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IMPORTANT FEBRUARY RECRUITING DATES

2-6: Football (regular) initial signing date for NLI

2-6: Field Hockey, Soccer and Men's Water Polo initial signing date for NLI

2-7: SAT late registration postmark date for March 1st test

2-9: ACT Test

RECENT ADDITIONS TO CPOA Pennsylvania

Sarah Heimlich – Golf – Serra Catholic
Dane Domonkos – Football – Bishop McCort
Spencer White – Baseball – Greater Latrobe
Andrew Fisher – Basketball – Greater Latrobe
Alyssa Grossman – Softball - Hempfield

NCAA News

No Landmark Legislation at NCAA Convention

The NCAA Convention in early January came and went with no major legislative changes announced, continuing a trend in this direction over the past half-dozen years.

Nowadays the convention is a meeting opportunity filled with speeches and awards as opposed to voting on major rules changes, especially in Division I. One change announced in 2007 was affirmed. Division I coaches are still

prohibited from sending text messages to athletes they recruit. This new rule had been up for reconsideration because enough schools complained about it, but not enough to gain a reversal.

The Division I Board of Directors, the overseeing legislative body of Division I athletics, assigned the idea of a playoff system for major-college football to a committee for review. This move is a small victory for those who want a playoff as an alternative to the current BCS system but few expect any real short-term change to the current set-up.

In other business, the Board of Directors adopted a proposal that would provide safeguards for athletes with certain medical conditions, such as those who become pregnant or are diagnosed with depression or eating disorders. The measure would protect those athletes from losing their scholarships for one year. The board did not vote on a recruiting proposal to relax amateurism rules in tennis and allow players to earn up to \$10,000 toward travel and expenses without reporting it. That proposal was withdrawn from consideration.

NCAA Division II voted to permit some schools in Canada to apply for membership. Those schools must go through an application process and show an existing model for intercollegiate sports at their institution.

In Division III, members adopted a proposal limiting the use of male practice players in women's sports. Division III institutions also discussed, but did not vote on, proposals currently in the planning stages that would call for restructuring the division. We have written about the latter in preview newsletters. There is a split in Division III among administrators who want to stress athletic programs as a model for growth and development versus those who view Division III athletics as only a part of the overall college experience and stress a de-emphasis of sports on campus.

Massive Suit vs. NCAA Settled

In a move that would provide tens of thousands of athletes with more money for college expenses, the National Collegiate Athletic Association has agreed to reallocate more than 200 million dollars to settle a massive antitrust lawsuit filed by four former student-athletes. But the deal could have costly implications for colleges in the coming years.

Under the settlement, which must still be approved by a federal court in California, the NCAA agreed to set aside \$218-million over the next five years to help the more than 150,000 Division I athletes in all sports pay for basic expenses not covered by their athletics scholarships. The NCAA would allocate an additional \$10-million over the next three years to cover career-development services and other educational expenses for some 30,000 current and former Division I football and men's basketball players.

Much of that money was already designated to help colleges hire tutors, build academic facilities for athletes, and assist needy students. The settlement would allow more of those funds to go directly to athletes for their out-of-pocket expenses, such as personal travel.

Meanwhile, the settlement could hit athletics departments with significant new costs. It would allow Division I programs to begin offering year-round,

comprehensive health insurance to athletes, as well as basic accident insurance for injuries players sustain while participating in intercollegiate athletics. Insurance experts say those policies could cost colleges \$100,000 or more a year.

The NCAA had been accused by four former Division I football and basketball players of creating a hardship by placing a cap on the amount of scholarship aid athletes may receive. Full athletics awards at Division I colleges include tuition, fees, books, and room and board, but the players' complaint asserted that athletes must often pay \$2,500 or more annually out of their own pockets for basic expenses not covered by their athletics scholarships.

The size of the settlement shocked some legal experts, who described it as a "landmark" deal for college sports.

Additionally as part of the settlement, the NCAA agreed to consider legislation that would allow colleges to extend athletics scholarships beyond five years. The association also agreed to discuss guaranteeing multiyear scholarships to athletes. Currently, institutions renew scholarships every year.

College Athletics: A Full-Time Job

Those who believe the student-athlete experience is more of a job than a secondary physical activity is buoyed by a survey announced at the 2008 NCAA Convention.

