Voluntary Summer Workouts

As the academic year draws to a close, many student-athletes will be going home for summer vacation. However, many student-athletes will remain 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 coaches 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 coaches during the summer.

For prospective student-athletes who will begin initial full-time enrollment at UNC in the fall, regulations regarding workouts during the summer 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 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.

Number 300 for Sam Paul

The note on coaching milestones in last month’s newsletter overlooked a landmark victory by men’s tennis coach Sam Paul. The Tar Heels’ 4-3 win at Wake Forest on March 20th was the 300th career victory for Paul, who is in his 18th season as UNC's head coach.

Congratulations, Coach Paul!
New Tar Heels

• Congratulations to Amy Herman (Compliance) and husband Dale on the birth of son Bryce Frady Herman. He was born April 23 and joins big sisters Ivie and Macie.

• Congratulations to Carlos Somoano (Men’s Soccer) and wife Martina on the birth of son Alexander Luis Somoano on April 24. He joins big sisters Sofia and Gabriela.

• Congratulations to Rodney Morris (Outdoor Facilities) on the birth of his first grandchild, Kel Megan Spivey, on May 2.

Best wishes and extra sleep to all!

Boxill to Lead Faculty

Congratulations to Jan Boxill, senior lecturer in the philosophy department and also academic advisor for women’s basketball, who has been elected Chair of the Faculty. She will take over the spot on July 1 for a three-year term.

Sports Medicine

Aguilar Receives Chancellor’s Award

Sports Medicine would like to congratulate Alain Aguilar on receiving one of the 2011 Chancellor’s Awards. Aguilar is a faculty member in the EXSS department as well as the head athletic trainer for the men’s soccer team. He was honored on April 11 at the Chancellor’s Awards ceremony, where he received one of the nine Student Undergraduate Teaching Awards.

These awards were established in 1989 by student body referendum and recognize outstanding undergraduate instruction by both faculty and teaching assistants. A committee comprised of undergraduate students reviewed the nominations submitted from the undergraduate student population. This is the first time a member of the EXSS faculty has won this award.

Congratulations, Alain!

Happy Birthday in May to:

<table>
<thead>
<tr>
<th>Name</th>
<th>Department</th>
<th>Date</th>
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<tbody>
<tr>
<td>Mark Knowles</td>
<td>Outdoor Facilities</td>
<td>May 1</td>
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<tr>
<td>Larry Gallo</td>
<td>Director’s Office</td>
<td>May 2</td>
</tr>
<tr>
<td>Jayne Barnwell</td>
<td>Rams Club</td>
<td>May 4</td>
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<tr>
<td>Willie Scroggs</td>
<td>Director’s Office</td>
<td>May 5</td>
</tr>
<tr>
<td>Jeff Negalha</td>
<td>Men’s Soccer</td>
<td>May 7</td>
</tr>
<tr>
<td>Jason Beaulieu</td>
<td>Strength &amp; Conditioning</td>
<td>May 10</td>
</tr>
<tr>
<td>Don McCauley</td>
<td>Rams Club</td>
<td>May 12</td>
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<tr>
<td>Bobby Hundley</td>
<td>Athletic Communications</td>
<td>May 14</td>
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<td>Dave Lohse</td>
<td>Athletic Communications</td>
<td>May 14</td>
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<tr>
<td>Trey Parnell</td>
<td>Outdoor Facilities</td>
<td>May 14</td>
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<td>Mark Steffer</td>
<td>Finley Golf Course</td>
<td>May 14</td>
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<tr>
<td>Casey Carrick</td>
<td>Outdoor Facilities</td>
<td>May 16</td>
</tr>
<tr>
<td>Emily Cozart</td>
<td>Rams Club</td>
<td>May 17</td>
</tr>
<tr>
<td>David Schmidt</td>
<td>Athletic Communications</td>
<td>May 18</td>
</tr>
<tr>
<td>Nadia Lynch</td>
<td>Men’s Basketball</td>
<td>May 21</td>
</tr>
<tr>
<td>Jaime Lee</td>
<td>Student-Athlete Services</td>
<td>May 23</td>
</tr>
<tr>
<td>Scott Oliaro</td>
<td>Sports Medicine</td>
<td>May 23</td>
</tr>
<tr>
<td>Patrick Myers</td>
<td>Men’s Lacrosse</td>
<td>May 26</td>
</tr>
<tr>
<td>Jodie Barchuk</td>
<td>Football Office</td>
<td>May 27</td>
</tr>
<tr>
<td>Pamela Holt-Higley</td>
<td>Football Office</td>
<td>May 27</td>
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<tr>
<td>Ken Mack</td>
<td>Rams Club</td>
<td>May 28</td>
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<tr>
<td>Mary Ellen Bingham</td>
<td>Sports Medicine</td>
<td>May 29</td>
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Great Shot!

