Summer Workouts

Now that the academic year is over, many student-athletes have gone home for summer vacation. However, many student-athletes have remained in Chapel Hill, choosing to take summer school classes or work in the locale. Therefore, it is critical that Athletics Department staff members be aware of the restrictions in place for summer workouts for student-athletes.

In TEAM sports (Baseball, Basketball, Field Hockey, Football, Lacrosse, Rowing, Soccer, Softball, and Volleyball), returning student-athletes are not permitted to engage in any practice activities in the presence of their sport’s coach during the summer.

In INDIVIDUAL sports (Fencing, Golf, Gymnastics, Swimming/Diving, Tennis, Track/Cross Country, and Wrestling), returning student-athletes may voluntarily request individual workouts with their sport’s coach during the summer.

For prospective student-athletes who will begin initial full-time enrollment at UNC in the fall, regulations regarding workouts vary, depending on the sport, as well as on the summer school and grant-in-aid status of the individuals. Coaches are encouraged to seek compliance guidance regarding these situations.

In all cases, however, summer strength and conditioning workouts must be “voluntary”, as defined by Bylaw 17.02.13:

1) The student-athlete must not be required to report back to a coach or other athletics department staff.

--- See COMPLIANCE, page 3

More to Celebrate

A little more than a month after celebrating an NCAA Championship, coach Roy Williams and members of the Tar Heel men’s basketball team were back together to commemorate the end of another journey. Eight players – left to right, J.B. Tanner, Patrick Moody, Jack Wooten, Mike Copeland, Tyler Hansbrough, Bobby Frasor, Danny Green and Marcus Ginyard – participated in May commencement ceremonies, joining Chancellor Holden Thorp and more than 5,000 graduates, around 100 of them student-athletes.

In addition to degrees and championships, Tar Heels had plenty to celebrate at the end of the spring semester. A total of 156 student-athletes earned Dean’s List honors this spring and 315 finished with GPA’s of 3.0 or better, while 15 had perfect 4.0’s.

Rams Club

Montgomery Earns National Honor

John Montgomery, Executive Director of the Rams Club and Senior Associate A.D., was named the 2009 National Fundraiser of the Year by the National Association of Athletic Development Directors (NAADD).

Montgomery has led the Rams Club for the past eight years. The Rams Club raised $250 million as part of the $2.4 billion university-wide Carolina First Campaign that ended in 2007. The funding raised during the Carolina First Campaign was in support of scholarships, facilities, sport operating endowments and student-athlete support services. In 2008, The Rams Club built on the momentum gained during the campaign, and raised more than $35 million in gifts and pledges.

During Montgomery’s tenure, he and his staff have grown membership to 15,500, and worked to increase the annual fund to $11 million. Also, more than $60 million has been raised for capital projects, and the scholarship endowment has grown from $85 million to $200 million. New initiatives include the creation and continued focus on growing Sport Operating Endowments and expanding The Rams Club’s planned giving society, Carolina Forever. Montgomery continues to lead the organization based on a commitment to membership growth, financial responsibility, donor service and staff development.

On Tour with the Tar Heels

The 2009 Tar Heel Tour, which wrapped up on May 19, included eight stops and was headlined by head coaches Butch Davis, Mike Fox, Sylvia Hatchell and Roy Williams. The events, organized by the Rams Club and hosted by Woody Durham, touched down in Raleigh, Hickory, Charlotte, Wilmington, Greenville (both the N.C. and S.C. versions), Greensboro and Burlington. More than 2,500 Tar Heel fans gathered to celebrate Carolina Athletics over the course of the three-week tour.
New Tar Heel

Congratulations to Aaron York (Business Office) and wife Sandy (former Business Office intern and a 2005 graduate of the UNC Sport Administration master’s program), who welcomed son Duncan Sean York on May 22. Born at 4:44 a.m., Duncan weighed in at 7 pounds, 15 ounces.

Welcome, Duncan! And best wishes to Aaron and Sandy!

Welcome Back!

