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IMPORTANT APRIL RECRUITING DATES

Football:

April 1 – 14 Quiet Period

April 15 through May 31, 2011 Evaluation Period, [except for (g) below]:

*One hundred sixty-eight evaluation days (216 for U.S. service academies) (see Bylaw 13.02.6.2) (excluding Memorial Day and Sundays) selected at the discretion of the member institution and designated in writing in the office of the director of athletics [as provided in (1) below]:

(1) An authorized off-campus recruiter may use one evaluation to assess the prospective student-athlete's athletics ability and one evaluation to assess the prospective student-athlete's academic qualifications during this evaluation period). If an institution's coaching staff member conducts both an athletics and an academic evaluation of the prospective student-athlete on the same day during this evaluation period, the institution shall be charged with the use of an academics evaluation only and shall be permitted to conduct a second athletics evaluation of the prospective student-athlete on a separate day during this evaluation period.

(g) Those days in April/May not designated above for evaluation opportunities:
Quiet Period

Men's Basketball:

April 1-7, 2011, (noon): Dead Period

April 7 (noon) – 20: Contact Period [except for below]:

April 11-14, 2011: Dead Period

April 21-30: Quiet Period

Women's Basketball:

April 1-14: Dead Period [except for below]:

*One women's basketball event certified by the NCAA (Bylaw 30.17) held in conjunction with, and conducted in the host city of the NCAA Division I Women's Basketball Championship: Evaluation Period.

April 8-10: Quiet Period

April 15 -19: Evaluation Period

*Note: April 15-17 (Evaluations permitted at nonscholastic women's basketball events)

April 20-30: Quiet Period

Cross Country/Track and Field:

Contact Period.

Baseball, Softball, Volleyball, Lacrosse:

Contact Period, except for below:

April 11-14 Dead Period:

Men's Ice Hockey:

April 11-14: Dead Period.

April 6-10 (noon): Dead Period.

Women's Ice Hockey:

April 11-14: Dead Period.

April 25 – May 31: Quiet period.

All Other Sports (Swimming, Golf, Tennis, Wrestling):

April 11-14: Dead Period

Phone Calls:

Seniors:

1. Men's Basketball: DI 2x per week; DII 1x per week.
2. Other Sports: DI/DII 1x per week.

Juniors:

1. Men's Basketball: DI 1x per month.
2. Men's Ice Hockey: DI 1x per month.
3. Football: DI 1x between April 15 – May 31.
4. Women's Basketball: DI 1x per month in April (after the Thursday after the Final Four) and May, 1x between June 1-20, 1x between June 21-30, and 3x in July.

RECRUITING TIPS

- *All spring sports seasons are starting, therefore communication with these coaches and recruits will be limited.
- *All winter sports season are or have ended, therefore communication with these coaches and recruits will pick back up again.
- *All spring sport recruits should set game day visits.
- *All non-senior spring sport recruits should be setting unofficial visits.
- *Football recruits – juniors and underclassmen, need to be attending combines and junior days.

SWIMMING: Busy time for coach communications.

MEN's GOLF: Opportunities are limited, looking for the best of the best.

VOLLEYBALL: National Qualifiers – Right now coaches are out making evaluations.

VOLLEYBALL: Top juniors will be given offers over next two months.

TRACK: We are in the busiest recruiting time of the year.

!!!ALERT: DI coaches are always recruiting and looking at athletes, however, at this point in the recruiting process there is not always a spot available or money tied to that spot. Seniors this late need to look at walk-on spots, junior colleges and understand that they may need to tryout.

*Recruits can set tryouts at DII, NAIA and 2-year programs.

!!!ALERT: Many DII coaches have finished their 2011 recruiting as well as top DIII and Top NAIA.

Financial Aid News

Tax Returns Linked to FAFSA

As the federal income tax filing deadline approaches this month, parents filing a FAFSA online will be urged to link their completed tax return to their FAFSA application to make verification easier for colleges and universities.

Prior to the April 18 deadline (yes, the federal deadline is Monday the 18th this year!), estimated figures are accepted for FAFSA filing since many families do not have their tax return completed.

After the deadline, since it is expected most families will have filed except for those requesting an extension, the online FAFSA application will anticipate an affirmative answer to the question of whether the 2010 tax return is completed. If that is not the case and the parents have filed for an extension, they will be prompted to confirm that on the application. It's not much of an extra step but it is one, and we make parents aware of it when we speak to them.

Priority FAFSA deadlines have passed for many schools but that doesn't mean parents shouldn't still file as soon as possible! We want them in line before a school runs out of gift aid

Pell Grant Overhaul Expected

Changes are likely coming to the federal Pell Grant program, which faces a \$10.7 billion shortfall now and could grow to as much as \$20 billion in the red by the end of next year.

