**Compliance Office**

**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.

**Adios to Kenan Field House**

Once again, the Department of Athletics is on the move, with residents of Kenan Field House headed for parts near and far. (OK, not that far.)

A rundown:

**Athletic Business Office**: Now located at 216 Finley

**Academic Support Program**: Moving to the fourth floor of the Kenan Stadium North Box on May 10

**Student-Athlete Development**: Moving to the fourth floor of the Kenan Stadium North Box on May 10

**Men’s Lacrosse**: Moving to 216 Finley at the end of May

**Sports Medicine**

**Grand Opening of the Stallings-Evans Sports Medicine Center**

As of mid-April, the new Stallings-Evans Sports Medicine Center opened for service for all of our student-athletes and general student population. This new state of the art facility has over 10,000 square feet of operational space. The clinical space alone is over 5,000 square feet, which is more than twice as much as the total for the previous facility. Cutting-edge modalities and rehabilitation equipment will be offered for injury prevention, management and rehabilitation. In addition there is also a 1,000-square-foot hydrotherapy room containing both hot and cold plunge pools, as well as a Hydroworx exercise pool containing an underwater treadmill. This building provides space to serve as a clinical learning space for our graduate and undergraduate athletic training students as well as injury prevention research and laboratory.

This is truly a great addition to the sports medicine department and the University. A combined effort from the departments of athletics, campus health and student affairs, it is a place that we all can be proud of. We want to thank all that have helped make this facility possible. This facility is truly a representation of the excellence expected from the University of North Carolina. We invite you to stop by and take a look.
DEPARTMENT NEWS

• Out at UNC Finley, Gary Stec has been hired as the new admin support associate. Gary has been working at UNC Finley for a few years on a part-time basis. Welcome to FULL TIME Gary!
• Beth Lyons has joined the Academic Support Program staff as a learning specialist. Already on campus, she spent the last 2.5 years as a learning specialist in the Academic Success Program for Students with LD/ADHD. She and her family (husband Sean and sons Spencer and Haydn) moved to Chapel Hill from Saratoga Springs, N.Y., three years ago.

Welcome to Athletics, Beth!

• Campus News

Carolina Blood Drive
June 8, 7 a.m. to 6 p.m. at the Smith Center

It's almost time for blood donors at UNC and in the Chapel Hill community to reclaim our title as one of the largest single-site, single-day American Red Cross Blood Drives on the East Coast.

The 22nd annual Carolina Blood Drive (www.unc.edu/blood) is set for Tuesday, June 8, from 7 a.m. to 6 p.m. in the Dean E. Smith Center. Our goal: to collect more than 1,060 units of blood in one day.

We lost our title the past two years, when Appalachian State University rose to the Carolina Blood Drive challenge and collected more than 1,000 units of blood in one day - 1,060 in 2007 and 1,003 in 2008. The last time UNC-Chapel Hill broke the 1,000-unit mark was in 2004, with 1,033. That record stood until 2007.

In 2009, the Carolina Blood Drive collected 976 units, 24 shy of the 1,000 mark.

Attention Tar Heel donors: We cannot let Appalachian’s record stand. Let’s collect more than 1,060 units and take back our title! Beat ASU at this year’s Carolina Blood Drive.

As you sign up for the blood drive (and thanks for doing so!), please be sure to note that you're from athletics and that our department recruiter is Brenda Haithcock. If you have questions, contact Brenda at 962-9147 or bhaithcock@unca.unc.edu.

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
Don McCauley Rams Club May 12
Bobby Hundley Athletic Communications May 14
Trey Parnell Outdoor Facilities May 14
Mark Steffer Finley Golf Course May 14
Emily Cozart Rams Club May 17
Nadia Lynch Men’s Basketball May 21
Jaimie Lee Student-Athlete Services May 23
Pat Myers Men’s Lacrosse May 26
Pamela Holt-Higley Football Office May 27
Brianna Apple Sports Marketing May 27
Ken Mack Rams Club May 28

High Fives
Welcome to a new newsletter feature, intended to recognize those in our midst who do things, both large and small, worthy of celebration. If you know of someone in our department deserving of a High Five, please send information to Dana Gelin (dgelin@unc.edu).

High Five to: Robert Costa, First Assistant Golf Professional at UNC Finley, who has just finished his apprenticeship with the PGA of America and is now a PGA member. Congrats Robert!