Eve Rackham, the starting setter for the UNC volleyball team from 1999-2002, has joined the Tar Heel staff as an assistant coach. She replaces Erin Lindsay, another program alum, who will move to the volunteer assistant spot in order to pursue a master’s degree in UNC’s Sport Administration program. Lindsay has been Carolina’s top assistant and recruiting coordinator for the past four years.

Rackham returns to Chapel Hill after spending the last five years as an assistant at Colgate, East Carolina and most recently Florida International. She spent the 2004 season at Colgate before returning to the state of the North Carolina for the 2005 campaign where she started a three-year run at East Carolina. The 2008 season saw Rackham make a move to Miami where she helped lead FIU to the NCAA Tournament for the first time since 2001.

Welcome back, Eve!

Congratulations to Dr. Tim Taft

Dr. Tim Taft, UNC’s Director of Sports Medicine, was one of six University employees honored with 2009 C. Knox Massey Distinguished Service Awards, one of the most coveted honors bestowed by Carolina.

Chancellor Holden Thorp selected this year’s recipients based on nominations from the campus community, and each honoree will receive an award citation and a $6,000 stipend.

Taft came to the University for his residency in orthopaedic surgery in 1969, and when he finished in 1974 was named the Womack Scholar as the outstanding Chief Resident in Surgery and appointed to the faculty.

He has been the centerpiece of the Sports Medicine program for many years. Taft was named Max M. Novich Distinguished Professor of Sports Medicine in 1988 and served as varsity teams physician and surgeon. Since 1993 he has been Director of Sports Medicine. He also has represented the University worldwide, including serving as staff physician for the 1996 Olympic Games.

His recognitions include being named among “America’s Top Surgeons” by Consumers Research Council of America.

Happy Birthday in June to ... 

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Sports Marketing

Carolina Kids Club at Cheerleading

The Carolina Kids Club Day at cheerleading is scheduled for June 27 beginning at noon in Fetzer Gym A. Kids Club members will have the opportunity to watch the UNC cheerleading team practice then participate in a short clinic in which cheerleaders will teach Carolina cheers and sign autographs.

Food will be provided by Domino’s and free parking will be available in the Cobb Deck.

Please RSVP by June 12th to carolinakids@uncc.unc.edu.

Give Blood!

On Tuesday, please consider giving away a bit of your blood to someone who might need it. The University Blood Drive is scheduled for June 2 from 7 a.m. to 6 p.m. at the Smith Center.

You can schedule your appointment and get further information about the donation process at www.unc.edu/blood. Be sure to indicate that you are with the athletic department!
Eric Stefanski
• Assistant Coach, Men's and Women's Swimming and Diving

Born and raised: Wexford, Pa, outside of Pittsburgh
Education: Bachelor of Science in Psychology from the University of Pittsburgh, Master of Science in Sport Psychology from Georgia Southern University
Family: Brother, Chris; his wife, Jaime; and two kids, Reis and Bella; Mom, Cathy; Dad, Stan
Athletic background: I started playing soccer when I was 6 then moved into swimming when I was 8. I swam on the Allegheny North Swim Club from the age of 8 through the end of high school, swam for North Allegheny High School for all four years, then at the University of Pittsburgh for college. After college I swam for two more years and competed in the 2000 U.S. Olympic Trials. In grad school I competed in triathlons from sprint to half-Ironman and I’m currently training again for triathlons and trying to master golf.

Before your current position: I coached swimming for two years at Seneca Valley Swim Club and High School in Pittsburgh then two years at the Statesboro-Bulloch County Sharks in Statesboro, Ga. I then started my college coaching career as an assistant at the University of Rochester for one year and then as the head coach at Rochester for one year. From there I moved back to Pittsburgh to coach at Pitt for three years and then moved to Chapel Hill to work with Rich DeSelm.

How long at UNC?: Two years
Job description: My primary coaching duty is coaching our men and women sprinters. I also help gather all prospect info for recruiting, recruit, run our team website, record stats, manage all video, and do grunt work as needed!

What’s something about your job that other people would be surprised to know? Some of our sprinters here at Carolina can pull up to 100 lbs. of weight (in addition to their body weight) through the water for 25 yards in less than 12 seconds.

