**Academic Support Program**

**CTOPS on Tap**

The Academic Support Program and the Compliance Office will once again team up to make presentations to both students and parents at this summer’s CTOPS sessions. This is the fourth year of the program, and it has been a big success in previous years.

The Academic Support Program introduces the incoming student-athletes to its services in preparation for the students’ arrival in the fall, and the Compliance Office introduces much of the information incoming students on athletics scholarship need to know before arrival (meal plan, board, clearinghouse information, etc.). We hope this summer’s program will once again ease the transition into college for our incoming students.

For more information about the program, contact Brent Blanton in Academics or Amy Herman in Compliance.

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With competition uniforms underneath their gowns, the Tar Heel rowing team’s five seniors took a literal leap from the Old Well and a figurative one into their post-collegiate lives. They were among 73 UNC student-athletes to receive their degrees in May.

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**Sports Medicine**

**Research Updates**

The Sports Medicine Research Laboratory and Neuromuscular Research Laboratory are extremely busy places these days with their efforts towards advancing the knowledge, prevention, evaluation, and management of athletic injuries in all types of athletic populations.

Dr. Kevin Guskiewicz, colleagues, and doctoral students continue to be at the forefront of concussion research. Current projects entail examining the biomechanics of head impacts in college football and youth ice hockey players, ongoing data collection regarding sport concussion in collegiate athletes, and a pilot assessment of knowledge, attitudes, and practices concerning concussion in high school athletes. In addition, Dr. Guskiewicz continues his work with the Center for the Study of Retired Athletes.

The Sports Medicine Research Lab and Neuromuscular Research Lab are also leaders with researching upper and lower extremity injuries, such as ACL, elbow, shoulder, and ankle injuries. Dr. Darin Padua and Dr. Steve Marshall are entering the final year of data collection for the JUMP ACL (Joint Undertaking to Monitor and Prevent ACL Injuries) study at the United States Military Academy, U.S. Naval Academy, and U.S. Air Force Academy. The goal of this study is to determine what postural and neuromuscular risk factors may predispose an individual to ACL injury so that prevention...
Department News

• Best wishes to Tar Heel volleyball coach Joe Sagula, who married Ingrid Weber on May 3 in a ceremony at Bald Head Island.

Ingrid, the H.R. Director for LC Industries in RTP, is a native of Murphy, N.C., and has been in Chapel Hill for five years. Once a Duke supporter (her brother played football there), she has converted and is now a Carolina fan in all sports, not just volleyball. The couple’s four dogs round out the family.

• Congratulations to Nadine Faustin-Parker, Director of Operations for the Tar Heel track and field program and a 1999 UNC grad. She has qualified to compete at the Olympic Games this summer in the 100-meter hurdles, representing the Republic of Haiti. The Olympics appearance will be her third, following 2000 and 2004.

• Congratulations to Jeremy Whitehurst, second assistant golf pro at Finley Golf Course. He graduated from NC State in May (majoring in professional golf management) and has attained his Class A Membership in the PGA of America.

Compliance

A Closer Look at the APR

On May 6, 2008, the NCAA released the Academic Progress Rate data to the public. This report contained a multi-year rate, which gauges the academic progress and retention of all student-athletes who received athletics grant-in-aid at the institution for the 2003-04, 2004-05, 2005-06, and 2006-07 academic years for each varsity sport. The APR is based on each student-athlete having the opportunity to earn 4 total points each year (2 points per semester). One point is awarded if the student-athlete is academically eligible to compete at the end of the semester, with the second point being awarded if the student-athlete returns to the institution for the following term. Those teams scoring under the minimum threshold of 925 will be penalized through deductions in their maximum financial aid limits. Nationwide, there were 218 teams at 123 institutions sanctioned for poor performance. To date, UNC is proud of the fact that no sport has been penalized through the APR. The NCAA also recognized 712 teams for having APRs in the top 10 percent for each sport.

As noted in the May newsletter, two UNC men’s teams and four women’s teams were on the APR Public Recognition Awards List this year. Congratulations to those recognized teams: baseball, men’s basketball, women’s fencing, women’s golf, women’s Swimming & Diving, and Women’s Volleyball.

Please contact the Compliance Office (962-6000) if you have any questions regarding the APR.

Happy Birthday in June to ...

