Every school in the ACC has an opportunity to highlight a student-athlete or team through a SAAC in ACCtion article that features their service to the community. The SAAC in ACCtion newsletter was created with the purpose of further celebrating the theme of “service to make a difference.” Each edition will share what student-athletes are doing around their campuses through articles and pictures submitted by their respective SAAC members. Part of leadership is serving others, and athletes around the ACC show great initiative to organize and participate in community outreach projects. From holiday toy drives to raising cancer awareness, these articles reflect enthusiasm and dedication to community involvement. Hopefully these stories will not only highlight off-the-field accomplishments, but also serve as inspiration for ACC SAAC programs to continue developing new ways to reach out to others. Enjoy!

Kelly Phillips
Virginia Tech Women’s Track & Field

The Student-Athlete Advisory Committee at Boston College transformed itself over the last five years, and its metamorphosis into an active, vibrant group helped to earn it the Division I National SAAC Award of Excellence for fall 2010. Alison Quandt, a former Boston College student-athlete and now the school’s Life Skills program administrator, noted the vast difference between the group now and when she was a student-athlete. “Night and day probably doesn’t cover it,” she said. “It’s so much bigger and more inclusive than what it was when I was a student-athlete.” That size and inclusivity earned them the admiration of the national SAAC selection committee. Chair Nick Fulton said the breadth of the group’s community-service projects impressed the committee. “The selection committee was amazed by the number and variety of initiatives,” Fulton said. The Boston College SAAC has nearly a dozen projects ranging from fundraisers for earthquake victims in Haiti and visiting children in hospitals to an organized effort to support each other on a team and individual basis. The SAAC even created an immersion service trip to the Gulf region to help in the recovery from Hurricane Katrina. Quandt said each of the projects was conceived by a SAAC member (or members), who then brought the idea to the full group. Each of the projects received the full support of the group. In fact, the service trip has more applicants than spots available. She encouraged other groups to let the student-athletes take the lead. “It helps when they are the ones doing it; they are empowered. They care more,” she said. “It doesn’t mean as much when I’m telling them something to do. If a student-athlete comes back like one did last year from the trip to New Orleans and says this is the best experience they’ve had at BC and they’re a junior? That’s the best marketing we can have.” Quandt also credits the student-athletes with making the SAAC become a viable group. She said several student-athlete leaders recognized that the SAAC could be a real positive in the community – and for the student-athletes who chose to participate.

(continued on back page)
child in need with a college or high school sports team. Levi was diagnosed at age 4 1/2 with medulloblastoma, a highly malignant brain tumor. In support of Levi, this fall, the baseball team hosted an event called “Shave for the Brave.” The entire team, including coaches, families, and fans attending the event, shaved their heads to join Levi’s mother, who also shaves her head every fall during her son’s treatment. It was a fun and moving event for Levi. The baseball team continues to support Levi when he and his family visit Blacksburg and through his webpage, www.caringbridge.org/visit/levimayo. The Shave for the Brave event was done as part of Coach Pete Hughes’ “19 Ways” Program. This year the baseball team will find 19 ways to volunteer and help the community and people around it. Just days after the Baseball team shaved their heads to support Levi and awareness for children’s cancer, Virginia Tech’s Track & Field and Cross Country teams united to participate in the 3rd annual shoe drive. Donations of shoes of all sizes were collected for Soles4Souls, Inc., which provides people in need with refurbished shoes. The teams collected 844 pairs of shoes, which
doubled the amount received last year, with cash donations reaching $220. When asked where the collected shoes would be sent, Nicole Langford in Donor Services with Soles4Souls said, “We distribute shoes to whoever is in need the most. Right now, our primary efforts are focused in Haiti, as they are still in great need of help. Most likely, the shoes collected will go to Haiti.” Shoes and health are sometimes taken for granted by Virginia Tech students and athletes because they have never had to go without them. As the University motto Ut Prosim, “That I May Serve,” is ingrained in the minds and hearts of all Hokies, Tech’s student-athletes are doing their part to help raise awareness for these causes and those in need.