What’s the best thing about your job? I don’t view it as a job. It’s the best hobby out there!
Favorite pastime: Playing any sport
Favorite restaurant: Uncle Sam’s, a small sub shop in Pittsburgh
Favorite TV show: Fringe

A fun fact about you: In high school, my brother and I did a commercial for a local TV sports station. Neither of us could act, so it was pretty interesting.

Biggest pet peeve: Lying
Dream job: To own my own athletic training facility catering to ordinary people who want the professional athlete training experience. Great athletic/training facilities, nutritionists, sport psychologists, rehab facilities, etc., all under one roof.

Greatest athletic achievement: Winning a gold medal at the 1994 U.S. Olympic Festival in St. Louis – anchoring the 400 free relay

What would you do with a completely free day? Mountain bike and go camping
If you could have dinner with anyone, who would it be and why? I’d give anything to have dinner with my grandma again. We passed away. I definitely miss her cooking and spending time with her.

What’s a little-known talent that you have? I’m good at archery.

What would be your dream vacation? I’d like to go to Australia and scuba dive the Great Barrier Reef.
If you won the lottery, what’s the first thing you’d buy? Probably a three-week vacation!

COMPLIANCE: continued from page 1

member (for example, strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (for example, strength coach, trainer, manager) may report back to the student-athlete’s coach any information related to the activity;

2) The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (for example, times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for student-athletes who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the times in advance;

3) The student-athlete’s attendance and participation in the activity (or lack thereof) may not be recorded for the purpose of reporting such information to coaching staff members or other student-athletes; and

4) The student-athlete may not be subject to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (for example, awards) to a student-athlete based on his or her attendance or performance in the activity.
The Athletic Business Office plays a role in just about everything that goes on in our department: recruiting, facilities, team travel, film study ... none of it happens without money, and money doesn’t happen without the Business Office. Yet, the office often flies under the department radar, as most of its work goes on behind the scenes. You won’t see the business office staff on team buses or at the scorer’s tables (although most of the office does work game operations), but that doesn’t lessen their overall contribution.

In a nutshell: The Athletic Business Office develops and administers the department’s $61 million budget, ensuring that UNC Athletics remains “in the black.” In addition to serving as the financial hub of the department, the office plays the role of auditor, assuring that all documents that pass through it adhere to state and NCAA guidelines.

Did you know? The business office staff is far from a bunch of accountants in green visors. Clare Duffy has a master’s in molecular biology while Josh Boone has a master’s in education as well as an MBA. Amanda Cooley, Clare Duffy and Justin Freeman all are graduates of UNC’s Sport Administration master’s program.

The common thread? “To work in this office, you have to have good attention to detail and like working with numbers,” says Martina Ballen, Senior Associate A.D. for business and finance, and – hands down – the best-dressed person in our department. “The mechanics can be learned, but attention to detail is key. We’re putting numbers together and decisions are being made based on those numbers, so they’d better be right.”

Statement most frequently uttered in the Business Office halls by staffers: “You’re not going to believe this ...”

Statement most frequently yelled in the Business Office halls by certain coaches: “I’m not here to go over budget numbers, I’m here to win (insert sport here) matches/games/meets!”

Most common semi-rhetorical question asked of Business Office staff: “Does anybody else have this problem, going over budget?”

(Alas, the answer is yes.)
Trio Named Academic All-District

Three UNC student-athletes earned ESPN The Magazine Academic All-District at-large honors, as announced last month by the College Sports Information Directors of America (CoSIDA). Katura Harvey (swimming and diving) and Kara Wright (gymnastics) were named to the women’s at-large first team and Chip Peterson (swimming and diving) was named to the men’s at-large first team. As first-team honorees, all three are now in the running for Academic All-America recognition, which will be announced later in June.

Harvey, a sophomore from Rockville, Md., is working toward a double major in journalism and international studies. A first-team All-America honoree in 2009, she finished seventh in the 1,650-yard freestyle at the 2009 NCAA Championships and also qualified in the 200 free and 500 free. She was the 2009 Atlantic Coast Conference Champion in the 500-yard freestyle, setting conference and meet records, and is a two-time All-ACC selection. She has earned Dean’s List, ACC Academic Honor Roll and All-ACC Academic Team honors.

Wright, a junior journalism major from Virginia Beach, Va., earned first-team Academic All-District honors after being named to second team a year ago. An all-conference honoree on uneven bars, all-around and vault, she was selected as her team’s most outstanding gymnast. She is a three-time member of the conference all-academic team and the ACC Academic Honor Roll, and represents her squad on UNC’s Student-Athlete Advisory Council. Very involved in community service, Wright is a recipient of the Carolina Leadership Academy’s Tar Heel Leader of Distinction Award.

Peterson, a junior biology major from Pine Knoll Shores, N.C., is one of the top distance swimmers in the college ranks. He finished 10th in the 1650-yard freestyle at the 2009 NCAA Championships and also qualified in the 500 free and 400 IM. He qualified for the 2008 Olympic Trials in four events and has set school records in the 1000 free and 1650 free as a freshman. A gold medalist at the 2007 Pan-Am Games, he has been named to the Dean’s List, ACC Academic Honor Roll and All-ACC Academic Team.

The Academic All-District at-large teams are open to student-athletes from the sports of women’s bowling, women’s crew, men’s and women’s fencing, field hockey, men’s and women’s golf, men’s and women’s gymnastics, men’s and women’s ice hockey, men’s and women’s lacrosse, men’s and women’s rifle, men’s and women’s skiing, men’s and women’s swimming, men’s and women’s tennis, men’s volleyball, men’s and women’s water polo and wrestling. To be a candidate for the honor, a student-athlete must be a starter or key reserve and must carry a cumulative grade point average of 3.3 or better.

First and second teams in University and College divisions were announced Thursday for eight districts across the U.S. After another round of voting among those named to the first teams, Academic All-America teams will be announced on June 9 (men) and 11 (women).

Tar Heel Rowers Honored

Five North UNC rowers were honored as National Scholar-Athletes by the Collegiate Rowing Coaches Association (CRCA). Tar Heels Kasey Munson, Chandler Sours, Brittany Walsh, Paige Wolf and Katie Wood earned the recognition, which requires a cumulative grade point average of 3.5 or better. Sours earned the honor for the third time in her career, and Wood was recognized for the second year in a row.

Munson, from New Iberia, La., graduated in May with a degree in international studies. Sours, from Atlanta, also is a May graduate with a double major in biology and psychology. Walsh, from Hampstead, N.C., is a rising junior majoring in biology and political science. Wolf, from Charlotte, N.C., is a rising junior majoring in business administration. Wood, from Cornelius, N.C., is a May graduate with a degree in business administration.
Play Day Wrap-up

• **Golf:** Surely a weekday spent on the golf course is its own reward, but some of the 22 teams competing also earned bragging rights.

Conrats to the top five:

1st place (net score of 48):
Chad Flack, Matt McCay, Redell Miller

2nd place (net score of 50):
Greg Law, Beth Miller, John Inman, Andrew Calder

3rd place (net score of 52):
Mike Wilkinson, Frank Maynard III, Robert Costa, Gary Stec

4th place (net score of 55):
Tim Sabo, Grant Fulton, Michael Crowe

5th place (net score of 55):
Joe Haydon, Seth Reeves, Lance Markos, Tim Smith

• **Tennis:** No results were kept, but the group of 10 had a great time playing at the indoor tennis facility.

• **Exercise walk:** “The snake sighting was a highlight,” said strength and conditioning coach Steve Gisselman, who led a group of six participants on the inaugural Play Day exercise walk. “But I think the biggest highlight was getting all of the women in the group to take a 45 minute walk over rather intimidating terrain. They were all a pleasure to take a nature walk with, and I look forward to doing it again next year.” Although Steve didn’t mention it, other walk participants listed an additional highlight: the singing of show tunes from The Sound of Music. Want more details on that? You’ll have to participate in next year’s walk.

**Play Day photos courtesy of Joyce Dalgleish**