On March 9 at UNC Finley, Head Golf Professional Mike Wilkinson scored a double eagle 2 on #6 in a Memorial Golf Tournament played there. He struck a 2 hybrid from 219 in the hole.

A double eagle is even more rare than the sought after hole-in-one. In the 12 years since the golf course has been open, a span that includes hundreds of thousands of rounds played, this is only the second known one recorded ...Wow!

Weddings, weddings, weddings!

Best wishes to the department members who tied the knot in April and early May. Look for photos in the June newsletter!
Athletic Department Media Guide

Thanks to Beth Lyons for stepping into the spotlight this month! If you have a suggestion for a future spotlight (or would like to volunteer yourself?), please contact Dana Gelin at dgelin@unc.edu.

Beth Lyons
• Learning Specialist, Academic Support Program

Born and raised: Saratoga Springs, N.Y.
Education: B.A. Russell Sage College, M.S. University at Albany
Family: Husband, Sean; two boys, Spencer and Haydn; and a crazy Irish terrier, Finn

Athletic background: Played soccer and ran track; now a spectator for my boys who play rugby and basketball. Manage a level of fitness through spinning and pilates.

Before your current position: Learning Specialist in Academic Success Program for Students with LD/ADHD at UNC-Chapel Hill for 3 years; prior to moving to NC, was Program Coordinator for Special Services at Skidmore College in Saratoga Springs, NY.

Years in current position: One

Job description: I am the Academic Counselor for gymnastics and men’s tennis; I screen athletes for potential ADHD and learning disabilities and coordinate testing when necessary; I work one-on-one with students to improve study skills and time management; I assist in training tutors to work with students with learning differences.

What are the best things about your job? I love working with college athletes and helping them discover the possibilities that lie ahead. I enjoy talking with them about choosing a major, conquering their fears about challenging courses, and what life after college may be like. The job is different every day; I never know what to expect.

Favorite restaurant: Lantern

Favorite book: The Great Gatsby, I read it every summer.

A fun fact about you: I know the words to 100’s of songs – I should go on that show except I have a terrible singing voice!

Pet peeves: People who complain but offer no solutions to the problem

Dream job: Party Planner – it would be great to spend the day planning celebrations

What would you do with a completely free day? Read the Sunday NY Times cover to cover

If you could have dinner with anyone, who would it be? My dad. I miss him terribly.

What would be your dream vacation? Traveling Wine Country in Italy and France

If you won the lottery, what’s the first thing you’d buy? A beach house on Captiva Island

Play Day Golf Results

Thanks to all who made possible the department golf play day on May 5. Below are this year’s winners, although surely that “winner” title could apply to anyone who spent a lovely Thursday out at UNC Finley.

Drumroll please ....

Overall winners

1st place – 54 Beth Miller, Andrew Calder, John Inman
2nd place – 56 Mark Steffer, Carl Oliveira, Mark Nusbaum, Danny Gourley
3rd place – 56 Trey Parnell, Richie Grimsley, Brandon Fanney
4th place – 56 Mark Yackel, Jason Freeman, Chris Luke
5th place – 57 Marcus Berry, Gary Sobba, Steve Sisa, Jen Ketterly

Contests

Closest to the pin on 5: Tyler Churchill
Closest to the pin on 8: Joe Holladay
Closest to the pin on 12: Scott Oliaro
Closest to the pin on 14: Tyler Churchill
Long drive on 15 (women): Kaye Chase
Long drive on 13 (men): Jeff Shepherd
Best Drink Cart Driver: 1st place tie to Joyce Dagleish, Kathy Dutton and Kent Pennington

Durham Announces Retirement

On April 20, Hall of Fame broadcaster Woody Durham announced his retirement after 40 years as the play-by-play Voice of the Tar Heels. Durham has called play-by-play on more than 1,800 football and men's basketball broadcasts since 1971.