“Girls on the Run”

By Leah Thomas
Georgia Tech
Director of Total Person Support Services

Girls on the Run of Atlanta is an Independent Council of Girls on the Run International, which has a network of over 160 locations across the United States and Canada. It is a non-profit program for girls in the 3rd through 8th grade whose mission is to educate and prepare girls for a lifetime of self-respect and healthy living. The programs, led by certified volunteer Girls on the Run coaches, run for 12 weeks twice a year. The fall and spring programs consist of 8-15 girls per group. Participants meet twice a week for 90 minutes, after school or on weekends, and train in school track facilities, community centers, parks or fields. The program combines training for a 5K running event with healthy living education. This education instills self-esteem and strong values through health education, life skills development, mentoring relationships, and physical training with an active collaboration with parents, schools, and the community. Various Georgia Tech female student-athletes have volunteered at the end-of-the-season Girls on the Run 5K in years past, but this fall, they decided to get involved with the Atlanta area Girls on the Run program on a much greater level. Each team was challenged by Leah Thomas, Director of Total Person Support Services/Sports Dietitian, and Theresa Wenzel, Senior Woman Administrator, to commit to visit a local site at least a couple of times during the semester. At the end of the semester, all of the female teams that were not competing that day volunteered at the 5K doing whatever tasks the race director needed done. The Georgia Tech female student-athletes stepped up to the challenge in a big way. Several teams made multiple visits all throughout the semester to sites, developing more than just surface relationships with the young girls. The student-athletes got involved with the life lessons that were being taught that day such as peer pressure or bullying as well as participating in the actual training run, even if they had already worked out! “Just wearing the Georgia Tech apparel to the sites, they were like, ‘Wow, I want to be like that,’” said softball outfielder Christy Jones. “It was so easy for us to go out there and inspire the girls.” Once the groups bonded, it was easy to make the experience about more than just physical fitness. “These girls aren’t just training for a 5K,” said Kayla McKeirnan, a representative of the track team. “They also get educated through some tough stuff that they’re going to have to face later on in life.” Sue Payne, the Director of the Atlanta area Girls on the Run, said, “There was a wonderful partnership with the Georgia Tech athletes. We are very excited and we hope that will be the first season of many. The girls really related well to having them come out to their sights and be there at the race to cheer them on. It was really wonderful.”
NC State Has “Athletes With Talent”

By Jana Angel
NC State Women’s Volleyball

Here at NC State our SAAC committee initially welcomed its new members back in August. We had many returnees, and some new freshman faces heading off for our retreat where the focus was on bonding the committee and setting goals for the year. Our new Athletic Director, Dr. Debbie Yow, has already attended a SAAC meeting to ensure we are focused on both long and short-term goals. She was also curious about our fall project. We were happy to tell her about our fourth annual “Athletes With Talent Show.” The show began when I was a freshman, and now as a senior, you could say I have grown up with it. The show is put on to benefit Kids Café located here in North Carolina. The organization not only provides after school snacks for children in need, but they also offer mentoring programs for the students. After four years we have worked out many of the kinks and put on a stellar show. We had participation from 14 teams this year that showcased their talents. The judge’s panel, consisting of students and staff, chose winners from the categories of “real talent” and “comedic talent.” The acts ranged from singing and dancing to saxophone duets played in toe socks! This year the softball team took home the “comedic talent” award for a second year in a row with their literal interpretation of Brittnay Spears “Circus.” Piano-playing football player Taylor Gentry, clenched the “real talent” trophy with his rendition of Lil’ Wayne’s “Lollipop.” The talent show raised over $1,000 for Kids Café this year. The talent show is our main fall project, but many members also volunteered in the community this semester working with local partner schools. Teams also signed up to take meals to families in need at Thanksgiving and gifts to children during Christmas time. Prior to the very cold month of December many committee members also donated clothing to a clothing shelter run by our very own Cheerleading graduate assistant. Overall we had an amazing start to the year! Our committee will soon be discussing our spring service and our end of the year awards presentations that have become known as “The Wolfie Awards.” This semester many of our SAAC members will also be participating in Dr. Yow’s strategic planning focus groups.

At a Glance...
ACC Schools Highlight Their 2010 Fall Semester

Miami is “One Voice, One Team, One Family”

By Dana Hatic
Miami Women’s Swimming

Volleyball Fundraiser: On Friday, November 19th, the University of Miami’s SAAC held a fundraiser at the women’s volleyball game. The group sold pizza, baked goods and soda to fans attending the game. Sales accumulated to $175.

Holiday Necessities Drive: UM’s SAAC worked in conjunction with each sport team and the athletic department to collect basic necessities to donate to the Lotus House, a shelter in Overtown, Miami that is dedicated to helping impoverished women and their children. Our student-athletes and administrators collected hygiene goods (soap, shampoo, hair brushes, socks, etc.) as well as baby supplies (diapers, wipes, etc.). SAAC packaged and distributed the donations to the shelter on Sunday, December 12th, where they were graciously invited to join “tea time” with over a dozen wonderful women. “U Attend, We Achieve!” Through the 2010-2011 academic year, UM’s sport teams are coming together as they compete to support their fellow Canes, invest in the lives of others in the Miami community, and encourage relationships among the student-athletes by attending SAAC meetings, events and fundraisers. Points will be awarded to student-athletes and the winning sports team will receive the first “U Attend, We Achieve” title.

