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IT'S ALL ABOUT THE U



## Summer Voluntary Workouts

- The summer period ranges from the conclusion of spring final examinations (May 4th) until the start of preseason practice and/or beginning of the fall academic term (whichever occurs first,) depending on your sport.
- In general, a student-athlete may NOT participate in any required countable athletically related activities during the summer outside of the playing season. However, there are several exceptions listed on the next page.
- Any workout, outside of the exceptions, during the summer MUST be voluntary. For the workout to be classified as 'voluntary', ALL of the following conditions must be met:
  - ◆ The activity must be initiated and requested solely by the student-athlete.
  - ◆ Student-athlete must not be required to report back to the coaching staff any information related to the workout.
  - ◆ No athletics department non-coaching staff member (i.e. strength coach, trainer) who observes the activity may report back to the student-athlete's coach any information related to the activity.
  - ◆ Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time.
  - ◆ No penalty will be imposed if the student-athlete elects not to participate.
  - ◆ The student-athlete's attendance and participation in the activity may not be recorded for the purposes of reporting such information back to the coaching staff members.
  - ◆ No awards/rewards may be presented to provide recognition based on attendance or performance.
- It is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g. times when the strength and conditioning coach will be on duty in the weight room or on the track).

**ASK BEFORE U ACT**

## Sport-Specific Summer Workouts

### Swimming/Diving, Rowing, and Track and Field (field events only):

- A coach may be present during voluntary individual workouts in the institution's regular practice facility for safety purposes. However, the coach may not conduct the individual's workouts.

### Men's and Women's Basketball

- In men's and women's basketball a student-athlete who is enrolled in summer school may engage in required weight-training, conditioning and skill-related instruction for up to eight weeks (not required to be consecutive weeks).

*Please inform the compliance office which weeks your student-athletes will be using as their eight required weeks.*

- Participation in such activities shall be limited to a maximum of eight hours per week with not more than two hours per week spent on skill-related instruction.
- For a student-athlete not enrolled in summer school, the student-athlete needs to have a minimum grade-point average of 2.200 and to have completed specific credit hour requirements based on their year in school.

### Football

- The football summer practice legislation allows for an eight week summer conditioning period
- Participation in such activities shall be limited to a maximum of eight hours per week with not more than two hours per week spent on video/film review (coaches may be present).
- During the remaining weeks of summer, student-athletes may be involved in voluntary weight training and conditioning activities (coaches may NOT be present).
- For a student-athlete not enrolled in summer school, the student-athlete needs to have a minimum grade-point average of 2.200 and to have completed specific credit hour requirements based on their year in school.
- If student-athletes decide to participate in voluntary workouts, the strength and conditioning coach may monitor the facility for health and safety purposes.

## COMPLIANCE MVP

This month's compliance MVP comes to us from the football staff. We would like to thank Justin Wells for his involvement with and support of the compliance staff.



Justin Wells



## COMPLIANCE NOTES

The University of Miami Department of Athletics has implemented drug testing policies, and institutional policies in accordance with NCAA rules and regulations. Should you have any questions or concerns about policies, please contact the Compliance office.



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## In the News: UNC– Updated Notice of Allegations

The NCAA has charged North Carolina with five violations, adding failure-to-monitor and additional staff member ties to improper academic assistance.

The NCAA originally issued a document last May that included lack of institutional control and other top-level allegations against the University. In the most recent report, the NCAA removed the charge of athletes receiving improper benefits through access to problem courses between 2002 and 2011. These courses were independent study style courses that were misidentified as lecture courses, requiring no class time and only one or two research papers. The courses featured GPA boosting grades and a high enrollment number from student athletes across many sports. These classes were also to have found to be run largely by office administrators over faculty members.

UNC has 90 days to respond to the governing body, which will give them time to self-impose any penalties if they choose. The next steps include a hearing with the infractions committee followed by a final ruling weeks later.



## MAY RECRUITING CALENDAR

### MEN'S BASKETBALL

- Quiet Period - May 1-18
- Dead Period - May 19-27
- Quiet Period - May 28-May 31

### WOMEN'S BASKETBALL

- Quiet Period - May 1-31

### WOMEN'S VOLLEYBALL

- Quiet Period - May 1-27
- Contact Period - May 28-31

### FOOTBALL

- Quiet Period - May 1
- Evaluation Period - May 2-7
- Quiet Period - May 8
- Evaluation Period - May 9-14
- Quiet Period - May 15
- Evaluation Period - May 16-21
- Quiet Period - May 22
- Evaluation Period - May 23-28
- Quiet Period - May 29-30
- Evaluation Period - May 31

### ALL OTHER SPORTS

- Contact Period - May 1-31

## SELLING OR EXCHANGING AWARDS

Student-athletes who receive awards may NOT sell them or exchange them for anything with monetary value. If the award goes missing or is stolen it should be reported to the Compliance office.

Awards received by student-athletes may not include cash, gift certificates, gift cards that redeemable for cash, a cash-equivalent reward, or a country club or sports club membership.

Awards may be distributed at any point after a student-athlete's full-time enrollment at the certifying institution.

Awards may be provided to recognize special achievements, honors and distinctions. Local organizations may provide teams with awards as long as the award is approved by Compliance and counts towards the award limitations.



# ASK BEFORE U ACT

Compliance Questions? Contact a compliance staff member, e-mail us at [Athleticscompliance@miami.edu](mailto:Athleticscompliance@miami.edu), or call 305-284-2692. Please follow us on Twitter (@UCompliance) and "like" us on Facebook, ([www.facebook.com/UCompliance](http://www.facebook.com/UCompliance)).