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<td>Neal Harrell</td>
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<td>Kathy Griggs</td>
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★ Save the Date: Saturday, Aug. 16 ★

Meet the Heels with Carolina Football

For more information, stay tuned to TarHeelBlue.com

Sports Medicine (continued from page 1)

measures can be advanced for all populations. As of this report, baseline biomechanical assessment has been completed for 4,500 students at the academies. This research group is also entering the third year of implementing an ACL injury prevention program to an area youth soccer league and have seen promising results with changing potential risk factors for ACL injury.

In addition, Dr. Troy Blackburn continues research on the contributions of electromechanical properties of musculotendinous tissues to joint stability. Specifically, he is evaluating differences in hamstring musculoskeletal stiffness between males and females and the effect that increased stiffness has on reducing ACL strain. Upcoming projects include evaluation of factors contributing to female quadriceps dominance and the role of hamstring stiffness in predicting landing mechanics. Ankle injuries are also a common problem in athletics and Dr. Steve Zinder is working to evaluate current methods of preventing ankle injuries with ankle braces and examining how stiffness affects ankle joint stability.

The laboratories are also very active with researching injuries to the upper extremity. Dr. Joe Myers is examining the contribution of poor shoulder physical characteristics to the high incidence of elbow pain we see in collegiate and high school baseball players. From these results, more effective treatment of throwing related elbow pain can be implemented. Dr. Myers is also working on developing a quick, reliable way to observe if shoulder movement dysfunction is present in collegiate athletes. Once completed this tool will help clinicians implement injury prevention and performance enhancement programs designed to address movement dysfunction.

Athletic Department Newsletter • June 2008 • Page 2
Academic All-District Recognition

Six North Carolina student-athletes have earned ESPN The Magazine Academic All-District honors, as announced recently by the College Sports Information Directors of America (CoSIDA). Barden Berry (men's golf) and Rachel Dawson (field hockey) earned at-large first-team honors and now are eligible for Academic All-America recognition. Fletcher Gregory (men's lacrosse), Philip Owen (men's swimming), Heather Kendell (field hockey) and Kara Wright (gymnastics) were named to the men's and women's at-large second teams. All were seniors during the 2007-08 school year except Wright, a sophomore.

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 3.2 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 10 (men) and 12 (women).

Berry, a psychology major from Kinston, N.C., earned second-team Academic All-District recognition last year. A starter in all 10 tournaments in 2007-08, he is part of UNC's honors program and a recipient of the Athletic Director's Scholar-Athlete Award and the McCaskill Award, given for excellence in athletics, scholarship and community service. A member of Phi Beta Kappa honorary society, he carries a 3.88 grade point average.

Dawson, a business major from Berlin, N.J., graduated with distinction in December after leading Carolina to NCAA and Atlantic Coast Conference championships and an undefeated season. She received the Honda Award as national player of the year and her No. 9 jersey has been retired. Named ACC Scholar-Athlete for field hockey, she finished her UNC career with a 3.63 GPA and now plays full-time for the U.S. Field Hockey National Team. She recently was named Player of the Tournament as the squad qualified for this summer's Olympic Games.

Both Berry and Dawson are recipients of the Carolina Leadership Academy's highest honor, the Three-Dimensional Leader Award.

Gregory, a history and business double major from Charlotte, attended UNC on a Morehead-Cain Scholarship, the school's most prestigious academic grant. A finalist for the men's lacrosse Senior CLASS Award, he started eight of 13 games during the 2008 season and helped his team to a No. 4 seed, the highest since 1996, in this year's NCAA Tournament. He has been named to the All-ACC Academic team and has a GPA of 3.68.

Kendell, who is from Chapel Hill, graduated with distinction in December after earning double major in biology and exercise and sport science. As a senior, she was a key reserve on the Carolina's 24-0 field hockey squad and was inducted into Phi Beta Kappa the day after the Tar Heels won the NCAA title. The recipient of an ACC Weaver-James-Corrigan Postgraduate Scholarship, Kendell is a member of the National Society of Collegiate Scholars and graduated with a 3.76 GPA. She was named to the Academic All-District second team for the second year in a row.

