Compliance Office

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.

If you have questions, please contact the Compliance office.

Tar Heels Second In Learfield Directors’ Cup

UNC sits in second place in the Learfield Sports Directors’ Cup final fall standings with 380 points, trailing Stanford by 19 points. Rounding out the top five are Ohio State (369), Florida State (361.5) and Penn State (300). Maryland (seventh), Duke (ninth) and Virginia (10th) give the Atlantic Coast Conference five of the top 10 ranked schools through fall competition.

Eight champions were crowned in NCAA play in the fall: men’s and women’s cross country, field hockey, football, men’s and women’s soccer, men’s water polo and women’s volleyball.

Carolina finished second in field hockey and received 90 points, third in men’s soccer (83 points), ninth in women’s soccer (64 points), 14th in women’s cross country (48 points), 17th in volleyball (50 points) and 26th in football (45 points).

The Directors’ Cup, run by the National Association of College Directors of Athletics (NACDA), measures a school’s postseason success in men’s and women’s sports. Each school receives points its 10-highest men’s and 10-highest women’s finishes in NCAA competition.

The Tar Heels placed seventh in the final standings last year. The seventh-place finish was UNC’s eighth top 10 finish in the last nine years. By comparison, the other 11 ACC schools have a total of eight top 10 finishes in the Directors’ Cup 17-year history.

Stanford won last year for the 16th straight time, claiming the award with 1508.5 points.

AA New Award:
Capital One Cup

The Capital One Cup is a new award, which will be given annually to each of the top men’s and women’s Division I college athletics programs in the country. Points toward the Capital One Cup are earned and tracked throughout the year based on final standings of NCAA Division I Championships and final official coaches’ polls. One winning men’s and one winning women’s program will be crowned after the completion of the final NCAA spring championships. Each winning athletic program will receive the Capital One Cup and $200,000 to fund student-athlete graduate-level scholarships. Winners will be announced at the annual ESPY awards.

Through the fall seasons, UNC is tied for eighth on the women’s list and is ranked 13th on the men’s list. Currently, Auburn leads the men’s list and Penn State tops the women’s. For more information on the award, go to www.capitalonecup.com.
**DEPARTMENT NEWS**

**Warm Welcomes**

- Welcome to Brian Baker, who has joined the football staff as the defensive line coach. He comes to Chapel Hill after coaching 15 seasons in the NFL, the last two with the Carolina Panthers. A Maryland graduate, he spent 11 years coaching in the ACC at his alma mater and at Georgia Tech.
- Welcome to Guy Cathro, who has joined the field hockey staff as assistant coach and Director of Player Development. A native of Scotland, he comes to UNC after spending the last four years as an assistant coach at Syracuse.

**Finley on Facebook**

UNC Finley has joined the 21st century and now has a Facebook page! Become a fan of UNC Finley Golf Course to stay up-to-date with all that happens at the golf course.

**Updated Staff Directories**

Updated staff directories are now available on the shared J Drive. If you have further updates, please send them to Kaye Koenig.

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**New Tar Heel**

Congratulations to track and field assistant coach/Director of Operations Nadine Faustin-Parker and husband Anthony Parker, who welcomed Anthony Daniel Parker on Dec. 6. He was 7 pounds, 2 ounces at birth and is up to 10 pounds, 7 ounces now. Little Anthony isn’t running quite yet, but surely it won’t be long!

All the best to the Parker family!

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**Happy Birthday in January to ...**

Johnny Heath  Outdoor Facilities  January 1
T.P. Hutchinson  Equipment Office  January 3
Teresa Vanderford  Football Office  January 3
Clint Gwaltney  Ticket Office  January 4
Penny Jernigan  Gymnastics  January 4
A.J. Grant  Wrestling  January 12
Gary Stec  Finley Golf Course  January 20
David Arendas  Baseball Office  January 21
Joyce Daigleish  Athletics HR  January 26
Frank Maynard  Finley Golf Course  January 26
Bobby Gales  Outdoor Facilities  January 26
Karlton Creech  Rams Club  January 29
Brandell Lewis  Strength & Cond.  January 30
Tim Sabo  Ticket Office  January 30
Stephen Gisselman  Strength & Cond.  January 31
Corey Holliday  Football Office  January 31
Charles Williams  Football Office  January 31

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**Holiday Fun**

Thanks to those whose hard work and funding made the department’s annual Holiday Luncheon possible. Kathy Griggs dealt with all of our RSVP’s to be sure there were enough yummy desserts to go around, and James Spurling took care of the event set-up and clean-up. Our host, Dick Baddour, made the luncheon possible, and Larry Gallo got us all in the retro spirit with a musical trip down memory lane.

Aside from those desserts, the lunch’s highlight surely was the action-packed rendition of “12 Days of Christmas.” All of the days put on a good show, but special mention goes to the “two turtle doves” section (pictured at left), which showed outstanding enthusiasm for the exercise.

Hope everyone had a great holiday season and restful break!