A 1963 graduate of the University of North Carolina, Durham is a 13-time recipient of the North Carolina Sportscaster of the Year Award. He is a member of the North Carolina Sports Hall of Fame, the North Carolina Broadcasters Hall of Fame, the Stanly County Sports Hall of Fame and the Mebane Sports Hall of Fame.

He has received a distinguished service medal from the UNC GAA for outstanding service to the University and the alumni association; the William R. Davie Award, given by the UNC Board of Trustees to recognize extraordinary service to the University; the Skeeter Francis Award for special service to the Atlantic Coast Conference; the Russell Blunt Legends Award from the North Carolina High School Athletic Association for being a true legend in athletics; the Lindsey Nelson Outstanding Sportscaster Award from the All-American Football Foundation; with his wife of 47 years, Jean, the Outstanding Service Award from the Lineberger Comprehensive Cancer Center Board of Visitors; a Priceless Gem from UNC Athletics; and a Distinguished Service Award from the NCHSAA.

Durham was born in 1941 in Mebane and grew up in Albemarle. He was sports director at WUNC while attending Carolina, sports director at WFMY-TV in Greensboro from 1963-77 and at WPTF-TV in Raleigh from 1977-1981. Since 1981, he worked for the Tar Heel Sports Network with ViCom Inc. of Chapel Hill and Learfield Communications Inc. of Jefferson City, Mo.

Thank you, Woody, for your 40 years of service to UNC!
State Health Plan Enrollment

Annual enrollment for the State Health Plan begins May 9 and continues through June 8. Following is important coverage details and information that all State Health Plan members need to know. You should received registration materials at your home address, but also can download them here: http://shpnc.org/hrb-enrollment-mats/ae-kit-2011.pdf.

The University’s enrollment website will open May 9. While enrollment continues through June 8, employees are encouraged to make their changes prior to May 24; otherwise, retroactive payroll deductions may be incurred as a result of any changes between May 24 and June 8.

ALL members with the State Health Plan as their primary health coverage will be moved to the 70/30 Basic plan, effective July 1. If members choose to remain on the Basic plan, no action is required unless members need to add or remove dependents. Access the University’s enrollment website from the OHR website at http://hr.unc.edu/benefits/benefits-enrollment/CCM3_027450.

Here are important points about this year’s enrollment:

• Enrollments must be completed online; no paper forms will be accepted.
• You cannot enroll until May 9.
• You may enroll adult dependents, up to age 26, who are not eligible for their own employer-sponsored health coverage; regardless of student status, marital status or residential status.
• Employees must complete the questions concerning tobacco products and body mass index (BMI) to be eligible to re-enroll in the PPO Standard plan.
• Effective July 1, there will no longer be any pre-existing condition waiting periods for subscribers and/or dependents under the age of 19 enrolling in the State Health Plan for the 2011-2012 benefit year.
• On July 1, the State Health Plan will begin covering hearing aids and fittings for members 22 years of age and younger. A member can receive one hearing aid per hearing-impaired ear up to $2,500 once every three years. This benefit is subject to your deductible and coinsurance.
• The tobacco cessation component of the Comprehensive Wellness Initiative went into effect July 1, 2010, and the weight management component will go into effect July 1, 2011.

The State Health Plan requires that all members start in the 70/30 Basic plan and must qualify for the 80/20 Standard plan. If members wish to enroll in the 80/20 Standard plan, they must complete an Attestation Form declaring that they and, if applicable, their covered dependents:

• Do not use tobacco and have a Body Mass Index (BMI) less than 40
• Qualify for exemption due to participation in a tobacco cessation program and/or weight management program, or have a medical condition that prevents the member from obtaining a healthy weight.

