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FOCUS OF THE MONTH

RECRUITING AND PRACTICE REMINDERS

- Labor Day—No out of season (in 8 hour segment) teams are allowed to have CARA during the holiday. This off day can count for one of your two days off.
- Please remind your student athletes that they are expected to wear their Nike gear during any CARA. Under Armour gear is no longer accepted in the weight room.
- All recruiting weekend ticket requests for football games must be submitted with two weeks notice. Ticket numbers are limited, so we need advanced notice for tickets.
- Student Host Entertainment Sheets are required to be completed for all official visits. Prior to any student hosts receiving money, the form must be submitted and have all the required signatures. Student hosts are only eligible to receive up to \$60 in host money, if no entertainment expenses are occurring.

13.6.7.5 Entertainment Expenses. [A] An institution may cover the actual costs (up to \$60 per person) of entertaining a prospective student-athlete and up to four family members accompanying the prospective student-athlete during an official visit, which excludes the cost of meals and admission to campus athletics events. Additional individuals accompanying the prospective student-athlete on the official visit may pay the actual cost of entertainment arranged by the institution. The entertainment allowance may not be used for the purchase of souvenirs, such as T-shirts or other institutional mementos. (Adopted: 4/26/23 effective 7/1/23)

IOWA'S GAMBLING INVESTIGATION CONTINUES

- Iowa's Noah Shannon, a football student athlete, is now facing a year-long suspension related to the NCAA gambling investigation.
- Shannon placed a bet on another sports team at Iowa.
- Athletes who bet on their school's team could face a lifetime suspension under NCAA rules.

IS IT PERMISSIBLE?

Coach wants to give their student athlete \$50 worth of student host money for the official visit this weekend. The coaches are also planning on purchasing a \$40 Red's ticket for the visiting PSA. Is the \$50 in host money permissible?

No, because of the new host money rules, the SA would only be able to receive \$20 in student host money for the PSA.

SEPTEMBER RECRUITING CALENDARS

| Contact Period | Quiet Period | Evaluation Period | Dead Period | Recruiting Shutdown |
|----------------|--------------|-------------------|-------------|---------------------|
|----------------|--------------|-------------------|-------------|---------------------|

Football

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

Women's Basketball

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

Contact (Seniors Only) Eval (PSA
Scholastic Only)

Men's Basketball

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

Lacrosse

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

Volleyball

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

Baseball

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

Swim and Dive

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

CC and Track

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |

All other sports

| Su | M | Tu | We | Thu | Fri | Sat |
|----|----|----|----|-----|-----|-----|
| 27 | 28 | 29 | 30 | 31 | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |