Do you have friends who are excited to sign an National Letter of Intent this month? Here are some helpful reminders:

- **November 12 through November 19, 2014** is the early signing period for baseball, m/w basketball, m/w cross country/track, gymnastics, lacrosse, softball, m/w tennis, volleyball and women’s water polo.

- A prospective student-athlete must sign the NLI within 7 days of the issuance date.

- You may NOT publicly comment (Facebook, Twitter, Instagram, interviews) on the likelihood of someone signing with GW or comment on the future contribution a certain individual might make to your team until AFTER this individual has officially signed a National Letter of Intent.

- Ask before you act! If you are not sure whether someone has signed, contact compliance.

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**Come Out and Support!**

As a reminder please email any requests for athletic department space in the Charles E. Smith Center and on the Mount Vernon Campus to athsched@gwu.edu.

**Smith Center**
- Nov. 1: Swimming/Diving v Drexel - 10:30 am
- Nov. 2: WVB v Duquesne - 7 pm
- Nov. 6: NCAA/DOD Concussion Meeting - 5:30 pm
- Nov. 7: WVB v VCU - 7 pm
- Nov. 8: MBB v Bloomsburg - 2 pm
- Nov. 8: WVB v Davidson - 7 pm
- Nov. 9: WBB v Virginia Union - 2 pm
- Nov. 14: MBB v Grambling St - 7 pm
- Nov. 19: WBB v Bowie St - 7 pm
- Nov. 22: WBB vs. Maryland - 3:30 pm
- Nov. 24: WBB v Grambling St. - Noon
- Nov. 26: MBB v Longwood - 7 pm

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**Mount Vernon**
- Nov. 2: MSOC v VCU - 1 pm
- Nov. 9: MSO v Davidson - 1 pm
Thanksgiving Holiday Reminders

The University Thanksgiving holiday is Wednesday November 26 through Friday November 28. Only the below programs are permitted to participate in athletic activities during that time. In addition, since Thanksgiving falls during the week when classes are in season, the below programs are held to the normal practice limitations of 20 hours/week and must provide a day off.

- basketball, gymnastics, squash, swimming, track.

Additionally:

- Staff members may

NOT drive a student-athlete home for the Thanksgiving holiday break (16.11.2.2).

- For those teams staying on campus, it is permissible to have an occasional meal at a coach’s/staff member’s house and be provided local transportation to the coach’s/staff member’s house (16.11.1.5 & 16.9.1.)

- Reasonable entertainment may be provided while the team is traveling for an away contest and if the team is on campus during the Thanksgiving holiday (16.7).

Academic Reminders

Monday, 11/3—SAAC E-Board meeting, 6 pm, Conference Room
Monday, 11/3—SAAC General Body meeting, 6:30 pm, Champions Club

Tuesday, 11/11—Spring Registration
Sunday, 11/16—Leadership Academy, Champions Club
Monday, 11/17—SAAC E-Board meeting, 6 pm, Conference Room

Wednesday, 11/26-Friday, 11/28—Thanksgiving Break

Student-Athlete Compliance Conundrum

Only one SA from a program will receive points for answering the question correctly: 500 if answered on day one of the newsletter disbursement; 400 day two; 300 day three; 200 day four; and 100 day five. Please e-mail Chandra (cbwirth@gwu.edu) with your answer!

Question: Some WBB players took a great photo with a recruit while she was on an official visit. When is it permissible for the players to tweet the photo?

Choices:
A. During the official visit.
B. Once coach tells the team she has verbally committed.
C. Whenever, as long as the recruit tweets it first.
D. Only after the recruit signs a National Letter of Intent.

LEADER BOARD

2. WSOC/WCC/WSW—500 pts.
3. MCC/Sailing—400 pts.

Remember to report your community service hours at www.GWsports/lifeskills.
NLI Reminders

November 12 through November 19, 2014 is the early signing period for baseball, m/w basketball, m/w cross country/track, gymnastics, lacrosse, softball, m/w tennis, volleyball and women’s water polo.

- The PSA must sign within seven (7) days of issuance. Note the seven (7) day deadline does not apply when seven (7) days are not left in the signing period.
- If the PSA signs prior to 7 am on November 12, the NLI is invalid.
- If a PSA is under the age of 21, a parent of legal guardian must sign NLI as well.
- GW coaching staff members may make unlimited telephone calls to a prospect on the initial date for signing (November 12) of the NLI and during the two days immediately following the initial signing date.
- There shall be no limit on the number of telephone calls or electronically transmitted correspondences made by GW to a PSA once the PSA signs a NLI or GW’s written offer of financial aid. (This does NOT apply to commitment letters.)
- GW may only release information regarding a PSA’s signing to the media after the Athletics Communication Office has received confirmation of a PSA’s signing from the Athletics Compliance Office.
- The NLI is declared null and void if the PSA is denied admission, does not meet NCAA eligibility requirements, has a one-ear absence, their sport is discontinued at the signing institution or there is a recruiting rules violation.
- A coach or GW representative may NOT hand deliver the NLI off-campus or be present off-campus at the time of signing.

Monthly Compliance Conundrum

Situation: Goal E. signed an 2014-2015 NLI to play lacrosse for Mediocre U. in November of 2013. However, she decided to attend a Junior College closer to home and did not enroll at Mediocre U. She has now emailed the GW head lacrosse coach and expressed interest in GW.

Question: When is coach permitted to have communication with Sally (when is the recruiting ban lifted)?

A. Start of the 2014-15 academic yr.
B. Nov 2014 (1 yr. after she initially signed)
C. At the conclusion of the 2014-2015 academic year
D. At the start of the 2015-2016 academic year.

Click here for a hint! This one is not in the manual so just provide your answer for full points!

DEAD PERIOD REMINDERS

November 10-13 is a DEAD PERIOD for the early National Letter of Intent signing period. All sports with the exception of soccer and men’s water polo are included in this dead period. Remember it is NOT permissible to make in-person recruiting contacts or evaluations on or off campus or to permit official or unofficial visits during this time.

Monthly reminder to ensure that all CARA logs, contacts and evaluations and telephone calls are being logged through ARMS. Don’t forget to run reports to ensure all the information has been added correctly.
### Recruiting Calendar

All sports are in a Contact/Evaluation Period unless otherwise noted.

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### 6 Healthy Eating Tips for Thanksgiving

1. **Toss the Turkey Skin**: Though delicious, the skin is very high in fat — and not the good kind.
2. **Eat Before Dinner**: Eat a hearty breakfast and lunch so you don’t show-up at dinner starving. This may make you more likely to overeat and your body will have a harder time digesting the heavy meal.
3. **Eat Plenty of Vegetables**: Fill 2/3 of your plate with vegetables of all colors. Healthy veggies will fill you up and keep you from indulging in unhealthy food.
4. **Drink Lots of Water**: Drink plenty of water before and during your meal as water will help your stomach stay full and keep you from overeating.
5. **Limit Sweets**: Aim for a teaspoon or two of cranberry sauce as this yummy treat is high in sugar.
6. **Leave the Dinner Table After Eating**: Once you’re done eating, leave the table as hanging out around the table may tempt you to snack on some leftovers.