Please note this does not apply to Medicare primary subscribers and their dependents.

The Attestation Form is a legally binding document that all employees must complete to enroll in the 80/20 Standard plan.

If a member does not take action during annual enrollment, they will remain in the 70/30 Basic plan for the 2011/2012 benefit year.

Members claiming an exemption due to participation in a tobacco cessation program or weight management program, or due to a medical condition that prevents the member from obtaining a healthy weight must complete a physician certification form. The completed form must include a physician, nurse practitioner or physician assistant's dated signature or be obtained through QuitlineNC.

Members should keep the original, completed certification form for their records, as the Plan may request it at any time. The start date of the program on the physician certification form must be on or before July 1, 2011.

ENROLLMENT

Like last year, all enrollments will be completed online. This year, however, you will use your Onyen and password to sign on to the enrollment website. This is different from the login instructions provided in the enrollment booklet.

To obtain an Onyen, go to the following link: https://onyen.unc.edu/cgi-bin/unc_id/services. Call 962-HELP if you have login problems. For technical support once logged into the system, call 866-822-8688.

RETIREES (June 1 and July 1)

Pre-Medicare employees scheduled to retire either June 1 or July 1 will need to take the following action:

• June 1 retiree: complete the Attestation process through the Retirement System's ORBIT site, or download the form and mail it to Retirement System.
• July 1 retiree: follow the instructions given above to June 1 retirees, as well as log into http://unc.hrintouch.com using your Onyen and password and complete your elections for July 1.

Additional retiree instructions can be found at the OHR website link above.

COMPREHENSIVE WELLNESS INITIATIVE SUPPORTS

NC HealthSmart, a State Health Plan initiative, offers a variety of resources to address concerns about tobacco use and weight management.

• QuitlineNC offers tobacco cessation coaching and free over-the-counter generic nicotine replacement therapy patches to members, subject to specific limitations. 1-800-QUIT-NOW (1-800-784-8669). QuitlineNC is available 8 a.m. to 3 a.m., seven days a week, in English and Spanish.

In addition, a completed Physician Certification Form can be obtained from QuitlineNC free of charge.

Prescription medications for tobacco cessation, including patches, are covered. One-on-one counseling for tobacco use is also covered.

• For weight management concerns, the Plan covers four visits per year for an in-network dietitian for primary care copay. Members with diabetes receive six free visits per year. In addition, FDA-approved weight management medications and certain medical procedures, including bariatric surgery, are covered. Restrictions do apply.

QUESTIONS

For detailed information on annual enrollment, the Comprehensive Wellness Initiative and additional resources and supports available to members, please visit the Benefits website at http://hr.unc.edu/benefits/benefit-plans/health-insurance/index.htm or call Benefit Services at 962-3071.

Please direct newsletter comments, suggestions, corrections and/or submissions for future issues to Dana Gelin at dgelin@unca.unc.edu or 962-0083
Food for Less in the Summertime

May 6 marked the final day that dining halls will be open for the spring semester. Starting May 10th Lenoir Mainstreet will be open again and will offer a 10 percent discount to all members of the Carolina Employee Express Plan. Just present your one card at the checkout. This discount will only be available at Lenoir Mainstreet and will be good during summer operating hours only.

In addition, whenever Rams Head Dining Hall is open for Orientation (CTOPS) this summer you will receive a 30 percent discount on meals purchased. Summer Orientation begins on June 2nd and is held on Monday/Tuesday, Thursday/Friday and runs through July. Check Rams Head Dining Hall for those hours or check the Carolina Dining website at http://www.dining.unc.edu/.

To sign up for the Carolina Employee Express Plan, go to: http://www.onecard.unc.edu/WhatYourCardCanDo/Employee-ExpressPlan.aspx

Mark Your Calendar:

Blood Drive June 7

Every two seconds, someone in the U.S. needs blood. In fact, more than 38,000 blood donations are needed every day. Those facts underscore the importance of the 23rd annual Carolina Blood Drive on Tuesday, June 7, from 7 a.m. to 6 p.m. in the Dean E. Smith Center.