Rat Study Break: During the week of finals, SAAC hosted an event at the Rathskeller, an on-campus restaurant and student hang-out. Student-athletes took a break from studying to eat, socialize and refuel. UM’s SAAC has met monthly and addressed issues on campus, discussed upcoming events, voted on NCAA legislation, and facilitated interactions among student-athletes. Coaches attended meetings to share their life experiences and encourage the student-athletes. We follow our mission that states, “The University of Miami’s Student-Athlete Advisory Committee is a collective team of student-athlete voices, persevering together to enhance the student-athlete experience. Respect, integrity, and sportsmanship are three of many pivotal qualities the U Family strives to exemplify on and off the playing field.”
North Carolina’s Fall Photo Journal

Women’s Gymnastics team working with Habitat for Humanity on the UNC athletic department initiative “Build a Block.” The gymnasts worked toward their goal of building 10 houses in 10 months for Habitat.

As part of a long-on-going tradition, members of the football team enjoy visiting UNC Hospital patients every Friday before their home games.

The Baseball team was one of the 20 teams that shared their holiday with others by participating in the Adopt-a-Family program.

Men’s and Women’s Swimmers at one of the Carolina Dreams events, hanging out with UNC Hospital patients and their families before attending Late Night with Roy together.

Boston College’s Call to Service

By Kyle McCartan
Boston College Men’s Golf

Alison Quandt
Boston College Life Skills Program Director
Former Boston College Women’s Ice Hockey Student-Athlete

Hope Lodge: Boston College has formed a tremendous relationship with the Hope Lodge in Boston, a facility that provides accommodations free of charge for patients and their families undergoing cancer treatment at local hospitals. The baseball and rowing teams have provided great nights of games and conversation after cooking dinner for the group. St. Columbkille Elementary: The men’s basketball along with the men’s and women’s ice hockey teams has spent a great deal of time getting to know the students at the St. Columbkille Elementary school in Brighton. The men’s basketball team visits every other Friday as student-teachers. The hockey teams have created a mentoring program with the 5th graders, highlighted by a visit to Conte Forum’s Kelley Rink for a skating session with their mentors. Massachusetts Hospital School: Members of the 2010 field hockey team took a break from preseason practice and visited the Massachusetts Hospital School in Canton, Mass. on Tuesday, August 17th. They spent the day touring the grounds and enjoying the company of the students. There was a lot to see and do, and the Eagles enjoyed activities like feeding the horses, playing video games, and making gimp jewelry with old and new friends alike. The Massachusetts Hospital School provides medical, rehabilitative, recreational, and educational services for children and young adults with multiple disabilities.

Florida State Student-Athletes Make Their Mark

By Melanie Cabassol
Florida State Graduate Assistant
Former Florida State Women’s Swimming Student-Athlete

This past semester Seminole SAAC and Florida State student-athletes truly made their mark on impacting the lives throughout Leon County and our University community by giving back nearly 3,600 hours of service by the end of the fall semester! Super CPR Day: One of the initiatives that SAAC took on in November of 2010 was to stand as one of the main supporters behind Quarterback and President of the Red Cross Nolles, Christian Ponder, in his first annual Super CPR Day event sponsored by The American Red Cross. This event successfully certified well over 300 individuals ages 15-80 in adult CPR at the Dick Howser Baseball Stadium. This initiative spoke volumes through the overwhelming support that our athletes showed in order to help make Florida State University recognized as one of the most disaster prepared universities in the nation. P.H.A.T.: The Student Athlete Advisory Council also held weekly orientation meetings for the first 6 weeks of the semester called P.H.A.T. (Peers Helping Athletes Transition). These meetings welcomed all Freshman Student-athletes and transfer students to join their peers through a mini-series of things they felt were important to know as incoming students here at Florida State. Some of the topics covered were; time and stress management, drug and alcohol awareness, impacting your “brand,” sport psychology, and campus resources. In follow up to these sessions, prior to finals week, the SAAC put together their annual tradition known as “Freshman Survival Kits” for each of our freshman student-athletes. Each of these kits were made to take home as a piece of encouragement leading them into their first college finals. Spring Focus: Our Seminole SAAC is eager to continue to make an impact throughout the spring semester and has currently been planning their participation in The American Cancer Society’s Relay For Life set to take place around Mike Long Track on April 1st and 2nd.
Wake Forest Student-Athletes Stayed Busy

By Thomas Sensing
Wake Forest Athletics Assistant
Former Wake Forest Men’s Track & Field Student-Athlete

Wake Forest athletes have been busy this fall semester. From large, once-per-year events to smaller, repeating ones, we have become a positive influence on the children of the Winston-Salem community.

