five  
**Job description:** We (Mike Pope and I) handle the travel arrangements for the athletic department, which include coaches’ recruiting travel, team (group) travel and in-bound recruits/official visits travel, as well as the Rams Club/Ed Foundation. This includes air, car or van rentals, hotels, and bus bookings.  

**What’s the best thing about your job?** The people in the department. It truly is an honor to service such nice people.  
**Favorite pastimes:** Scrapbooking, being a cheer & softball mom on the sidelines  

**Favorite restaurants:** Firebirds and Kanki  
**Favorite books:** The Bible, Let’s Roll and The Middleplace  
**Favorite TV shows:** Classic Andy Griffith and old stuff like that  
**Last movie you saw and grade you’d give it:** The Blind Side, A++  

**A fun fact about you:** This is corny but I still send handwritten note cards all the time to people. As the e-mail world takes over I don’t think there’s anything better than receiving a nice handwritten note. (I’m definitely old-fashioned!) And I still see friends from third grade on girls’ beach trips at least once a year.  

**Biggest pet peeve:** People throwing cigarettes out of the car  

**Greatest athletic achievement:** Getting this job to service travel for the Athletic Dept.!! Seriously… Embarrassing to say but NONE! I’m living through my daughter now who plays travel softball and also cheers in high school.  

**What would you do with a completely free day?** I haven’t had one in so long, I wouldn’t know how to act! Spend it with family and friends doing something fun.  

**If you could have dinner with anyone, who would it be and why?** My maternal grandmother, who passed in ’91 because now that I’m older I’d love to ask her the questions I never thought to ask her. And country singer Tim McGraw, just because!!  

**What would be your dream vacation?** Fiji, and stay in one of those glass bottom tiki huts for a month  

**If you won the lottery, what’s the first thing you’d buy?** A new car! My Honda has 212,000 miles now! And then give to family/friends, charity, remodel my house and take that Fiji dream vacation!

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**Tracy Harris**  
*Assistant Payroll Coordinator*

**Born and raised:** Chapel Hill  
**Education:** AAS in Business and BS in Business Administration, University of Phoenix  
**Family:** I’m the knee baby – older sister and younger brother  

**Athletic background:** Cheerleader (Back then it was not considered a sport – no scholarships were offered in the 80’s.)  
**Before your current position:** Started at UNC in Payroll Services in 1998, OHR in 2000, Athletics from 2005 until now  
**Years in current position:** Four  
**Job description:** Process actions in Human Resources Information System, Maintain SPA & EPA Leave records, Filing, Employment Eligibility Verification and Crim Check Coordinator, TIM administrator and all other duties as assigned  

**What’s the best thing about your job?** Meeting lots of different people every day has been one of the highlights of my job.  
**Favorite pastimes:** Watching a great movie and laughing out loud  

**Favorite restaurant:** Taco Bell  
**Favorite book:** “Fasting” by Jentezen Franklin  
**Favorite TV shows:** CSI: Miami  
**Last movie you saw and grade you’d give it:** Book of Eli, Grade B+ (lots of golden nuggets)  

**A fun fact about you:** I love to dance like nobody is watching.  

**Biggest pet peeve:** Children disrespecting their grandparents  

**Dream job:** CEO of my own modeling agency with moral/behavioral classes.  

**Greatest athletic achievement:** Three-time All-American cheerleader at Chapel Hill High School in 1988  
**What would you do with a completely free day?** Turn into a couch potato, after I finish cleaning my house  
**If you could have dinner with anyone, who would it be and why?** Ra’chel Ferrell (Jazz Singer) – She has an amazing voice range. She appears to be down to earth; I would love to know if she looks are deceiving.  

**What’s a little-known talent that you have?** Singing  

[Editor’s note: Tracy’s singing talents are not little-known to anyone who was at this year’s holiday luncheon and heard her amazing voice in action!]  

**What would be your dream vacation?** Going on the set of the TV show Fear Factor while they’re filming from Vegas and acting as the co-host.  
**If you won the lottery, what’s the first thing you’d buy?** A building for my “Etiquette School for school-aged children”
Honor Roll

Athletic Director’s Scholar-Athletes Announced

Recipients of the Athletic Director's Scholar-Athlete Award for 2009-10 were honored at halftime of the UNC men's basketball game against Wake Forest on Jan. 20. The annual honor goes to one outstanding member of each varsity team, recognizing academic achievement and dedication while balancing the demands of participation in a varsity sport.

