The Atlantic Coast Conference celebrates a rich tradition of academic and athletic excellence that can be attributed in part to an outstanding relationship between conference administrators and each university. More importantly, the line of communication does not stop with university administrators but rather continues on to permeate the student-athlete population. SAAC plays a large role in this liaison, and it has been both a rewarding and educational experience to serve at a campus and conference level. As ACC SAAC Chair I have had the privilege of interacting with some of the upper level administration. These experiences highlighted their dedication and hard work, but what really stood out to me was the enthusiasm that they showed for the ideas and opinions of student-athletes. Genuine interest, mutual respect, and candid communication: all of these qualities show that our administration in the ACC is constantly working with the student-athlete’s best interest at heart. (continued on back page)

Athletes Cleaning the Community

By Dean Buchan
Georgia Tech Sting Daily

Roddy Jones was not required to spend his Saturday afternoon cleaning up an inner-city Atlanta neighborhood. Head coach Paul Johnson didn’t mandate that he participate. He received no extra academic credit, not even a reprieve from wind sprints at the end of practice. Yet, Jones and some 60 other Yellow Jacket student-athletes from several sports showed up and got their hands dirty.

Yellow Jacket football players, swimmers, divers, men’s track athletes, tennis players, women’s basketball players and cheerleaders joined forces to help restore and improve a piece of land used for the Bright Futures program - an organization that helps kids and their families in one of Atlanta’s roughest inner-city neighborhoods. They pulled weeds, moved stones, leveled a sand volleyball court, cleaned a picnic pavilion and laid a new patio for a very appreciative group of youngsters. When the work was done, the student-athletes played basketball and volleyball with a group of giddy kids. These kids grow up in one of the state’s poorest school districts, where crime and early pregnancies are way too common. The Bright Futures program has, since 2002, gotten kids off the street, providing resources for learning as well as spiritual guidance. (continued on pg. 2)
THE BRIGHT FUTURES PROGRAM, CONT...

When the Tech caravan arrived around 2 p.m., the Bright Futures kids were lined up to greet the Yellow Jackets. "The kids were polite, a little shy," said Leah Thomas, Tech's Director of Total Person Support Services/Sports Dietitian. "You could tell that they have been taught to be respectful and courteous. I think they were quietly excited about getting to spend a couple of hours with 60 college student-athletes. "They (the kids) enjoyed working side-by-side with our guys and girls in the yard. And then getting to play basketball and volleyball with them was just a bonus!"

Georgia Tech student-athletes were involved in a numerous community projects throughout the year. This particular project was part of an initiative involving student-athletes throughout the 1100 projects. Virginia Tech student-athletes formed teams and participated in various projects including painting, performing yard work, doing “Spring Cleaning,” and much more. Student-athletes spent about four hours on that Saturday at their project site completing the requested work. It was both an enjoyable and rewarding experience as the athletes got to meet and assist their fans in the community. As the University’s motto Ut Prosim, “That I May Serve”, is instilled into the hearts and minds of all Hokies participating in, the Big Event 2011 is just one way for the student-athletes of Virginia Tech to say “thank you” to a community that does so much for them.

NC STATE “WOLFPACK BLITZ”

By Amira Chowyuk
NC State Women’s Track & Field

NC State student-athletes participated in the ACC conference-wide community service initiative by spreading their time out amongst several local projects. The biggest event that student-athletes participated in this semester was the Student-Athlete Development/Community Relations Department’s annual Wolfpack Blitz! Alongside this project, student-athletes gathered to participate in Habitat for Humanity, collected clothes for U Plus Me, and volunteered to help clean-up the city with the Tornado Relief Initiative.

Wolfpack Blitz is the NC State Athletic Department’s annual week-long event where student-athletes interact with students from various Wake County elementary and middle schools. Student-athletes from all respective sports visit the schools and speak with the kids about staying in school, listening, following directions, goal setting, good judgment, teamwork, responsibility and time management. Some of the student-athletes, like Breezy Williams and Asa Watson, had the opportunity to interact with the kids one-on-one with a friendly game of pickup basketball. The success of Wolfpack Blitz is continuously growing as we are able to reach more and more kids each year. This year, participation reached over 40 student-athletes and NC State even received media coverage!

