Voluntary Summer Workouts
For Student-Athletes

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, Women’s 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 compliance purposes.

Give Blood, Give Life!

Every two seconds, someone in the U.S. needs blood. That someone could be your family member or friend at any given moment. In fact, more than 38,000 blood donations are needed every day. Those facts underscore the importance of the 24th annual Carolina Blood Drive on Tuesday, June 5, from 7 a.m. to 6 p.m. in the Dean E. Smith Center. With only 142 appointments on the schedule, we need donors to sign up to give the gift of life to meet our 1000 unit goal. For details, online registration, donor eligibility and information on donating double red cells, visit www.unc.edu/blood, or dial 919-493-3551, ext. 380 for an appointment.

Door prizes will include UNC football and basketball tickets, an autographed basketball and football. Those who come out to donate will receive a 24th anniversary Carolina Blood Drive t-shirt donated by the American Red Cross. After giving, donors may choose from delicious refreshments provided by local businesses including pizza, sandwiches, cookies and more. Eligible Double Red Cell donors will also receive an American Red Cross tumbler cup. In addition, presenting donors are automatically registered into a regional promotion to win a $1,000 gift card sponsored by the Carolinas Blood Services Region of the American Red Cross.

Please take time out to help patients who so desperately need you and help spread the word about this drive. Time spent donating if you are a UNC-Chapel Hill employee is considered work time with permission from a supervisor. Parking will be free.

Thanks on behalf of the recipients of this precious gift of life,

The Carolina Blood Drive Committee
Warm Welcome

• Jenny Keim Johansen has joined the UNC swimming and diving staff as the Tar Heel diving coach. A two-time Olympian, she comes to Chapel Hill after having served as the diving coach at NC State for the past four years. Prior to that, she was an assistant coach at Duke.

Johansen represented the United States at the Olympics in both 1996 in Atlanta and 2000 in Sydney, Australia. She is a 2002 alumna of the University of Miami where she was an honors graduate with a Bachelor of Arts degree in political science. “I am very excited to join the Tar Heel family,” Johansen said. “The UNC swimming and diving program has a long and rich history of success and I am excited for the opportunity to be a part of its future.”

Her husband, Drew, is the diving coach at Duke. They have one daughter, Lina Mei.

Welcome, Jenny!

Fond Farewell

• As we welcome Jenny, we say goodbye to Kevin Lawrence, who is departing Chapel Hill after 10 years as the Tar Heel diving coach.

And he’s not just moving to a new pool: Kevin’s next position will be as a Peace Corps volunteer in Mongolia.

All the best to Kevin as he heads off on this great adventure!

HAPPY BIRTHDAY IN MAY TO ...

Mark Knowles
Outdoor Facilities
May 1

Larry Gallo
Director’s Office
May 2

Jayne Barnwell
Rams Club
May 4

Willie Scroggs
Director’s Office
May 5

Jeff Negalha
Men’s Soccer
May 7

Jason Beaulieu
Strength & Conditioning
May 10

Bubba Cunningham
Director’s Office
May 12

Don McCauley
Rams Club
May 12

Bobby Hundley
Athletic Communications
May 14

Dave Lohse
Athletic Communications
May 14

Trey Parnell
Outdoor Facilities
May 14

Mark Steffer
Finley Golf Course
May 14

Casey Carrick
Outdoor Facilities
May 16

Emily Boone
Rams Club
May 17

David Schmidt
Athletic Communications
May 18

Cary Kolat
Wrestling
May 19

Nadia Lynch
Men’s Basketball
May 21

Jaime Lee
Student-Athlete Services
May 23

Scott Oliaro
Sports Medicine
May 23

Patrick Myers
Men’s Lacrosse
May 26

Nick Fulton
Rams Club
May 27

Pamela Holt-Higley
Swimming & Diving
May 27

Ken Mack
Rams Club
May 28

Mary Ellen Bingham
Sports Nutrition
May 29

HAPPY BIRTHDAY IN JUNE TO ...