The cost of Pell Grants, which are awarded to students from low-income families, has doubled over the past three years largely because of increases in the number of recipients and growth in the maximum award. This year some 9.4 million students are expected to receive the grants, up from 6.2 million in 2008. A poor-performing American economy – including unemployment – has led to more families being eligible for Pell Grants at the same time that college enrollment has risen as more parents and students realize a college degree is one way out of an economic trap.

The U.S. House of Representatives has proposed cutting \$5.7-billion from the program. If passed it would end aid to a quarter of all recipients and cut the average award by \$785, forcing students to borrow more for their education. Senate Democrats have rejected the House approach, preferring President Obama's plan to streamline the program and sacrifice other benefits to pay for

Pell Grants. Eventually the parties may settle on a compromise that would erase the shortfall and shrink the Pell program, at least for a year.

In Congress, the Pell program has long enjoyed bipartisan support. Conservatives like it because it's a voucher program, putting educational decisions in the hands of students; liberals like it because it is aimed at socioeconomic disparities in college access. But when it comes to solving Pell's financial challenges, the parties differ. Republicans, at least in the House, have lined up behind the plan to cut the program by \$5.7-billion, reducing the maximum award by 15 percent. Democrats tend to support the president's plan to preserve the maximum award by ending year-round Pell Grants and eliminating the in-school interest subsidy on graduate loans, viewing the cutbacks as a reasonable, if painful, exercise in priority-setting.

In the long run, though, lawmakers must make some difficult decisions about how Pell Grants are awarded—decisions that could change who gets the grants and alter the very purpose of the nearly 40-year-old program. Among the many options being considered are limiting aid for less needy students, rolling back recent expansions of the program, and tying the awards to a student's academic performance.

Under current law, the size of a student's Pell Grant is determined by subtracting the expected family contribution (EFC) from the maximum award or the student's cost of attendance. Using that formula, every increase in the maximum award not only provides more aid to existing recipients but also expands eligibility to students with higher incomes.

One way to rein in the program's cost would be to limit aid to only the neediest students, either by revising the formula used to calculate the expected family contribution or by tweaking eligibility guidelines for a grant. During the 2009-10 academic year, 76 percent of Pell Grant recipients had incomes less than or equal to \$30,000, and 70 percent qualified for the maximum award. Only one percent came from families earning more than \$60,000.

One solution under consideration is rolling back some of the recent expansions in the program, particularly those that have driven up costs without significantly expanding access to college. That might include increases in the minimum award and the income-protection allowance, as well as the year-round Pell program. Another possible fix would link Pell Grants to student performance, withholding aid from individual students, programs, or even entire colleges based on grades, completion rates, or some other standard. Congress already places some restrictions on the receipt of Pell Grants, and the Education Department has proposed adding more. Colleges where students have high loan-default rates can become ineligible to receive federal student aid, including Pell Grants. And students must demonstrate that they are making "satisfactory academic progress" toward a degree to continue receiving the awards.

"Pell Grants are on the path to bankruptcy," Rep. John Kline, Republican of Minnesota, and chairman of the House education committee, said in a statement. "We need to make tough choices now to ensure this important program remains available for students who need it most."

RECENT ADDITIONS TO CPOA Pennsylvania

Jeff Foreman – West Mifflin – Football

Zack Middleby – Burrell – Football

Jordan Randall – Derry Area – Baseball

Jacob Artuso – Greater Latrobe - Lacrosse

Madison Hoffman – Seneca Valley - Volleyball

CPOA College Signings

The following CPOA athletes have signed letters of intent to continue their athletic & academic careers.

Matt Walbert – South Park HS – Soccer – University of Pittsburgh

Drew Ohm – South Park HS – Track & Field – Monmouth University

Ryan Uhl – St. Marys HS – Baseball – Indiana University of PA

T.J. Matrascia – Thomas Jefferson HS – Football – Robert Morris University

Ian Ball – Valley Forge Military Academy – Football – Robert Morris University

Chris Kish – Fairmont HS – Football – Fairmont State University

Cory Broughton – Elkins HS – Football – Shepherd University

Devon Locher – Ambridge HS – Baseball – Keuka College

David Theishen – Bethel Park HS – Swimming – Lake Erie College

Garrett Miller – Leechburg HS – Football – Allegheny College

NCAA News

Women's Bowling May Be Taking Hold

It's hard to believe but it has been 17 years since the NCAA granted "emerging sport" status to women's bowling as a varsity sport!