Door prizes given randomly during the day will include UNC football and basketball tickets. After giving, donors may choose from pizza, cookies, sandwiches and more, and will receive commemorative 23rd anniversary T-shirts donated by UNC Student Stores and the American Red Cross. Presenting donors are automatically registered to win one of two pairs of round-trip Delta Air Lines tickets sponsored by the Carolinas Region of the American Red Cross.

Please take time out to help patients who so desperately need you. Time spent donating is considered work time with permission from a supervisor.

For details, the on-line registration form, donor eligibility, transportation plans and information on donating double red cells, visit:

www.unc.edu/blood or dial 96-BLOOD (962-5663).

Traditionally, blood donations drop in the summer due to vacations and school breaks. And hereabouts, habitual UNC student donors are away. Unfortunately, the need for blood often increases at the same time because of travel-related injuries.

By participating in the Carolina Blood Drive, you will not only represent the University’s concern for local hospital patients, but also you will help save the life of someone in need.

Note: When registering at unc.edu/blood, please note that you work in Athletics and list Brenda Haithcock as our department recruiter.

Dial “7” for a Line

Beginning April 30, dial “7” instead of “9” to make an outside call from a campus landline.

The change, which affects both University and UNC Health Care System landlines, is designed to reduce misdialed or hang-up 911 calls, saving both time and money.

Whenever the University’s emergency dispatchers receive an unintentional 911 call, they have to verify that there is no true emergency. If the caller stays on the line, the dispatcher can talk with the person to determine that he or she is safe. For hang-up calls, however, we have to dispatch a Department of Public Safety officer to locate the caller and confirm that he or she is safe.

Every year, we receive nearly 4,900 mistaken 911 calls at an annual cost of more than $48,000. Changing the dial-out prefix to “7” should substantially reduce these calls - and the cost associated with them - and allow our public safety officers to focus on genuine safety situations. Our colleagues at N.C. State University have seen a 70 percent drop in mistaken 911 calls since they changed the dial-out prefix there two years ago.

The Department of Public Safety, in conjunction with ITS Communication Technologies, has worked with AT&T to implement the change for Carolina.

To give people time to adjust to dialing “7” instead of “9,” there will be an overlap period in which both numbers will work.

Besides landlines, other services that could be affected include alarm systems, fax machines, pagers, speed dialing, telephone forwarding, automated dial-out programming on lab equipment, the auto-dial feature on Centrex digital phones, overflow routes for telephone rollover configurations and automatic/uniform call distribution (ACD/UCD) applications.

ITS Communication Technologies is working directly with people who have automated equipment that relies on a dial-out prefix so they can be notified to reprogram their equipment.

Information about the change is posted at http://its.unc.edu/CommTechnology/Dial7AccessCodeChange. People with questions can call 962-HELP and select the option for telephone requests or they can submit questions to dial7@unc.edu.

The dial-out prefix change is part of Carolina Counts, the University-wide initiative to improve the efficiency of campus operations and reduce administrative costs, based on key recommendations from the 2009 Bain & Company study. Carolina Counts plays a key role in the University’s budget strategy.

Upcoming University Dates

Classes begin for first summer session and Maymester:

May 10
Maymester classes end: May 25
Maymester exams: May 27
Memorial Day holiday: May 30

Summer session I classes end: June 14
Summer session I exams: June 13, 14

Summer session II classes begin: June 16
Independence Day holiday: July 4
Summer session II classes end: July 19
Summer session II exams: July 21, 22

Athletic Department Newsletter • May 2011 • Page 5
CHAPEL HILL, N.C. - University of North Carolina student-athletes, coaches, administrators and staff gathered Monday evening at the Dean E. Smith Center to celebrate the successes of the 2010-11 school year at the annual All-Sports Banquet. The event includes all 28 of Carolina's varsity teams, which encompass nearly 800 Tar Heel student-athletes.

“This banquet gives us the opportunity each year to recognize and thank our student-athletes for the first-class way they represent UNC and the many ways they make us proud,” said UNC Director of Athletics Dick Baddour. “The victories and championships get a lot of well-deserved attention throughout the year, but our students’ contributions are so much broader. They also shine academically and in the community and tonight is a chance for us to salute all of those accomplishments.”