Neal Harrell
Rams Club
June 1

Darryl Sanders
Football Office
June 1

Chuck Ward
Outdoor Facilities
June 2

Jones Angell
New Media
June 3

Bobby Ellis
New Media
June 4

Eric Biener
Strength & Conditioning
June 7

Curt Grossman
Smith Center Complex
June 9

Rodney Morris
Outdoor Facilities
June 9

Jaci Field
Outdoor Facilities
June 10

Michael Beale
Sports Marketing
June 13

Davy Cockman
Outdoor Facilities
June 13

Tyler Adams
Volleyball
June 14

Brian Bersticker
Ticket Office
June 14

Jason Andrews
New Media
June 16

Dan Hooker
Sports Medicine
June 16

Lance Markos
Compliance Office
June 16

Knox Pollard
Director’s Office
June 19

Josh Webb
Men’s & Women’s Fencing
June 19

Sara Anundsen
Women’s Tennis
June 21

Grant Fulton
Field Hockey
June 21

Meredith Petschauer
Sports Medicine
June 21

Brittany Renn
Finley Golf Course
June 22

Nate Hilton
Outdoor Facilities
June 25

Jane High
Women’s Basketball
June 26

Kathy Griggs
Director’s Office
June 29

Beth Lyons
Student-Athlete Services
June 30

And a special note to Dr. Tim Taft, whose April 30th birthday was omitted from the last issue. So sorry, Dr. Taft! Hope you had a great day!
FAMILY PICNIC FUN!
As always, the Family Picnic was a great success. Held May 4 at Eddie Smith Field House, the younger members of our department enjoyed themselves on various bouncy things and everyone enjoyed the barbeque. Above, Ella Smith (5) helps little brother Tyler (1) take a trip down the slide. Parents Kristin and Tim Smith (Rams Club) and sister Sienna (4) also had fun!
At right, Carlos Somoano (men’s soccer) with wife Martina, daughters Sofia and Gabriela and son Sasha.
Thanks to Jaci Field, Stacey Harris, Beth Miller, Mark Gaines and Randy Morris for the hard work that made such a fun evening possible!

Play Day Results: Congrats to all the winners!

Contest Winners:
Closest to the pin #5: Dick Baddour
Closest to the pin #8: Eric Stefanski
Closest to the pin #12: Tych Cowdin
Closest to the pin #14: Lance Markos

Longest Drive (Men, #13): Tych Cowdin
Longest Drive (Women #15): Donna Papa

Scramble Results:
51: Bill Palladino, Anson Dorrance, Chris Ducar, Mia Hamm
53: Frank Maynard, Robert Costa, Gary Stec, Carl Boxberger
54: Brown Walters, Curt Brossman, Michael Crowe, Brandon Fanney
54: Randy Morris, Patrick Marsh, Mark Gaines, Trey Parnell
55: Dick Baddour, Johnny Cake, Jack Evans, Larry Gallo
55: Mike Perkins, Aaron York
55: Steve Miller, Donna Papa, Mick Hokanson, Nathan Thorp
55: Shelley Johnson, Brent Blanton, Spencer Welborn, Nate Yarbrough
56: Jon Wilson, Dan Clayton, Kevin Best, Dave Schmidt
57: Nicole Fava, Kelly Waicus, Terri Jo Rucinski
57: Danny Gourley, Mark Steffer, Carl Olivera, Mark Nusbaum
57: John Brunner, Brian Bersticker, Shane Parrish, Jason Steinberg
57: Beth Miller, Andrew Calder, Billy Lee, Tom Brickner
58: Guy Cathro, Karen Shelton, Willie Scroggs, Grant Fulton
58: Clint Gwaltney, Joe Holladay, Eric Hoots, Steve Robinson
58: Matt Jednak, Josh Webb, Bobby Gilmore, Redell Miller
59: Grant Porter, Tony Tucker, Jeff Shepherd, Rachel Penny
59: Brian Stalling, Casey Carrick, Joe Hunt, Andrew Congelli
59: Christopher Luke, Mark Yaekel, Travis Hipp, Keith Hecken-dorf
the purpose or 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.

New Legislation for Men’s Basketball - Summer Workouts

• Men’s Basketball student-athletes CAN be required to participate in eight weeks of weight training, conditioning, and skill instruction during the summer. Participation is limited to eight hours per week, of which no more than two hours may be spent on skill instruction.

• This participation can only take place during the institution’s summer term(s) in which the student-athlete is enrolled. Incoming freshman are allowed to take part in this participation only if they, too, are enrolled in summer school.

• If current student-athletes are not enrolled in summer school, they can participate if they meet the applicable criteria below:
  – Rising Sophomores: Present a 2.2 GPA and successfully completed 30 semester hours
  – Rising Juniors: Present a 2.2 GPA and successfully completed at least 50 percent of degree requirements
  – Rising Seniors: Present a 2.2 GPA and successfully completed at least 75% of degree requirements