Owen, a journalism major from Scottsdale, Ariz., with a 3.45 GPA, was a 2008 ACC finalist and NCAA qualifier in three events. He finished his career ranked in the top 10 in school history in three events - 500 free (9th), 1000 free (6th) and 1650 free (6th). A recipient of the team's Blue Dolphin Award for service to the program, he twice was honored as the squad’s most improved swimmer and was named to the All-ACC Academic team.

Wright, a journalism major from Virginia Beach, earned 2008 first-team all-conference honors in vault, balance beam, floor exercise and all-around. She won the floor exercise at the 2008 George Washington Invitational and the vault at the 2008 Governor's Cup. Wright twice has been named to the East Atlantic Gymnastics League All-Academic Team and carries a 3.98 GPA.

Please send newsletter comments, suggestions corrections or submissions for future issues to Dana Gelin at dgelin@unc.edu or 962-0083
Athletic Department Media Guide

Each month, the newsletter profiles several members of the department. Thanks this time around to Brent Blanton, Penny Jernigan and Christy Suits!

Brent Blanton
• Associate Director, Academic Support Program

Born and raised: Columbia, S.C.
Education: BA in Journalism from USC and a Master’s in Education from FSU
Family: Wife, Robin, and three children – Cary (4), Ashlyn (1) and Abigail (1)

Athletic background: Basketball and track & field in high school, but there is little market for a 5’7” shooting guard or a slightly above-average distance runner in college.

Before UNC: Worked at USC on the West Coast for three years and FSU for three before that
Job description: I oversee the academic support for the Olympic sports and advise six sports directly
What’s the best thing about your job? The students
Favorite pastimes: Baseball, golf, and movies
Favorite local restaurant: Olive Garden
Favorite book: The Bible
Favorite TV show: Midsomer Murders (British mystery production)

Last movie you saw and grade you’d give it: Pride and Prejudice (’95 version) - A
A fun fact about you: I have over 300 DVD’s in my personal collection
Biggest pet peeve: Bad drivers
Dream job: Starting position player for Boston Red Sox or a professional golfer
Greatest athletic achievement: Half-a-dozen golf rounds in the 70s

What would you do with a completely free day? Play golf then fly up for an Italian meal in Boston’s North End (followed by a cannoli from Mike’s Pastry) and a Red Sox game

If you could have dinner with anyone, who would it be and why? My wife – since having twins, we never get to anymore

What’s a little-known talent that you have? I was an All-State musician (percussion) in prep school

What would your ideal dream vacation? A month in Europe, complete with five-star hotels and an unlimited food budget

What would be your dream job? The best thing about my job is working with Coach Derek Galvin and our gymnasts. I am so proud of our school and program. The gymnasts are excelling both in the classroom and in athletics. I believe we have created a unique atmosphere for these special young women to grow and succeed. I am honored to be a member of the entire Carolina “family.”

... See Jernigan, page 5

Christy Suits
• IT Support for Athletics


Education: Currently attending East Carolina Distance Ed. for a BS in Information Technology. Earned Associate’s in Computer Engineering from Cape Fear Community College.

Family: Husband, Scot, works in IT for Department of Health and Human Services in Raleigh. We have two children – daughter Sydney is 7 and son Conrad is 5. My father is an Episcopal priest in Jacksonville, Fla. My mother, Joanne, and her husband, W. Sandy Dew, run several companies, including Dogwood Plantation, where

... See Suits, page 5

Penny Jernigan
• Assistant Gymnastics Coach

Born and raised: I was born in Fayetteville, N.C., at Womack Army Hospital. My formal name is Penelope, but my friends call me “Penny.” I grew up in Raleigh.


Family: I have been married 8 years. My husband is Rayme Jernigan and we have one daughter, Blythe Starling Jernigan, who is 3 years old.

Athletic background: I competed in high school gymnastics under Rachel Thompson, a former UNC gymnast. I also competed in track and field at Millbrook High School. I ran both short and long hurdles and competed in the high jump. My father was a track and field athlete in college.

Before UNC: I developed several Junior Olympic and Elite level gymnastics champions at GymCarolina Gymnastics Academy in Raleigh, N.C. (1992-1998) I began my coaching career at the Rocky Mount Family YMCA in 1986. I have continued coaching now for 22 years. I also hold a "National" rating as a gymnastics official. I have been a rated judge for 10 years.

Current position at UNC: Assistant Coach, Women's Gymnastics; 15th year.

Job description: I have primary responsibility for Balance Beam and Floor Exercise.