High Five to: Bill Guthridge (Men’s Basketball), who will be honored on May 20 as the Boy Scout Distinguished Citizen Award recipient for Orange County. The award is presented to a citizen who has distinguished himself/herself professionally and civically. Coach Guthridge is most deserving of this award and has served UNC and Chapel Hill in a first class manner.

High Five to: Bobby Hundley (Athletic Communications), who worked with great sensitivity and care in handling media requests for women’s basketball senior Jessica Breland, who is dealing with cancer. A number of national media outlets wished to tell her story. Bobby dealt with the requests, worked with Jessica, her family and the basketball staff in selecting media with whom Jessica would visit, helped her create a strategy to deal with the questions and provided her with strong support. The stories were quite moving and told Jessica’s story in a responsible and informative way.

Don’t Forget!
• May 5: Department Playday
• May 7: Department Picnic

Athletic Department Newsletter • May 2010 • Page 2
Jeff Negalha
• Assistant Coach, Men’s Soccer

Education: University of South Carolina Spartanburg; Bachelor of Science, Interdisciplinary Studies with a concentration in Physical Education.
Family: Father-Adelino (60), Mother-Eduarda (59), Brother-Danny (37), Nieces-Alessandra (8), Nephews-Daniel (5) and Tomas (2).

Athletic background: Played baseball, basketball, and soccer growing up. Attended and played soccer at Massasoit Community College (1994-95) and USC Spartanburg (1997-98).


Years in current position: Six

Job description: Assist in all aspects of the program such as recruiting, coaching, goalkeeper coaching, alumni relations, annual banquet, game-day management, team travel, equipment and anything else that needs to be done.

What is something about your job that other people would be surprised to know? The size of the NCAA manual, and all the rules.

What’s the best thing about your job? Coaching, recruiting, interaction with our guys and watching them develop on and off the field.

Favorite pastimes: Watching soccer on television. I also enjoy relaxing with family and friends. I’m a big fan of the water so when I can, I like to visit the beach or a lake.

Favorite restaurant: Squid’s
Favorite book: Wooden: A Lifetime of Observations and Reflections On and Off the Court
Favorite TV show: Entourage

Last movie you saw and grade you’d give it: The Blind Side – A+

A fun fact about you: I am fluent in Portuguese.
Biggest pet peeve: Hypocrisy

Dream job: Professional soccer coach in Europe

Greatest athletic achievement: The 1998 Division II National Championship. It was our only loss of the year, but I had a great experience with my teammates.

What would you do with a completely free day? Get a massage, and spend time at the beach or a lake with my family.

If you could have dinner with anyone, who would it be and why? Barack Obama, because he is the leader of our free world, and he seems to be a person who is very genuine and candid.

What’s a little-known talent that you have? I can dance various styles.

What would be your dream vacation? The 2014 World Cup in Brazil

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

Pamela Holt-Higley
• Executive Assistant to Football Coach Butch Davis

Born and raised: Columbus, Ohio
Education: Associate Degree in Secretarial Sciences
Family: Widowed with one married daughter, Amanda, who is an architect in Charlotte

Athletic background: WOW! I was anything but a jock growing up. I did play softball, took dance, and in high school was a member of our drill/dance team. Currently, I take pilates classes three times a week and try to walk throughout the neighborhood, weather permitting.

Before your current position: I’ve spent the majority of my career in the administrative support area working for executives of several Fortune 500 companies. I also provided travel management and meeting/event planning for corporations for a number of years.

Years in current position: Three (since January of 2007)

Job description: What a loaded question! Beyond the typical administrative support duties, I do whatever Coach Davis or our program needs me to do. I was once told that the primary function of my job was to do anything and everything I could to ensure that Coach could focus on football and winning games. I accepted that responsibility seriously and have maintained that as my primary objective as his assistant at UNC.

What is something about your job that other people would be surprised to know? I got my start in "sports" by working for Coach Davis while he was the head coach of the Cleveland Browns . . . what an awesome experience!

What’s the best thing about your job? I absolutely love the people I work with! Because of our leadership, it’s the most positive work environment and one that truly recognizes all staff as members of the Team and that the work we do is crucial to the success of our program.

I also love our players. I never had a son, but since I’ve been here, I now have over 100. Their successes and challenges are as important to me as those of my daughter. They’re awesome guys!