In addition to Wolfpack Blitz, student-athletes from several sports teams participated in Habitat for Humanity including Women’s Track and Field. U Plus Me, a community service program that was started by a NC State cheerleader, also did a partnership with several NC State athletes as they helped to clean downtown and donated clothes. With the recent destructive effects of the tornado that ran through Raleigh, NC State student-athletes have volunteered their time to help clean-up the city after witnessing the devastating after-math it created. NC State student-athletes will always strive to serve their community the best way they can and being a part of the ACC’s conference-wide initiative is just a step towards that everlasting goal!

VIRGINIA TECH CONTINUES TO SERVE

By Sheffi Dreschel
Virginia Tech Women’s Swimming & Diving

Mark Hylton
Virginia Tech Athletic Trainer

Virginia Tech student-athletes put in a tremendous amount of time and effort into their academic and athletic pursuits, but they also find time to give back to the Blacksburg community. On April 9th, 2011, Virginia Tech student-athletes participated in “The Big Event” as part of their commitment to clean the community during ACC Community Outreach Day. The Big Event at Virginia Tech was established in 2002 after a model provided by Texas A&M University and has since grown exponentially. With the Big Event 2011 marking the 10th anniversary of The Big Event at Virginia Tech and being the second largest in the nation, the student-athletes were part of approximately 8,000 volunteers who completed over
UNC Student-Athletes “Go Green”

By Allison Barnes
North Carolina Women’s Swimming & Diving

On April 13, UNC student-athletes hosted a field day at Glenwood Elementary School to teach students about “Going Green.” UNC student-athletes have been visiting with Ms. Cho and Mrs. White’s 3rd grade class since the beginning of the semester through the Adopt a Classroom program. Adopt a Classroom is a program in which UNC student-athletes visit a class on a weekly basis to teach a lesson on a particular topic that the students are learning that week. April’s theme was Going Green, so student-athletes taught about the 3 R’s: Reduce, Reuse and Recycle.

Men’s Golf player Patrick Barrett said, “It was really cool when some of the kids recognized us from when we came to their class a couple of weeks ago,” said Barrett. “Some of the kids remembered my name as soon as they saw me.”

The event consisted of four different stations, including a golf ball and spoon relay, a three-legged race, a ball relay and a football toss. At the end of the activities, the UNC Football team challenged the 3rd graders to a tug o’ war contest. Unfortunately for the guys, Ms. Cho and Mrs. White’s class came out victorious! “The students’ self-esteem was sky-high that day…they were receiving special attention from athletes they admire and recognize,” said Mrs. White. “To them, the athletes represented character traits we have been studying in school: determination, success, and talent, all built upon teamwork and positive dispositions.”

Maryland “Terps Service Weekend”

By Martha Vanlieshout
Maryland Women’s Swimming & Diving

This spring, student-athletes at the University of Maryland participated in the Terps Service Weekend during ACC in ACCtion: Athlete’s Cleaning the Community Week. Terps Service Weekend was April 9th and 10th, 2011 and is an annual campus-wide event that began in 2002. As a part of the University of Maryland’s “President’s Promise”, all students are given the opportunity to engage in a social experience with the chance for social growth. The goals of Terps Service Weekend are to facilitate change, address social issues, and complete service.

Student-Athletes registered for a host of activities, such as, cleaning local gardens, volunteering at local YMCAs, cleaning local rivers, participating in neighborhood cleanups and volunteering at farms in the area. They were joined with hundreds of Maryland students, and it was a great opportunity to get to know the members of our great community! SAAC President, Greg Kelsey commented, “I think this was a great opportunity to help the local community as well as be involved with our student body”. The Terps Service Weekend turned out to be a great success, and taught student-athletes about the powerful influence they have out in their community, not just out on the field.

Boston College Cleans-Up the “Mather School”

By Jacqueline Branca
Boston College Media Relations Assistant

As part of the Atlantic Coast Conference’s program, ACC - Athletes Cleaning the Community, Boston College student-athletes traveled to the Mather School in Dorchester, MA, on Wednesday, April 6th. The student-athletes, with help from elementary school students from kindergarten to fifth grade, cleaned the grounds of the oldest public elementary school in the country.