Honorees for 2009-10 are: Colin Bates (Baseball), Marcus Ginyard (Men's Basketball), Trinity Bursey (Women's Basketball), Adam Cunningham (Men's Cross Country), Lauren Holesh (Women's Cross Country), Caleb Pardue (Men's Fencing), Marion Boulicault (Women's Fencing), Riley Foster (Field Hockey), Lowell Dyer (Football), Chase MacFarland (Men's Golf), Kate Thomas (Women's Golf), Kara Wright (Gymnastics), Sean Jackson (Men's Lacrosse), Kristen Taylor (Women's Lacrosse), Andi Drabot (Rowing), Bill Dworsky (Men's Soccer), Caroline Boneparth (Women's Soccer), Stephanie Murad (Softball), Chip Peterson (Men's Swimming and Diving), Megan Steeves (Women's Swimming and Diving), Andrew Crane (Men's Tennis), Katrina Tsang (Women's Tennis), Mateo Sossah (Men's Track & Field), Vanneisha Ivy (Women's Track and Field), Heather Brooks (Volleyball), and Jeremy Shaw (Wrestling)

Jones Receives Carson Scholarship

Chase Jones, a junior on the Carolina baseball team, has been selected as one of two recipients of the Eve Marie Carson Scholarship for the 2010-11 academic year. Jones and co-recipient Caroline Fish were chosen for the scholarship based on commitment to academic excellence, leadership and public service. The award includes $5,000 for a summer project.

The scholarship was created to commemorate the life of former Student Body President Eve Carson, who was killed in March 2008. Carson was committed to the idea of creating a merit scholarship for juniors.

Save the Dates!
May 5: Department Play Day
May 7: Department Picnic
Although not seen as often as effects of exercise in hot weather, exercising in the cold can lead to a number of concerns that effect not only the performance but also the health of you and your athletes. Cold exposure can make outdoor activity uncomfortable or even dangerous for anyone unprepared for extreme weather. Exposure to cold or even prolonged exposure to cool weather can lead to physiological changes causing unwanted consequences. It’s important to be aware of the early warning signs and symptoms of cold exposure and how to prevent problems.

Shivering is usually the first sign of dangerous cold exposure, as the body is trying to generate it’s own heat through uncontrolled muscle contraction. This should be your first warning to seek shelter and remove yourself or your athlete from activity.

The two most dangerous conditions that can result from cold weather exposure are frostbite and hypothermia.

Frostbite describes the freezing of superficial tissues of the face, ears, fingers and toes.

**Symptoms of frostbite include:**
- Pain
- Burning
- Numbness
- Tingling
- Skin turns hard and white
- Skin starts to peel or get blisters
- Skin starts to itch
- Skin gets firm, shiny, and grayish-yellow

**Treatment**

To help a frostbite victim, get the person to a warm, dry place and remove constrictive clothing. Raise affected areas and apply warm, moist compresses to these areas. Do not rub frostbitten areas or apply direct heat.

Hypothermia is a more severe response to cold exposure that is defined as a significant drop in body core temperature.

**Symptoms of hypothermia include:**
- Shivering
- Cold sensation, goose bumps, confusion, numbness
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, mental confusion, stumbling, depression
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness

**Treatment**

At the first sign of hypothermia take the person to a dry, warm place or warm the victim with blankets, extra dry clothing or your own body heat.

**Prevention**

The first line of defense against cold exposure is dressing appropriately for conditions. Other factors that can negatively affect your ability to handle cold temperatures can include inadequate nutrition, dehydration, alcohol consumption, certain medications and health conditions such as diabetes and heart disease, which can significantly decrease a person’s ability to exercise outdoors in the cold.

To improve your comfort and safety while exercising in the cold, the American College of Sports Medicine recommends the following:

- **Layer Clothing:** Several thin layers are warmer than one heavy layer. Layers are also easier to add or remove and thus, better regulate your core temperature. The goal is to keep the body warm and minimize sweating and avoid shivering.
- **Cover Your Head:** Your head should be covered while exercising in the cold, because heat loss from the head and neck may be as much as 50 percent of the total heat being lost by your body.
- **Cover Your Mouth:** To warm the air before you breathe it, use a scarf or mask. Do this especially if breathing cold air causes angina (chest pain) or you are prone to upper respiratory problems.
- **Stay Dry:** Wet, damp clothing, whether from perspiration or precipitation, significantly increases body-heat loss.
- **Keep Your Feet Dry:** Use a fabric that will wick perspiration away from the skin. Polypropylene, wool or other fabrics that wick moisture away from the skin and retain insulating properties keep the body warm when wet.
- **Stay Hydrated:** Dehydration affects your body’s ability to regulate body heat and increases the risk of frostbite. Fluids, especially water, are as important in cold weather as in the heat. Avoid consuming alcohol or beverages containing caffeine, because these items are dehydrating.
- **Avoid Alcohol:** Alcohol dilates blood vessels and increases heat loss so the odds of experiencing a hypothermic event increase. Alcohol can also impair judgment to the extent that you may not make the best or brightest decisions in a cold weather emergency. It's best to leave the alcohol behind when you head out into the cold.

Cold exposure is a combination of cold weather temperature and the effect of wind. Below is a chart demonstrating the effect of wind on the outdoor temperature creating the actual perceived wind chill temperature.