The banquet was highlighted by the announcement of several department and conference honors:

**Mildred McCaskill Award:** Ali Hawkins (women's soccer), Ryan Flanagan (men's lacrosse), Joe Kinderwater (men's swimming and diving)

This award recognizes student-athletes who demonstrate excellence in athletics, scholarship and service to the community. Traditionally, one male and one female are honored, but this year there were male co-recipients for the first time ever. The award is named for Mildred McCaskill, a strong supporter of the UNC athletic programs. Her sister-in-law, Carol McCaskill, presented the awards, along with the Rams Club’s Sue Walsh.

**ACC Top Six for Service Awards:** Jordan Allyne (women's golf), Allison Barnes (women's swimming), Sam Ellis (football), Leah Kosow (rowing), Meredith Newton (women's lacrosse), and the Carolina Dream Team (Pamela Boneparth, women's soccer; Logan Corey, men's lacrosse; Haley Hemm, women's tennis; Chase Jones, baseball; William Leighton-Armah, men's lacrosse; Meghan Lyons, field hockey; Katie Lutz, women's soccer; and Kristine Welsh-Loveman, women's soccer)

These awards are presented to student-athletes who demonstrate dedication and commitment to community service and outreach programs.

**ACC Senior Scholar Awards:** Meredith Newton (women's lacrosse) and Andrew Rotz (men's track and field)

This award goes to one male and one female student-athlete from each ACC school who demonstrate the highest excellence in academics and athletics

**John Lotz Award:** Bryant Gaines (baseball) and Kaitlin Williamson (women's fencing)

The award is given to the student-athlete who best exemplifies the spirit of the late John Lotz, who served as UNC's Assistant Athletic Director of Campus and Community Relations and also was an assistant basketball coach for the Tar Heels. Recipients have succeeded under adverse circumstances, overcoming difficulties while maintaining a positive attitude.

Also recognized were recipients of several honors previously announced:

- Ryan Flanagan (men's lacrosse) was recognized as the recipient of the Tatum Award, a University honor presented to a student-athlete who has performed with distinction in his or her sport and who has contributed to the campus through participation in outreach activities.
- Five student-athletes were inducted into Phi Beta Kappa honorary society during 2010-11. They are Rebecca Crabb (women's soccer), Katura Harvey (women's swimming and diving), Ali Hawkins (women's soccer), Brittany Walsh (rowing) and Kara Wright (gymnastics).
- An outstanding member of each team was honored with the Athletic Director's Scholar-Athlete Award. Recognized for 2010-11 were: Eddie Ababio (men's soccer); Kyle Baker (men's tennis); Jessica Breland (women's basketball); Theresa Diamond (gymnastics); Elizabeth Drazdowski (field hockey); Jenia Durisic (women's tennis); Ryan Flanagan (men's lacrosse); Bryant Gaines (baseball); Katura Harvey (women's swimming and diving); Ali Hawkins (women's soccer); Daniel Helena (wrestling); Christine Johnson (women's track and field); Joe Kinderwater (men's swimming and diving); Peter Mangum (football); Brittany McKinney (softball); Meredith Newton (women's lacrosse); Jarrett Rodrigues (men's fencing); Mateo Sossah (men's track and field); Sarah Thed (women's golf); Hannah Thurman (women's fencing); Christine Vaughten (volleyball), Brittany Walsh (rowing); Henry Zaytoun III (men's golf); and Tyler Zeller (men's basketball).

The evening began with a stirring highlight video by UNC's New Media department, followed by remarks from Baddour; senior women's golfer Jordan Allyne, who serves as president of the Student-Athlete Advisory Council; and Lissa Broome, the Faculty Athletics Representative and a professor in the UNC School of Law.

The highlight video included recognition of All-America and All-ACC honorees for 2010-11, as well as recognition of teams that have won conference titles during the school year. The loudest cheers were for the Carolina women's golf team, which barely 24 hours earlier won the ACC title for the first time since 1992.