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Please direct newsletter comments, suggestions, corrections and/or submissions for future issues to Dana Gelin at dgelin@uncaa.unc.edu or 962-0083
Four UNC student-athletes were among 154 Phi Beta Kappa honorary society inductees at UNC for the 2010 fall semester. Katura Harvey (women’s swimming), Ali Hawkins (women’s soccer), Brittany Walsh (rowing) and Kara Wright (gymnastics) earned induction into the group, which is open to undergraduates who meet stringent academic eligibility requirements.

Sue Walsh, an All-America swimmer at UNC who is now Director of Endowment and Stewardship for the Rams Club, was the speaker at the ceremony. Walsh was inducted into Phi Beta Kappa as a Carolina undergraduate.

Harvey, a senior from Rockville, Maryland, is working toward a double major in journalism and international studies. A team captain and first-team All-America honoree, she has qualified for the NCAA Championships each year at UNC.

Hawkins, a senior from Encinitas, Calif., is working toward a double major in economics and political science. A team captain, she played on three NCAA Championship teams at UNC and was the recipient of the 2010 Lowe’s Senior CLASS Award, given to the sport’s top senior student-athlete.

Brittany Walsh, a senior from Hampstead, N.C., is majoring in biology. She rows in the Tar Heels’ top boat, the varsity eight, and serves as a team captain.

Wright, a May 2010 graduate from Virginia Beach, Va., majored in journalism. As a senior, she was the East Atlantic Gymnastics League (EAGL) All-Around Champion and helped UNC to the 2010 team title.

A student who has completed 75 hours of course work and has a grade-point average of 3.85 (on a 4.0 scale) or better is eligible for Phi Beta Kappa membership. Also eligible is any student who has competed 105 hours of course work and has a 3.75 grade-point average. Less than one percent of all college students qualify to be members.

Past and present Phi Beta Kappa members from across the country have included six American presidents, 12 U.S. Supreme Court justices and numerous artistic, intellectual and political leaders. There are 270 Phi Beta Kappa chapters nationwide. UNC’s chapter, Alpha of North Carolina, was founded in 1904 and is the oldest of six chapters in the state.

William Page, a junior from Durham, is the 2009-10 recipient of the Jason Ray Memorial Spirit Award given by the University of North Carolina Department of Athletics. Page was a member of the cheerleading program for two years.

The award is named in honor of Jason Ray, a former Tar Heel mascot, who was tragically killed in 2007 in a pedestrian/vehicle accident in New Jersey during the NCAA Men’s Basketball East Regional. Cheerleader Jeremy Crouthamel and Mascot Tyler Treadway were the awards previous winners. The Ray family has established a foundation in Jason’s honor to raise funds for the UNC Hospital Comprehensive Transplant Center. Information on the foundation can be found at www.jasonray.org.

Carolina Athletics presents the award annually to a member of the band, cheerleaders, dance team or mascots. It is given to the squad member who best honors Ray's legacy of enthusiastic representation of Carolina, academic achievement and community service.

“William is a very deserving recipient because of the work he has done in our community, his academic achievement and because he is the very embodiment of what Jason Ray meant to the University of North Carolina,” says cheerleading coach Brown Walters, who along with the cheerleaders, nominated Page.

Page, the son of Craig and Wanda Page, is double majoring in sociology and African-American studies.

Page has volunteered for numerous groups during his time in Chapel Hill and has been a leader of "Movement of Youth" a mentoring program for high school students in Durham, NC.

Dorrance Receives Award

UNC’s Anson Dorrance was the recipient of the National Soccer Coaches Association of America's Honor Award for 2010. Dorrance was presented the award at the Association’s annual Awards Banquet, held at the Hilton Baltimore on January 14 in conjunction with the 2011 NSCAA Convention.

Dorrance has achieved unparalleled success at the collegiate level, where he has coached some of the greatest names in the women's game. Mia Hamm, April Heinrichs, Kristine Lilly, Cindy Parlow, Carla Overbeck and Heather O'Reilly are just a few of the outstanding players who have helped Dorrance and the Tar Heels win 20 NCAA national championships, along with one AIAW national title.

His success also extends to the international game. He was the coach of the U.S. Women's National Team that won the inaugural Women's World Cup in 1991, laying a foundation for the success that the United States women continue to enjoy on the world stage.

In addition to being a coach of players, Dorrance also takes great pride in being a coach of coaches. A member of the NSCAA Coaching Academy's Senior National staff, he has instructed countless coaches in the art of coaching soccer, helping elevate the level of coaching, and thereby the level of play, in the United States.

“I've always loved coaching coaches,” said Dorrance. “I've always tried to share what has worked for me with my colleagues. That's something that's always been part of my DNA.”

In his 32 years at North Carolina, he has compiled a career record of 715-39-24, a .934 winning percentage. He has earned NSCAA National Coach of the Year honors five times and is the only coach to claim that honor for both men's and women's play. He received the NSCAA's Bill Jeffrey Award, presented to honor long-term service to intercollegiate soccer, in 2006.
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 its 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.