

# STUDENT-ATHLETE NEWSLETTER

Volume I

Fall 2008

## \*\*PRACTICE\*\*

*Think you are practicing too much?*

► Countable Activities include any required activity with an athletics purpose involving student-athletes and occur at the direction of, or supervised by, one or more of an institution's coaching staff, including strength and conditioning coaches.

► Participation is limited to a maximum of 4 hrs per day, 20 hours per week in season, and 2 hrs skill instruction per day, 8 hrs per week off season.

► Daily and weekly hour limitations do not apply, (1) prior to the first day of class and (2) during vacation periods.

► Student-athletes must receive one-day off per week from all countable activities.

A travel day may be considered as a day off. (*Basketball Exception: If a team participates in 3 contests in a week, the team is not subject to the one-day-off-per-week requirement. However, student-athletes must receive 2 days off from all countable activities during either the preceding*

## \*\* HOST INSTRUCTIONS\*\*

*Have you been asked to be a student-host for a prospective student-athlete? If so, please keep the following in mind!*

• Host money cannot be given directly to the PSA.

• Host money can only be used for entertainment and snacks. A maximum of \$30 per day will be provided for entertainment. (Does not include meals)

• Host money cannot be used to buy t-shirts, hats, sweatshirts or other souvenirs.

• Entertainment for the prospect is limited to a 30-mile radius of campus.

• You cannot borrow your coach's car or any vehicle owned by the University or a booster.

• A visiting recruit may engage in recreational activities, so long as the activity does not include the sport in which the individual is being recruited.

• **Underage drinking is illegal. It is the student host's responsibility to discourage this type of activity. Do not break the law!**

• **Involvement in sexually related activities and entertainment, including adult entertainment is prohibited!!!**

## \*\*Complimentary Admissions\*\*

*As a student-athlete, you MAY*

**NOT:**

Ø Sell your complimentary tickets at any price.

Ø Exchange your complimentary tickets for any item of value (e.g., getting a free dinner).

Ø Purchase tickets for an athletics event and then sell the tickets at a price greater than face value.

## \*\*Gambling Reminders\*\*

• The NCAA opposes all forms of legal and illegal sports wagering.

Including:

1. Use of a bookmaker or parlay card;
2. Internet sports wagering;
3. Pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

**Priority Registration begins November 6<sup>th</sup>  
See your advisor to help you register for  
classes!!!**

**Looking for a Job? Need Help with you resume?**  
Attend the Job Fair and Resume Workshop **November 11<sup>th</sup>** in the Utah Room at the Burbidge Academic Center.  
**Business Expo - 6:00 Resume Seminar - 7:00**  
For more information contact:

Mary Bowman in Burbidge 250

**Reminder: If you haven't added Utah  
Compliance to your Facebook page please  
add  
[compliance\\_legal@huntsman.utah.edu](mailto:compliance_legal@huntsman.utah.edu)  
and join the Utah Current Student  
Athletes Group.**

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