Previous jobs: Just out of college, I worked in a public relations position for the Raleigh Edge, a professional tennis team. Highlights of my work included interviewing tennis legends, Billie Jean King and Martina Navratilova for the team’s publications.

What’s something about your job that other people would be surprised to know? I commute to Carolina from my home in Zebulon, N.C. (30 miles east of Raleigh).

What’s the best thing about your job? The best thing about my job is working with Coach Derek Galvin and our gymnasts. I am so proud of our school and program. The gymnasts are excelling both in the classroom and in athletics. I believe we have created a unique atmosphere for these special young women to grow and succeed. I am honored to be a member of the entire Carolina “family.”

... See Suits, page 5
Jernigan (continued from page 4)

Favorite pastimes: Currently, my favorite pastimes include watching sports, web-surfing and photography.

Favorite local restaurant: My favorite Chapel Hill restaurant is Henry’s Bistro.

Favorite book: My favorite books are J.K. Rowling’s “Harry Potter” series.

Favorite TV show: LOST

Last movie you saw and grade you’d give it: I just saw “Iron Man” with my husband. I would give it an A.

A fun fact about you: I like to play the Nintendo Wii sports and fitness games. ;)

Biggest pet peeve: Commercials

Dream job: My dream job would be coaching the Tar Heel gymnasts to their first NCAA National Team Championship. In the history of collegiate gymnastics, only four universities have ever held the Division I title: Alabama, Georgia, UCLA and Utah. I believe our program belongs in that group.

Greatest athletic achievement: My greatest athletic achievement (not at UNC) was coaching my Elite gymnasts at the Trophée de Marseille competition in France in 1997. We competed alongside all the top Olympic teams including China, Romania and Russia. We were so surprised when the Chinese team asked us for our autographs.

What would you do with a completely free day? Sleep

If you could have dinner with anyone, who would it be and why? If I could have dinner with anyone, it would be Dean Smith. I have so many questions for him!

What’s a little-known talent that you have? Ballet. As a child I trained in classical ballet for 8 years; 4 years under scholarship with Domini Hartsfield, a former member of the New York City ballet.

What would be your dream vacation? My dream vacation would be a return trip to Santorini, a Greek Isle in the Aegean Sea.

If you won the lottery, what’s the first thing you’d buy? The first thing I would purchase is a house near campus. ;)

Suits (continued from page 4)

they breed and race thoroughbred race horses. My mother currently is the chairperson of the NC Thoroughbred Owners and Breeders Association. I have a stepsister, Gina, who is a jeweler in Wilmington, N.C.

Athletics background: In high school, played volleyball, soccer, and softball varsity all four years. Destroyed my knee the summer before my senior year – I was able to complete my senior year in sports but colleges weren’t interested.

Before UNC: I worked with Midway Airlines for 5 years – I was their first local IT person hired as I had installed their network and phone cabling for their headquarters in Durham. I took care of servers and systems for 13 destination cities, reservations, headquarters, and the airport terminal at RDU. As we grew I spent more time in the air flying between cities and new city installs. For a new city I would have 30 days to do the site survey, order the servers and ticket printers, run all of the network cable, set up the training center for new employees in the city and have it all running before the first flight. It was intense but a rush of excitement for finishing a seeming impossible task for the time frame.

Wildlife

If you won the lottery, what’s the first thing you’d buy? I would buy a farm, 80 plus acres with stables.

Biggest pet peeve: Disrespectful people

Dream job: I would be a large animal veterinarian focusing on horses and own my own boarding stable.

Greatest athletic achievement: At Cape Fear Community College in 1991, I approached the administration to create a volleyball team along with some of the other community colleges. With a lot of leg work and will, we were holding tryouts for the team the following quarter. Six other community colleges were able to get teams together as well. We played in old rented gyms, or in sand and even played on grass a few times but it was great. CFCC still has a volleyball team as well as basketball and soccer teams.

What would you do with a completely free day? I have no idea ;)

If you could have dinner with anyone, who would it be and why? Craig Ferguson with the Late Late Show is someone I would like to have dinner with – he is witty and hilarious.

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

What would be your dream vacation? Island hopping on a 40-foot sailboat in the Virgin Islands

If you won the lottery, what’s the first thing you’d buy? I would buy a farm, 80 plus acres with stables.