



## ATHLETIC COMPLIANCE NEWSLETTER

August 2015

### IN THIS ISSUE

- Move in Day
- Compliance Calendar
- Championship and Non-Championship Practice Schedules
- Bylaws of Interests
- Recruiting Calendar
- New Forms
- Compliance Staff

### Attention Student-athletes:

Move in Day for Fall Championship Sports is Thursday August 13, 2015

First Day of Practice for Fall Championship Sports is Friday August 14, 2015

Move in Day for Winter and Spring Championship Sports is Monday August 17, 2015.

First Possible practice day for Winter and Spring Championship Sports is Monday August 24, 2015.

### Compliance Calendar

August 10, 2015 – Coaches Certification Test, 9:00 am – 11:00 am (Canseco Hall 111)

August 12, 2015 – Compliance Meeting with Athletics Department Staff (KCB Conference Room)

### Fall Sports Individual Team Meetings

August 13, 2015 Rec Sport Rooms (128 and 131) 1:30pm – 5:00pm

### Winter and Spring Individual Team Meeting

August 18, 2015 Rec Sport Rooms (128 and 131) 1:30pm – 5:00pm



# COMPLIANCE

## Championship and Non-Championship Practice Schedules

### Preseason Activities before the First Day of Classes or First Scheduled Contest. (Soccer, Cross Country, Volleyball)

During the preseason practice period before the institution's first day of classes or the first scheduled contest, whichever is earlier, student-athletes shall not engage in more than six hours of countable athletically related activities per day, only five of which may be devoted to physical activities (e.g., practice, weight training, and conditioning). In addition, any session with physical activities shall not exceed three hours in length. Student-athletes must be provided with at least three continuous hours of recovery time between any sessions occurring that day. During this time, student-athletes may not attend any meetings or engage in other athletically related activities (e.g., weightlifting); however, time spent receiving medical treatment and eating meals may be included as part of the recovery time.

### First Date of Practice and Competition for Spring Sports Non-championship Segment. (Softball, Golf, Baseball)

A member institution shall not commence practice sessions or engage in outside competition in the non-championship segment before September 7 or the institution's fourth day of classes (as set forth in its catalog, counting Monday through Friday only), whichever is earlier.

## Basketball

**17.3.2.1 On-Court Practice.** A member institution shall not commence on-court preseason basketball practice sessions before October 15.

**Weight Training, Conditioning, Team Activities and/or Skill Instruction.** A member institution shall not commence weight training, conditioning, team activities and/or skill instruction in accordance with Bylaw 17.1.6.2 before September 7 or the institution's fourth day of classes for the fall term (as set forth in its catalog, counting Monday through Friday only), whichever is earlier.

**17.3.2.1.2 Prohibited Activities.** Before the start of on-court preseason basketball practice members of the institution's coaching staff may not be involved with one or more team members at any location in any of the following activities except as permitted in Bylaw 17.1.6.2.1:

- a. Setting up offensive or defensive alignments
- b. Chalk talks
- c. Discussion of game strategy
- d. Review of game film
- e. Activities using basketball equipment; or
- f. observing student-athletes in any basketball activities even if such activities are not arranged by the coach

## Bylaws of Interests

**17.1.6.2.1 Sports Other Than Football.** In sports other than football, outside of the playing season during the academic year, only a student-athlete's participation in weight training, conditioning, team activities and/or skill instruction shall be permitted, as follows: *(Adopted: 1/10/91 effective 8/1/91, Revised: 1/10/95 effective 8/1/95, 1/14/97 effective 8/1/97, 1/14/02 effective 8/1/02, 1/14/08 effective 8/1/08, 4/15/08, 1/15/11 effective 8/1/11)*

(a) In winter championship sports, a student-athlete's participation in weight training, conditioning, team activities and/or skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities and/or skill instruction, as follows: *(Adopted: 1/15/11 effective 8/1/11, Revised: 7/26/11)*

(1) In basketball, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the day before October 15.

(b) In spring championship sports, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the day before the institution's declared start date of the non-championship segment, a student-athlete's participation in weight training, conditioning, team activities and/or skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities and/or skill instruction; *(Adopted: 7/26/11)*

(c) In fall championship sports, from the beginning of the institution's second term of the academic year (e.g., winter quarter, spring semester) through the day before February 15, a student-athlete's participation in weight training, conditioning, team activities and/or skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities and/or skill instruction;

## COMPLIANCE STAFF

Henry Miller  
Director of Athletic Compliance  
(956) 326-2732  
henry.miller@tamiu.edu

James Bonnette  
Associate Director of Athletic Compliance  
(956) 326-2731  
james.bonnette@tamiu.edu

Veronica Garcia  
Coordinator of Compliance  
(956) 326-2164  
roni@tamiu.edu

Melinda Elizondo  
Athletics Academic Coordinator  
(956) 326-2995  
melinda.elizondo@tamiu.edu

Mary Martinez  
Coordinator of Compliance  
(956) 326-2252  
mmartinez@tamiu.edu

## Recruiting Calendars

**Men's Basketball – August 2 – September 6, 2015 Quiet Period**

**Women's Basketball – August 2 – September 6, 2015 Quiet Period**

**All other sports – Evaluation Period**

**13.02.4.3 Quiet Period.** A quiet period is that period of time when it is permissible to make in-person recruiting contacts only on the member institution's campus. No in-person, off-campus recruiting contacts or evaluations may be made during the quiet period.

## New Forms

Athletic Compliance office has implemented to new forms for athletes which can be found on G-Drive.

Occasional Meal – Must be filled out prior

Student Employment Form – All SA's who are working must report to compliance office to fill out form.