The results will hardly come as a shock to close observers of college athletics, but in a 2006 NCAA survey of 21,000 athletes who were then playing in a variety of men's and women's sports, football players reported spending 44.8 hours a week practicing, playing, or training for their sport.

Division I men's golfers said they devoted an average of 40.8 hours a week to athletics activities during their seasons.

Baseball players spent 40 hours on sports, with men's ice hockey and men's basketball players not far behind.

On the women's side, softball players reported spending the most time on sports, 37.1 hours. Women's basketball players practiced, played, and trained for 36.1 hours.

The estimates include time athletes spend training, lifting weights, practicing with their teams, attending team meetings, and studying film, NCAA officials said.

Again to be clear, this time is on top of the hours spent on their academics.

While more than a few presidents and athletic directors at the convention admitted being surprised by the survey results, NCAA president Myles Brand said the key question is how much balance athletes had, and whether players had enough time for their academic responsibilities. "Once you get past 40 hours," Mr. Brand said, "you're really pushing it." But he also said, "If they choose to say, 'The two things I want to do in college are get a good education and participate in athletics rather than hang out and eat some pizza and drink beer', you know, that's up to them."

NCAA rules limit mandatory practice and playing time to 20 hours a week, which does not include time spent on things like traveling to games or rehabilitating an

injury. Players are permitted to spend their free time however they like, and many athletes use it to practice or train on their own, the survey found.

Division I football players also reported spending more time than any other athletes on their academic responsibilities, 39.5 hours a week.

The NCAA did not ask players whether they felt pressured to train and participate in sports. One NCAA researcher who participated in the survey said he did not think athletes were being pushed into devoting more hours to their sport.

Among other results announced as part of the survey:

- Almost two-thirds of Division I athletes said they believed their grade-point averages would be higher if they had not participated in sports.
- Athletes who reported having more balance between their athletics and academic commitments performed better in the classroom.
- The majority of those surveyed viewed themselves more as athletes than as students. But those who viewed themselves primarily as students had higher graduation rates.

CPOAPA News

CPOA Clients Sign with Colleges

- Zach Murdock of Kiski Area will continue his athletic career as a member of the Cornell Football team.
- Nick Stultz of Chestnut Ridge HS will continue his athletic career as a member of the Shippensburg Track and Field team.
- Kyle Helisek of Seneca Valley HS will continue his athletic career as a member of the Villanova Baseball team.

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!

NCAA ELIGIBILITY CLEARINGHOUSE

Every CPOA PA Student-Athlete has received a NCAA Guide for the College Bound Student Athlete as part of the STUDENT PACKET you received when you joined the program. In this guide, you find instructions on how to apply for your NCAA Eligibility Clearinghouse Number. Eligibility is based on what core courses

have been completed, SAT scores and overall GPA in core courses. NCAA approved core courses, by high school, can be found at <http://actrs7.act.org/ahs>. STUDENTS APPLY FOR THEIR NCAA ECN AT THE END OF THEIR JUNIOR YEAR. HOWEVER, IT IS A GOOD IDEA TO REVIEW ELIGIBILITY AS EARLY AS THE SOPHOMORE YEAR TO ENSURE THE CORRECT COURSES HAVE BEEN COMPLETED! For more information about the process, email martin.rock@cpoapa.com for a NCAA Guide or call 888-ASK-CPOA (CPOA Program Members Only).

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.

REFERRAL PROGRAM

Do you know of a high school student athlete with the ability to perform at the collegiate level? A teammate from high school? Club team? From the newspaper? If so, contact your CPOA representative at martin.rock@cpoapa.com and if that athlete signs with CPOA PA, **you receive a \$50 referral fee!**

Season End Updates

Attention all sport athletes, your season end update forms which were mailed to you are **now overdue**. 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).

Seminars Schedule

- 2/6: Derry Area Aqua Club

- 2/9: Tom Alper Kicking and QB Camp – Robert Morris University Island Sports Bubble
- 2/12: Vincentian Academy Boys Lacrosse Booster Meeting
- 2/28: Shaler Area Boys Lacrosse Booster Meeting
- 2/29: Nike Coaches Clinic