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FOCUS OF THE MONTH

NCAA COACHES REPORT INCREASED FOCUS TOWARDS MENTAL HEALTH WHILE DETAILING PERSONAL CHALLENGES

- In an NCAA-led survey, more than 80% of head, assistant, and associate coaches
 across all three divisions reported spending more time discussing mental health
 with student-athletes than they did before the COVID-19 pandemic. At high
 rates, coaches also reported personally facing mental health difficulties.
- Survey was conducted by NCAA research to better understand how coaches are supporting student-athletes as well as their own mental health.
- More than 6,000 coaches across all NCAA-sponsored sports completed the survey, one-third of coaches reported they "constantly" or "most every day" experienced mental exhaustion. Feelings of being overwhelmed by all that they had to do and sleep difficulties.
- 1/3 of coaches across all three divisions reported being "very concerned" about
 the possibility of players transferring. Simultaneously, 25% of coaches in
 Division 1, 18% of Division II, and 12% in Division III reported high levels of
 stress related to the perceived need to recruit four-year transfers into their
 program.

SUPER BOWL GAMBLING REMINDER

 With the Super Bowl approaching on February 12, this is a reminder that all student-athletes, coaches, and staff are not permitted to wager on the game or any other sport that has an NCAAsponsored championship.



 This includes any prop bets, such as the length of the national anthem, the winner of the coin flip, and the color of Gatorade poured on the winning coach.

IS THIS PERMISSIBLE?

A basketball PSA recently announced their verbal commitment but has not officially signed their NLI. During a press conference, media asked how this PSA would contribute to the future success of the team. The coach responded by saying, "He will have a very positive impact on our team, and we cannot wait for him to be here."

NO— A violation occurs when coach comments on the recruit's potential contributions because he has not signed his NLI.

13.10.1.1 Comments Before Commitment: Before the signing of a prospective student-athlete to a National Letter of Intent or an institution's written offer of admission and/or financial aid or before the institution receives the prospective student-athlete's financial deposit in response to its offer of admission, an institution may comment publicly only to the extent of confirming its recruitment of the prospective student-athlete. The institution may not comment generally about the prospective student-athlete's ability or the contribution that the prospective student-athlete might make to the institution's team; further, the institution is precluded from commenting in any manner as to the likelihood of the prospective student-athlete committing to or signing with that institution. [D] (Revised: 1/19/13 effective 8/1/13)

FEBRUARY RECRUITING CALENDARS

Contact Period	Quiet Period	Evaluation Period	Dead Period	Recruiting Shutdown
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Baseball								
Sun	Мо	Tue	We	Thu	Fri	Sat		
			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						

Football							
Su	Мо	Tue	We	Thu	Fri	Sat	
			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					

Women's Basketball							
Sun	Мо	Tue	We	Thu	Fri	Sat	
			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					

	Volleyball							
Sun	Мо	Tue	We	Thu	Fri	Sat		
			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						

All Other Sports							
Sun Mo Tue We Thu Fri Sat							
			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					