No. It hasn't exploded in numbers the way that women's soccer did during the late 1990s and early 2000s. There are 64 varsity programs across the three NCAA divisions, 27 in the NAIA and 24 in the National Junior College Athletic Association. But because it's a relatively inexpensive sport to fund, college athletic directors have looked at it closely as an option to increase opportunities for female athletes.

The March 25th issue of The Chronicle of Higher Education ran a "day-in-the-life" article focusing women's bowling teams competing at a tournament in Dover, Delaware. Here's an edited version of that article written by Libby Sander:

Banish those images of kiddie birthday parties and beer-soaked League Nights: If there's one thing that college bowlers want the world to understand, it's that they are athletes.

Really.

Quick test: Have you ever thrown a 15-pound bowling ball for eight hours a day, three days straight? Do you know how an aggressive ball will react on a lane oiled to 42 feet?

Paula Vilas, a standout player for the bowling team at the University of Maryland-Eastern Shore, can actually say "yes" to both questions. She puts it to me this way: "It's not just throwing the ball at the pins."

It's not easy to see the action at a bowling tournament, so these spectators—many of them relatives of the college bowlers who are competing—have brought step stools or commandeered chairs for a better view.

On this late winter weekend, Ms. Vilas's seven-member team has come to the Brunswick Doverama, a bowling center tucked at the far end of a strip mall on the outskirts of this small capital city. The second day of a three-day women's collegiate bowling tournament is about to begin. It's one of many that take place around the country nearly every weekend from November to March for the

dozens of women's collegiate bowling programs that have sprung up in recent years.

At 9 a.m., the lanes, beyond the concession stand and the still-empty bar, are loud and crowded. Sharp claps fill the air as bowling balls collide with the pins, toppling them with a noisy rhythm not unlike waves breaking on a beach. Cheerleaders for the home team, Delaware State University, squeeze into the aisle behind the scoring tables. Dozens of parents climb atop chairs or the step stools that many have brought to get an unobstructed view. Just before 10 o'clock, the practice balls stop rolling, and the 14 college teams that have traveled here from as far away as Texas and Tennessee huddle up. One by one, their cheers roll across the lanes. And then, with no obvious signal—no whistle, and none of the hushed anticipation that accompanies a first pitch or a tipoff—the real bowling begins.

Humble Beginnings

Collegiate women's bowling got its official start in 1994, when the NCAA designated it as an "emerging sport" for women. (Only one NCAA bowling program for men exists, at Saginaw Valley State University, in Michigan.) To date, 64 colleges have NCAA bowling programs for women, recruiting athletes from high schools in 25 states—most in the Midwest and Northeast—that offer varsity programs.

At this tournament, like most others, the days are long: Bowlers throw the first practice ball around 8 a.m. and finally take off their shoes at 4. Today the athletes will bowl five consecutive games against five opponents. They're playing to position themselves for tomorrow's finals, not to knock one another out. So the goal is simple: Topple as many pins as possible, every time, in each game.

The teams represent an unusual cross-section of colleges, many of which do not compete against one another in any other sport. The defending national champions are here, from Fairleigh Dickinson University, along with the national champs from 2008 (Maryland-Eastern Shore) and 2007 (Vanderbilt). Teams from several historically black colleges in addition to Delaware State and Maryland-Eastern Shore are competing, as well as a few squads from New York and New Jersey.

Real Athletes

In the late morning, Maryland-Eastern Shore squares off against Vanderbilt, a key rival. It's a close game from the start. But the Commodores take an early lead, and go on to win. Watching from atop a chair, Nancy Hamilton says the Vanderbilt athletes are constantly explaining—even defending—the athleticism of their sport. Her daughter, Brittni, a junior on the team, gave up soccer and softball in high school to focus on bowling. She's now

"You have to have stamina to do this all day." (Indeed, I saw more granola bars and platters of fruit than pizza and fries on the tables near the lanes.)

A good bowler, say coaches and athletes, has a strong core and legs—and endurance to hoist that bowling ball over and over again. And as Ms. Vilas, who also bowls for the Dominican Republic national team, demonstrated to me, rolling up her sleeves and holding out both of her arms, it often means having one arm grow far more muscular than the other.

The best bowlers, I noticed, have the same grace, strength, and coordination that you'd admire at a tennis match or a soccer game. They also have their own styles. Ms. Vilas, for instance, has a distinctive swing, bringing her right arm behind her in an arc so high that her arm is perpendicular to the floor, the bowling ball momentarily suspended high in the air. After a smooth downswing, she releases the ball onto the lane in a fluid motion, sliding on her left foot as the ball begins to roll.

I ask one coach what I think is a simple question: Do bowlers use the a first-team All-American, and she bowls for the U.S. junior national team.