Favorite pastimes: Spending time with my daughter, her husband, and my two four-legged grandsons (French bulldogs) is probably my most favorite pastime. I enjoy reading, working on my home, and unfortunately . . . shopping!

Favorite restaurants: Another loaded question . . . in Ohio: Skyline, Thai Orchid, Great Lakes Brewery (great food and brew), Don Tequila Mexican Restaurant, Donato’s Pizza, Chez Francois, Blue Point, and more. In Carolina: Maggiano’s, Shaba Shabu, Mama Dip’s, Ruth’s Chris, any place with great Eastern Carolina BBQ. Obviously, I enjoy food!

Favorite book: I don’t have a favorite book, but do have favorite authors: John Grisham, Robin Cook, Nora Roberts, Mary Higgins Clark, Patricia Cornwell, Nicholas Sparks, Karen Kingsbury, etc.

Favorite TV show: Glee

Continue on Page 5
Honor Roll

All-Sports Banquet Wrap-up

Student-athletes on UNC’s 28 varsity teams joined with coaches, administrators and staff at the Dean E. Smith Center on April 19 to celebrate the year’s successes. Although the crowd recognized conference and NCAA championship teams, the evening’s focus was on achievements out of uniform.

“As it always is, this was a great night” said Dick Baddour, Carolina’s Director of Athletics. “Our student-athletes make us so proud with their victories, but even more so with what they do in the classroom and within our community. Tonight was an opportunity to celebrate those parts of the student-athlete experience.”

Kara Wright (gymnastics) and Michael Jarvis (men’s lacrosse) were announced as recipients of the Mildred McCaskill Award, which is presented each year to one male and one female senior student-athlete who demonstrate excellence in athletics, scholarship and community service. Wright is a journalism major from Virginia Beach, Va. Jarvis is a business major from Richmond, Va.

Wright joined Bill Dworsky (men’s soccer) in being honored with the ACC Senior Scholar Award, which goes to one male and one female from each Atlantic Coast Conference school who demonstrate excellence in academics and athletics. Dworsky is an economics and comparative literature double major from Huntsville, Ala.

Jessica Breland (women’s basketball) received the John Lotz Award, 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. The award goes to a student-athlete who succeeds under adverse circumstances, overcoming difficulties while maintaining a positive attitude. Breland, a senior from Kelford, N.C., was diagnosed with Hodgkin’s lymphoma in May and sat out the 2009-10 season while undergoing treatment.

Six student-athletes were honored with the ACC Top Six for Service Award, which is presented to individuals at each conference school who have demonstrated dedication and commitment to community service and outreach programs. Tar Heels honored were Caroline Boneparth (women’s soccer), Heather Brooks (volleyball), Marcus Ginyard (men’s basketball), Vinny Pryor (men’s swimming & diving), JoAnne Rogers (rowing) and Kennedy Tinsley (football).

Boneparth is a senior from Lawrence, N.Y., who is working toward a double major in economics and journalism. Brooks, a senior from East Lansing, Mich., is majoring in communication studies.

Tar Heel Trio Honored By ACC

Three North Carolina student-athletes have been named as recipients of prestigious Atlantic Coast Conference postgraduate scholarships and were honored April 14 at a reception in Greensboro. Bill Dworsky (men’s soccer), Ashley Howard (women’s swimming and diving) and Anna Rodenbough (women’s soccer) were among 36 ACC student-athletes selected for the Weaver-James-Corrigan Award.

Dworsky is an economics and comparative literature double major from Huntsville, Ala.

Howard is an economics major from Durham, N.C.

Rodenbough is an applied sciences major from Greensboro, N.C.

The Weaver-James-Corrigan scholarships are awarded to selected student-athletes – three from each league institution – who intend to pursue a graduate degree following completion of their undergraduate requirements. Each recipient will receive $5,000 to contribute to their graduate education. Each recipient has performed with distinction in both the classroom and his/her respective sports, while demonstrating exemplary conduct in the community.

Looking Ahead

Reading Days: April 29, May 4
Exams:
April 30, May 1, 3, 5, 6, 7
Spring Commencement: May 9
Summer Session I begins: May 11
Holiday: May 31
Maymester Classes End/Exams:
May 27
SSI Classes End: June 11
SSI Exams: June 14, 15
Summer Session II begins:
June 17
SSI Classes End: July 20
SSI Exams: July 22, 23
Fall Semester Classes Begin:
Aug. 24

Please direct newsletter comments, suggestions, corrections and/or submissions for future issues to Dana Gelin at dgelin@uncaa.unc.edu or 962-0083
• Rams Club

Spring Thank-A-Thon

The Rams Club’s spring Thank-A-Thon included participation of student-athletes from football, field hockey, volleyball, men’s and women’s soccer, and women’s basketball.

Between the fall, winter and spring Thank-a-Thons, our student-athletes called well over 4,000 donors, as well as our Board of Directors and Board of Advisors. We are still receiving positive comments from donors about how special it is to either talk with or have a message from a student-athlete. All the credit certainly goes to our great group of student-athletes and their coaches.

• Human Resources

Upcoming Dates and Deadlines

May 4: Workplace Literacy Fair, 7-9 a.m. and 5-6 p.m., Cheek-Clark Building

May 5: Workplace Literacy Fair, noon-2 p.m., Bull’s Head Bookstore

May 7: Olympic Walking Challenge ends

May 14: Deadline to register for U-LEAD, University Leadership Education and Development (deadline extended)

• Go to: http://hr.unc.edu/training-development/specialized-programs/u-lead/index.htm or contact William Frey in OHR at 962-9685 or will_frey@unc.edu.

May 14: Employee Health & Fitness Day Fair, 11 a.m. to 1 p.m., Rams Head

• UNC-Chapel Hill employees are invited to celebrate National Employee Health and Fitness Day. Stop by the Rams Head Recreation Center (rain or shine) and receive free information and services from local and campus health and wellness organizations. Presented by the UNC Wellness Committee.

Continued from Page 3: Holt-Higley

Last movie you saw and grade you’d give it: In the theater it would have been New Moon with my daughter. Grade: D-.

A fun fact about you: I developed a unique business concept for and owned a dry cleaning business for several years and I was a Wendy’s franchisee with my husband.

Biggest pet peeve: People who can’t walk and chew gum at the same time, but try to talk on their cell phone while driving.

Dream job: Defensive lineman in the NFL!

What would you do with a completely free day?

Wake up when I wanted (without an alarm clock), read, go to the beach (Hanauma Bay, Hawaii or OBX), swim and soak up some sun, take a nap, go out for a casual, quiet seafood dinner with fruity cocktails and enjoy the company of dear friends!

If you could have dinner with anyone, who would it be and why?

My dad, who passed in 2002. I miss his humor and zest for life. Dad found pleasure in everything and those around him were assured of having a great time when Jim was around.

What would be your dream vacation?

A leisurely tour of the South Pacific with stops in Tahiti, Fiji, Tonga, and Australia.

If you won the lottery, what’s the first thing you’d buy?

A leisurely tour of the South Pacific with stops in Tahiti, Fiji, Tonga, and Australia!
The Carolina Leadership Academy celebrated UNC’s outstanding student-athlete leaders at its 2009-10 annual banquet, held April 12 at UNC’s Friday Center. In addition to honoring graduates of the Veteran Leaders and Rising Stars programs, the CLA recognized 19 recipients of the Tar Heel Leader of Distinction Award, the organization’s highest honor.

The Carolina Leadership Academy, the flagship program in collegiate leadership development, is now in its sixth year.

Tar Heel Leaders of Distinction for 2009-10 are Caroline Boneparth (women’s soccer), Kristen Carr (women’s lacrosse), May-Lynne Chen-Contino (women’s fencing), Illse Davids (field hockey), Kristi Eveland (women’s soccer), Katelyn Falgowski (field hockey), Danielle Forward (field hockey), Ali Hawkins (women’s soccer), Ashley Howard (women’s swimming and diving), Tina Jacob (gymnastics), Kyle Jolly (football), Christine Knauer (softball), Jason McLaughlin (men’s swimming and diving), Matt Merletti (football), Anna Roberts (softball), Jenn Russell (women’s lacrosse), Jennifer Sawicki (women’s fencing), Kristen Taylor (women’s lacrosse) and Kara Wright (gymnastics).

Boneparth, Hawkins, Jacob, Russell and Wright earned the honor for the second year in a row.

The evening began with remarks from Dick Baddour, UNC’s Director of Athletics and the driving force behind the program’s creation.

Freshman Alex McClelland, a member of the rowing team, delivered the CREED leadership reflection, representing first-year student-athletes, all of whom take part in the CLA’s leadership foundation program.