The students cleaned the playground, the newly added outside-classroom and the fence-line perimeter of the school grounds. In addition to the grounds clean up, flowers matching the Mather’s school colors, orange and blue, were planted. Principal Emily Cox and Assistant Principal Karyn Stranberg welcomed the student-athletes to the school on the brisk morning and shared some information about the school and how excited the students were to play host to Boston College. Principal Cox reiterated the children’s excitement, “You all coming to the Mather to help clean up is important, but just as important is working with the children and making them feel important.”
FLORIDA STATE’S 8TH ANNUAL
“RELAY FOR LIFE”

By Melanie Cabassol
Florida State Graduate Assistant for Student Services

The first day of April marked the kick off of the 8th annual Relay for Life hosted by Florida State University at the Mike Long Track. This campus wide Celebration of Life initiative was held throughout the night on Friday, April 1st into the morning hours of April 2nd as a way to raise awareness and support for those who have been affected by cancer in their lives and those around them. Each year Florida State Student-Athletes dedicate their time in participating in the event by fundraising and physically being a part of the night’s festivities. This year, not only were there more than 180 student-athlete participants walking the track, but student-athletes raised over $5,200 to help support the cause. The Student-Athlete Advisory Council dedicated this year’s event as their way to help promote the (ACC) Athletes Cleaning the Community initiative. After 18 hours of an all night celebration commemorating the lives of those who have been affected by cancer and understanding that “cancer never sleeps” the celebration came to end. “Sometimes the breakdown of a big event like Relay can be the most stressful. After such a long night the last thing you want to do is pick up after people! It felt good to give back and help the Relay For Life executive board relax a bit at the end of the day by helping them clean up,” said SAAC Relay For Life Captain and Women’s Cross Country runner Ashley Calhoun. The Student-Athlete Advisory Council gathered together at the conclusion of the event on Saturday morning to clean up and break down campsites around the track. Amy Sargeant of the Women’s Tennis team mentioned, “I think it’s important to give back to the community no matter what job or task is at hand. As a team (SAAC) we had the opportunity to help give back by cleaning one of “our” facilities. As athletes at Florida State we take pride in the things that past players and influential student-athletes earned for us. It wasn’t the most pleasant job that we have had to do but at the end of the day, it’s the little jobs that keep the community clean, tidy and safe for people to use. Through this experience we learned to appreciate what goes on behind the scenes and are thankful for the opportunity to help out our peers.” The Relay for Life clean-up was just one of the many service projects that FSU SAAC and student-athletes were able to contribute. Just this past school year Seminole student-athletes logged in a combined total of over 5,500 hours of community service.

MIAMI HURRICANES TEAM-UP WITH
“THE MIAMI RESCUE MISSION”

By Dana Hatic
Miami Women’s Swimming & Diving

Student-Athletes from the University of Miami athletic partnered with the Miami Rescue Mission Staff for five days of volunteering as part of the ACC initiative to have all schools in the conference participate in service projects at the same time. Between Friday, April 1 and Sunday, April 5, all of Miami’s teams made visits to the Miami Rescue Mission to help with a series of tasks and donate time to the less fortunate. The Mission was founded in 1922, and strives to help the homeless of Miami find a place as accountable and productive members of the community. Kicking off the service event on Friday afternoon, the soccer team organized materials from the Bargain Barn and held a clinic at the Mission’s Community Activity Center. On Friday night, the swimming and diving team joined the volleyball program to serve dinner between 4:00 – 6:00 p.m. The ‘Canes carried on the contributions on Sunday, when the rowing team helped serve lunch from 11:30a.m. to 1:00 p.m., and the football team spent the afternoon with some of the families before helping to serve dinner. On Monday, the UM women’s tennis team also helped organize materials from the Bargain Barn in the morning, and the baseball, golf, track & field and men’s tennis teams banded together for an afternoon of games with those from the Mission. The men’s and women’s basketball teams visited the Miami Rescue Mission on Tuesday, and held a clinic at the activity center, then answered questions from the children.
Clemson Student-Athletes Serve

“Helping Hands”