"All these girls work out five days a week. They have trainers. They're in the weight room lifting weights and running," Ms. Hamilton says.

same ball for each frame? "If they don't get a strike on the first ball, they'll use a second ball, known as a spare ball, that's made out of plastic and doesn't hook," she says. "But if they make a strike, they'll wait for the ball to come back. As the lane starts to change"—as the oil pattern applied to the surface begins to shift, from contact with the balls or even from a cold breeze blowing in from the front door—"they might find it necessary to change balls, get a ball that's a little less aggressive, that doesn't react so much to the lane. Or they'll want one that reacts more."

She stops and laughs. "You probably never thought all this was involved in bowling, right?"

It doesn't take long for me to realize that collegiate bowling may resemble those beer leagues and birthday parties in at least one way: It's social, full of a camaraderie unusual to college sports, one that comes from seeing many of the same people week after week at tournaments. By late afternoon, though, the spectators' cheers have quieted ever so slightly. Even the high-energy players on Maryland-Eastern Shore's team, having bowled their way into first place, are ready for a respite. (They'll go on to take third place in the tournament, behind Fairleigh Dickinson and Vanderbilt.) I ask them what hurts at the end of a long day. Knees? Wrists? Hips? As it turns out, after a second full day of throwing bowling balls—with a third day awaiting—the answer is surprisingly simple. Their feet hurt.

C.P.O.A. in the News

CPOA client **Dominique Bouchard**, a sophomore on the **University of Missouri** (NCAA Division I) women's swim team, capped off a dream season in mid-March with a second place finish in the 200 backstroke at the NCAA Swimming Championships.

From a news release on the Mizzou Website:

“Bouchard has already rewritten the University and Big 12 Conference record books twice this season in the event, most recently setting the conference record with her 1:52.02 swim at the Big 12 Championships. On the biggest stage of the year, Bouchard raced to a 1:51.54 finish, shattering her previous best time and setting school and conference records once more. As the runner up in the event, Bouchard earned All-American status, finishing just behind Wisconsin's Maggie Meyer (1:50.76). It is the best-ever finish for a Missouri swimmer in the event.”

Former Client Wins Prestigious Tournament

Pro golfer **Martin Laird** from Scotland, a former CPOA client, won for the second time on the PGA Tour on March 27th when he captured the Arnold Palmer Invitational at Bay Hill Club and Lodge in Orlando, Florida.

The two-time All-American from Colorado State held on for the victory despite a final round where he posted a score of 3-over par. But he converted two key birdie opportunities late in the round to win by one stroke. Martin is the first European-born winner in the 33-year history of the tournament, which features an invitation-only field approved by the legendary Palmer, who is known in golf circles as “The King”. That Laird was even selected to play in the tournament shows is standing in pro golf. His career is clearly on the rise!

The 28-year-old Scot is off to a good start in 2011, following up on an excellent 2010 season. He is the second former client to win a tournament on the pro tour this season. **Luke Donald** won the WGC-Accenture Match Play Championship on February 27th, his first victory in the USA since 2006 and a win that propelled him to #3 in the World Golf Rankings.

Sports Sponsorships

Canisius College, NCAA Division I in Buffalo, NY, is adding women's rowing as a varsity sport beginning this fall.

The University of Sioux Falls, NCAA Division II in Sioux Falls, SD, is dropping two sports, wrestling and men's tennis, effective immediately.

Grand Canyon University, NCAA Division II in Phoenix, Ariz., is dropping men's lacrosse at the conclusion of this school year.

CONTACT SHEETS

Remember to keep track of all questionnaires, calls, etc from college coaches with the contact sheets found in your **STUDENT PACKET**. Email me at martin.rock@cpoapa.com if you need additional copies!

INTERNET UPDATES

If you have update information for your Internet profile, please forward to martin.rock@cpoapa.com. Remember that you automatically receive (2) two free updates per year. If you've upgraded your program to receive unlimited updates you can send updates every day/week if you'd like. Updates take approximately 72 hours to be made online.

Season End Updates

Attention all winter sport athletes, your season end update forms which were mailed to you are now due. There are hundreds of coaches out there awaiting an update on your stats, awards and accomplishments from the past season. Please complete these and return to your CPOA representative immediately.

RECRUITING SEMINARS

CPOA Pennsylvania is planning to conduct several recruiting training sessions over the next few months. These sessions will include the basics of the recruiting process, how to choose the right college, review of NCAA rules and regulations, and how to best navigate this important process of college selection. Please let us know if you have interest in hosting one of these sessions for your teammates (students/parents) or teams/booster clubs (coaches).