



# CAA COMPLIANCE MONTHLY

DECEMBER 2008

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## WEEKLY HOUR LIMITATIONS -- OUTSIDE THE PLAYING SEASON

**Sports other than Football.** Outside of the playing season, from the institution's first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution's final examination period at the conclusion of the academic year, only a student-athlete's participation in required weight-training, conditioning and skill-related instruction shall be permitted. A student-athlete's participation in such activities per Bylaw 17.02.1 shall be limited to a maximum of eight hours per week with not more than two hours per week spent on skill-related workouts. All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic term through the conclusion of each student-athlete's final exams.

**Championship Subdivision Football. [FCS]** Activities between the institution's last contest and the start of summer conditioning are limited to required weight-training, conditioning and the review of game film. A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film. All activities beginning with the start of summer conditioning and outside the playing season shall be conducted pursuant to Bylaw 17.11.6-(a)-(2) and 17.11.6-(b).

## VACATION PERIODS AND BETWEEN TERMS

Daily and weekly hour limitations do not apply to countable athletically related activities occurring during an institution's term-time official vacation period, as listed in the institution's official calendar, and during the academic year between terms when classes are not in session.

If such vacation periods occur during any part of a week in which classes are in session, the institution is subject to the daily and weekly hour limitations during the portion of the week when classes are in session and must provide the student-athletes with a day off (see Bylaw 17.1.6.4), which may be a vacation day.

**CAA UPDATE:** The CAA is always looking for stories to post on the Student-Athlete Spotlight section of the CAA Website. These posts allow for great PR Opportunities to showcase our CAA Athletes helping in the community and various charitable organizations. Please email any stories and photos to [Crobinson@caasports.com](mailto:Crobinson@caasports.com)

**HAPPY HOLIDAYS FROM THE CAA**

## ENTERTAINMENT DURING VACATION PERIODS

The institution may pay the actual costs (but may not provide cash) for reasonable entertainment that takes place within a 100-mile radius of where a team plays or practices in connection with an away-from-home contest or en route to or from such a contest. In addition, an institution may pay the actual costs (but may not provide cash) for reasonable entertainment that takes place within a 30-mile radius of the institution's campus or practice site during vacation periods when the team is required to reside on campus (or at a practice site normally used by the institution) and classes are not in session.

## CAA BLOOD CHALLENGE RESULTS

### CAA BLOOD CHALLENGE SHATTERS RECORDS WITH OVER 3,600 UNITS COLLECTED

RICHMOND, Va. (November 25, 2008) – The Colonial Athletic Association Blood Challenge surpassed all previous records for the sixth year in a row with 3,472 actual donors and 3,632 productive units of blood collected from the 12 CAA campuses. The total represents a 6.9% increase in the amount of blood collected from last year's Challenge and is more than triple the amount that was collected during the inaugural campaign just seven years ago. The CAA Blood Challenge has resulted in 17,728 productive units of blood since it began in 2002.

Drexel University is the winner of the CAA Blood Challenge for the third year in a row following another outstanding effort. Drexel had 826 actual donors, which resulted in 822 productive units of blood collected. The University of Delaware, which won the first four CAA Blood Challenges (2002-05), finished second with 604 donors. Georgia State University placed third in the Challenge with 367 donors and Virginia Commonwealth University was fourth with 355 donors.

"Drexel Athletics considers the CAA Blood Challenge to be an important priority for several reasons; it gives our student-athletes an opportunity to lead and serve their campus and community, for Drexel faculty, staff, administration and students to collectively generate institutional pride, and for us to partner with the American Red Cross, one of the most important charitable organizations in this country," said Dr. Eric Zillmer, Drexel's Director of Athletics. "Winning the CAA Blood Drive for the third year in a row demonstrates our campus' commitment to civic engagement and is another fine example of what makes Drexel University an exemplary institution."

The CAA Blood Challenge was developed by the conference presidents as a fun way to emphasize the critical importance of donating blood. Each CAA institution worked with its local blood service center and designated one day during the Fall semester to conduct a campus-wide blood drive. Student groups, faculty, staff and alumni were all encouraged to participate.

"I am proud of the Drexel community for their support of this great humanitarian effort that has become an annual tradition at Drexel," said James Tucker, Senior Vice President for Student Life and Administrative Services at Drexel University. "We appreciate the opportunity to partner with the Penn-Jersey American Red Cross and the CAA on this important initiative."

"Congratulations to Drexel University for winning the CAA Blood Challenge for the third year in a row," said Brigid O'Neill-LaGier, CEO of the American Red Cross Penn-Jersey Blood Services region. "The students and faculty of Drexel have once again demonstrated their commitment to maintaining a stable blood supply in the Philadelphia area and beyond. Thank you on behalf of the true winners, the area hospital patients who will benefit from your generosity." All 12 CAA institutions had more than 85 donors participate in the program. George Mason University finished fifth with 285 donors, followed by Towson (273), UNC Wilmington (176), William and Mary (175), Northeastern (121), Hofstra (103), James Madison (101) and Old Dominion (86).

"Thanks to the tremendous level of support shown for this important program by all of our institutions, we are proud to announce another record-setting year for the CAA Blood Challenge," CAA Commissioner Tom Yeager said. "The outstanding efforts put forth by our students, faculty and administrators touches the lives of thousands during a critical time for blood donations during the holiday season. The conference would like to thank all of the people who took time to donate blood and the volunteers who have made this annual event such a big success."

Commissioner Yeager will present Drexel University with an award in recognition of its outstanding achievement during a basketball game this winter.

### RECRUITING CALENDAR

#### Cross Country/Track & Field

Dec 1-Dec 14 ~ Contact Period  
Dec 15 (12:01 a.m.) -  
Dec 19 (12:01 a.m.) ~ Dead Period  
Dec 19-Dec 31 ~ Quiet Period

#### Men's Basketball

Dec 1-Dec 23 ~ Evaluation Period  
Dec 24-Dec 26 ~ Dead Period  
Dec 27-Dec 31 ~ Evaluation Period

#### Women's Basketball

Dec 1-Dec 23 ~ Evaluation Period  
Dec 24-Dec 26 ~ Dead Period  
Dec 27-Dec 31 ~ Evaluation Period

#### Baseball

Dec 1-Dec 31 ~ Quiet Period

#### Softball

Dec 1-Dec 8 ~ Quiet Period  
Dec 9-Dec 14 ~ Dead Period  
Dec 15-Dec 31 ~ Quiet Period

#### Women's Volleyball

Dec 1-Dec 7 ~ Contact Period  
Dec 8-Dec 16 ~ Quiet Period  
Dec 17-Dec 31 ~ Dead Period  
\*Exceptions:  
- AVCA Banquet  
- One event Dec. 21 within 100 Miles of Omaha, Nebraska

#### Men's Lacrosse

Dec 1-Dec 23 ~ Dead Period  
Dec 24-Dec 31 ~ Contact Period, No Evaluations

#### Women's Lacrosse

Dec 1-Dec 31 ~ Quiet Period

#### Football, Championship Division

Dec 1-Dec 20 ~ Contact Period  
Dec 21 ~ Quiet Period  
Dec 22-Dec 31 ~ Dead Period



**CAA Reminder: Vote/Override**  
Forms are due to the CAA December 5th, 2008. Please be aware of this deadline. Have a safe and happy holiday.