By Callie Cavanaugh
Clemson Women’s Soccer

As part of one of the Student-Athlete Advisory Committee’s service projects and in conjunction with an ACC-wide community service initiative, ten Clemson student-athletes volunteered their time on Saturday, April 2 to visit with the children of Helping Hands of Clemson, a non-profit emergency shelter for neglected and abused children in the surrounding areas. "Being able to invest our time with these children was a true blessing and the time spent with them not only had a positive impact on the kids, but we were able to walk away with a very special impression that the kids made on us as well," said women's soccer player Callie Cavanaugh. "The children are truly amazing and have so much to offer. Having the opportunity to make such a positive impact on the lives of these kids can make quite the difference in our own lives as well." Helping Hands opened its doors in 1984 and quickly grew to become the state’s largest emergency shelter for children in South Carolina. It relies heavily on volunteers and donations to sustain the services it offers. SAAC plans to continue its volunteer efforts with Helping Hands.

Duke Helps the

“Durham Urban Ministries Soup Kitchen”

By Meghan Dwyer
Duke Women’s Swimming & Diving

Over the course of the past eight months Duke University has maintained a fruitful relationship with the Durham Urban Ministries Soup Kitchen. On the first Sunday of every month Duke Student Athletes arrive at 8:30 am and assist the staff in preparing and serving breakfast. Whether it is boiling eggs, making sandwiches, cutting food, or even unpacking donated groceries. The athletes tied up any loose ends before serving time. Each month a different team arrives at the kitchen with warm smiles and serves the Urban Ministries community. This semester Football, Women’s Track and Field, Women’s and Men’s Swimming, and Women’s Soccer answered the call and gave back to our neighborhood. Rose O’Connor, a swimmer who attended the Soup Kitchen said, “even though it is one small way of helping these people, and it may not be a big deal, seeing their smiles in response to our help really makes me feel happy. Also it puts my own life in perspective and encourages me to count my blessing.” Continuing this link with Urban Ministries year after year promotes unity between the Durham and Duke, while widening the perspectives of every athlete that gives their time.

UVA’s Second Annual

“Bone Marrow Donor Registration Drive”

By Nick Nelson
Virginia Men’s Wrestling

On Tuesday, April 5, 2011, UVA’s Football team organized its second annual Bone Marrow Donor Registration Drive on Grounds at the Observatory Hill Cafeteria over extended lunch hours. Our SAAC got behind the program and promoted participation among all student-athletes and their friends. Last year, football player Trevor Grywatch registered and was found to be a match. Coach London determined that he should donate even though it was during the season. Third year wrestler, Matt Snyder, is with us today because he received a donation as a child. Altogether some 233 individuals registered at this event to be donors. Our Student-Athlete Mentor program followed up this program with a Shoot Out for Cancer event on May 1, which invites area children and their families to an afternoon of food and fun (with inflatables) to raise money for the new Bone Marrow Transplantation Program headed up by Dr. Mary J. Laughlin at UVA’s Cancer Center. In spite of inclement weather, UVA has raised over $5,000 to contribute this year to her research.
Wake Forest “Campus Clean-Up”

By Julie Griffin
Wake Forest CHAMPS/Life Skills Coordinator

Wake Forest student-athletes, from women's basketball, volleyball, women's golf and women's track and field, took part in cleaning two entrances to the campus of Wake Forest that tend not to get as much attention. This was a way Wake Forest student-athletes could take part in the ACC SAAC initiative “Athletes Cleaning the Community.” The facilities department donated HUGE trash bags and the Wake Forest training room donated gloves for every student-athlete to wear! It was a beautiful day and they did a great job while having fun!

ACC SAAC
Spring Meeting Recap

The ACC Student-Athlete Advisory Committee Spring Meeting was held on April 7-8 at the ACC office. The meeting began with discussions and voting on the 2011 ACC Sportsmanship Award. For the remainder of the first day, meeting attendees participated in an activity lead by Jon Oliver, Executive Associate Athletics Director at the University of Virginia. Mr. Oliver gave a presentation about implementing an athletics department budget. He talked to the group about scenarios such as having to fire a coach or employee, dealing with the cost of medical and athletic training expenses, and the cost of team travel. Attendees were broken up into four groups and challenged to balance an athletics department budget facing various challenges that affected revenue streams and expenses. Following the meeting, SAAC members took a tour of the ACC Hall of Champions and had dinner to conclude the evening.