Thomas Wood, a sophomore on the men’s lacrosse team, spoke on behalf of the Rising Stars, a select group of sophomores and juniors that provides future leaders with insights, strategies and skills to help them as they seek to become effective leaders.

Casey Burns, a senior on the field hockey team, spoke on behalf of the Veteran Leaders, the program for team captains and leaders at the highest level.

John Blanchard, Senior Associate Director of Athletics, served as the evening’s emcee and introduced Tar Heel Leader of Distinction winners.

Jeff Janssen, Co-Director of the CLA, shared remarks entitled “Discovering and Giving Your Gift of Leadership”.

As the nation’s premier leadership development program in collegiate athletics, the Carolina Leadership Academy develops, challenges and supports student-athletes, coaches and staff in their continual quest to become world-class leaders in athletics, academics and life.

2009-10 Carolina Leadership Academy Veteran Leaders

Jordan Allyne (W. Golf)  Sean DeLaney (M. Lacrosse)  Eric Hsieh (M. Fencing)  Kevin Owen (Wrestling)
Kyle Baker (M. Tennis)  Teri Diamond (Gymnastics)  Chris Hunt (M. Lacrosse)  Megan Owens (Volleyball)
Ed Baldwin (M. Track/Field)  Brian Doran (M. Track/Field)  Tina Jacob (Gymnastics)  Caleb Pardue (M. Fencing)
Billy Bitter (M. Lacrosse)  Andi Drabot (Rowing)  Jeff James (M. Swim/Dive)  Margaret Pentrack (W. Golf)
Caroline Boneparth (W. Soccer)  Jelena Durisic (W. Tennis)  LaToya James (W. Track/Field)  Zack Pianalto (Football)
Meghan Bosica (W. Lacrosse)  Kristi Eveland (W. Soccer)  Christine Johnson (W. Track/Field)  Matt Raudenbush (M. Golf)
Heather Brooks (Volleyball)  Katelyn Falgowski (Field Hockey)  Kyle Jolly (Football)  Anna Roberts (Softball)
Hank Browning (M. Swim/Dive)  Ben Fiacco (Wrestling)  Joe Kindewater (M. Swim/Dive)  Jarrett Rodrigues (M. Fencing)
Casey Burns (Field Hockey)  Ryan Flanagan (W. Soccer)  Meghan Klingenberg (W. Soccer)  Jenn Russell (W. Lacrosse)
Eliza Butts (W. Swim/Dive)  Daniella Forword (Field Hockey)  Christine Knauer (Softball)  Jennifer Sawicki (W. Fencing)
Kristen Carr (W. Lacrosse)  Riley Foster (Field Hockey)  Melissa Litschi (W. Fencing)  Jeremy Shaw (Wrestling)
May-Lynne Chen-Contino (W. Fencing)  Bryant Gaines (Baseball)  Zach Loyd (M. Soccer)  Megan Steeves (W. Swim/Dive)
Alison Clemons (W. Swim/Dive)  Gabrielle Giaia (W. Track/Field)  Katie Lutz (M. Soccer)  Kristen Taylor (W. Lacrosse)
Patience Coleman (W. Track/Field)  Rachel Givan (W. Soccer)  Chase MacFarland (M. Golf)  Kirk Urso (M. Soccer)
Charles Cox (M. Track/Field)  Ryan Graepel (Baseball)  Chris Madalon (M. Lacrosse)  Matthew Villemain (M. Track/Field)
Andrew Crane (M. Tennis)  Kelsey Grich (Rowing)  Brittany McKinney (Softball)  Brittany Walsh (Rowing)
Adam Cunningham (M. Track/Field)  Brooks Haggerty (M. Soccer)  Jason McLaughlin (M. Swim/Dive)  Katie Williamson (W. Fencing)
Illse Davids (Field Hockey)  Caroline Hartmann (W. Swim/Dive)  Megan McMullin (Rowing)  David Winer (M. Fencing)
Austin Davis (M. Track/Field)  Katura Harvey (W. Swim/Dive)  Matt Merletti (Football)  Martina Wood (W. Basketball)
Zack Dawson (M. Track/Field)  Ali Hawkins (W. Soccer)  Erin Mikula (W. Soccer)  Kara Wright (Gymnastics)
Ashley Howard (W. Swim/Dive)  Suzanne Haydel (Volleyball)  Annie Moran (W. Fencing)