The second day of the meeting started with group presentations about how each group balanced their budget and the reason behind each of their decisions. Following the presentations, the group went to Cone Elementary School to participate in their “Lunch Buddy” Program. The kids at the elementary school loved having ACC student-athletes there to eat lunch and talk to them. The visit soon turned into an autograph session, as it seemed that every fourth and fifth grader asked everyone with the ACC for an autograph.

After leaving the school, the group went back to the Conference Office to discuss some issues from National SAAC. ACC SAAC was unanimously against NCAA Legislative Proposal 2010-26, which dealt with promotional activities and advertisements. Student-athletes also discussed the issue of coaches’ text messaging prospects. Before the end of the meeting the group discussed better ways of communicating with each other as well as a few best practices and ideas for events on campus.
Being part of the Student-Athlete Advisory Committee is a special opportunity to gain insight into what goes on behind-the-scenes and how the legislative process works, but it is also a chance to develop camaraderie between student-athletes from around the ACC. Some of my best memories from this year are those made with representatives from other institutions (yes, even the rival ones)! Most of us have learned valuable lessons related to teamwork in our respective athletic venues, but SAAC gives us the opportunity to foster those skills in a professional setting. I enjoyed hearing about the accomplishments of other schools, different approaches to community outreach, and diverse opinions on proposed legislation. Most importantly though, I feel like our ability to work together, respect each other’s opinions, and have extensive discussions without curbing the enthusiasm of the group allowed us to be extremely productive.

After being a part of SAAC for four years it will definitely be strange not to be an active member. However, as a graduating senior, I know that the knowledge I amassed will translate to my professional career. Next year I will stay involved with the Virginia Tech Track and Field program while I pursue my dream of pole vaulting at the Olympic Trials. I also plan to tutor through our Student Athlete Academic Support Services and do research in the biological sciences as I prepare to begin medical school. My ultimate goal is to be an orthopedic surgeon at a university because I will always have a passion for collegiate athletics: once a student-athlete always a student-athlete at heart.

Kelly Phillips
Virginia Tech Women’s Track & Field

BOSTON COLLEGE

“ANNUAL STUDENT-ATHLETE TALENT SHOW”

By Alison Quandt
Boston College Life Skills Program Director

The Student-Athlete Advisory Committee (SAAC) hosted their 2nd annual Student-Athlete Talent Show on Wednesday night in Conte Forum. The show featured nine acts ranging from Irish step dancing to an a capella mashup. The show’s proceeds will go to the St. Bernard Project in New Orleans, LA, the non-profit organization SAAC worked with on the Student-Athlete Service Trip this past winter which helps families rebuild their homes after the devastation of Hurricane Katrina.

The judges included Senior Associate AD, Jody Mooradian, Director of Campus Ministry, Fr. Tony Penna, Baldwin the Eagle, and Liz McCartney ’94, founder of the St. Bernard Project. With the range of talent in the show, the judges were charged with a tough task with football taking the win with an a capella performance for the ages. The men’s golf team followed in second place with an interpretive dance choreographed to Chariots of Fire. In third place, the coed sailing team produced a remix and dance to Michael Jackson’s “Beat It.” SAAC hopes to continue the strong relationship with the St. Bernard Project and plans to send another 22 student-athletes to New Orleans next January, 2012.

VIRGINIA TECH’S

“ANNUAL HOKIE DODGEBALL TOURNAMENT”

By Reyna Gilbert-Lowry
Virginia Tech Assistant AD for Student Life

On Thursday, May 5th, 2011, Hokie student-athletes competed in the annual Hokie Dodgeball Tournament sponsored by the Student-Athlete Advisory Committee. Over fifty student-athletes and athletic training students competed for a chance to win the coveted title of Hokie Dodgeball Champions! The team registration fees will all be donated for Relay for Life to the American Cancer Society. This year the Beastie Ballers took home the crown. The team consisted of Felicia Willoughby (volleyball), Brittany Michels (women’s soccer), David Clemens and Jed Prater (men’s soccer) and baseball student-athletes Gabe Ortiz and Johnny Morales. This event was a good way to bring VT student-athletes and support groups together for a great cause!

*The ACC SAAC is guided by the following principles: ethics, integrity, fairness, and a respect for diversity, which shall include attention to gender, race, ethnicity and sport.*