Project Pumpkin. Project Pumpkin, a Wake Forest University tradition, is held each year at the end of October. Children from the community, including those of faculty and staff, are invited to campus to attend a carnival on the main quad, visit residence hall haunted houses and trick-or-treat. This exciting volunteer event brought student-athletes together with the rest of the student body and reached out to the community children as well. WFU Campus Kitchen. The Wake Forest Campus Kitchen program cooks and delivers food to underprivileged in the local community. Volunteering through the Campus Kitchen is an excellent teamwork opportunity and it also provides a unique way for student-athletes to make a direct impact on the lives of others.

Eat With The Deacs. Eat with the Deacs provides elementary and middle school children a chance to attend a Wake Forest athletic event or to visit campus for dinner with student-athletes. The SAAC Eat with the Deacs Committee helps plan and publicize these activities and also recruits volunteers for the events.

Tis the Season

An ACC SAAC Holiday Special

Georgia Tech’s 10th Annual Toy Drive

By Leah Thomas
Georgia Tech
Director of Total Person Support Services

The Georgia Tech Student-Athlete Advisory Board (SAAB) conducted their 10th Annual Michael Isenhour Toy Drive, wrapping up their fall semester. Each year, for the past 10 years, the SAAB has organized the toy drive and rallied help from their teammates to collect toys and cash donations at the final home football game of the season, as well as one men’s basketball game and one women’s basketball game leading up to the Holiday season. You can’t talk about the toy drive without going back to its origination and giving credit to the founder of the idea. In the fall of 2001, after the September 11th attacks, men’s basketball player, Michael Isenhour came up with the idea of collecting toys during the holiday season that could be sent to the children of 9/11 victims. At the same time, Isenhour was diagnosed with leukemia and did much of the planning and implementing of the toy drive while struggling with the disease. In 2002, later that same school year, Isenhour lost his battle with cancer. After that display of selflessness, Georgia Tech student-athletes saw it fit to continue the toy drive year after year and name it after Michael Isenhour as a reminder of this fine young man and what he did during a very difficult time in his own life. Each year, the toy drive is successful in collecting over 1000 toys and up to $8,000 to donate to local charities. This year, 3 different charities were identified to receive a portion of the toys collected. The first stop was the office of Big Brothers, Big Sisters of Metro Atlanta. They were the charity to actually receive the majority of our toys, as they had the largest pool of children involved in their program. Approximately 15 large garbage bags full of toys were unloaded in their office. They were very grateful and relayed that Georgia Tech “really came through for them.”

(continued on pg. 6)
10th Annual Toy Drive, Cont...

In addition to the toys given to them, Jason Peters, Roddy Jones, and Jessica Sinclair (the 3 student-athletes helping with the toy delivery) presented Tony Conway, the Development Director at the Atlanta Children’s Shelter, with a check for $5104.68. This is the total amount of money that was collected during this year’s toy drive. He was overwhelmed. He could hardly believe that he was holding a donation check presented by three college students for over $5000! He then shared with us that this money alone would help support the families that they work with for an entire 6 months. The final stop was the Ronald McDonald House of Atlanta, associated with Egleston Children’s Hospital. They received the remainder of the toys (75 toys) to help stock their Christmas closet, similar to the Holiday House at Atlanta Children’s Shelter. They were excited to receive so many toys and also thrilled that the toys were delivered by two Georgia Tech football players and one softball player. All in all, virtually every sport at Georgia Tech contributed to the success of the 10th Annual Michael Isenhour Toy Drive. On a cold rainy morning in Atlanta, the Georgia Tech student-athletes made a very big impression on three very deserving charities.

Wake Forest Student-Athletes are Santa’s Helper

By Julie Griffin
Wake Forest CHAMPS / Life Skills Coordinator

Chip Rives, a former Wake Forest football player, founded the Santa’s Helper program in 1986 to help provide holiday presents to children in Winston-Salem. This fall, Santa’s Helper reached 169 families and almost 800 children in the Winston-Salem community. Each December numerous student-athletes, coaches, administrators, staff, Deacon Club members, friends of Wake Forest and people from the community volunteer their time to wrap and deliver thousands of presents.

Duke Takes Part in Project Share

By Meghan Dwyer
Duke Women’s Swimming

Last December the Duke University SAAC chose to take part in a Campus Community Service holiday initiative, Project Share. In an effort to create holiday memories for those in need within the Durham community, we asked for donations from our student athletes. Their generous contributions totaled $1,600 and allowed us to shop for twelve people in 3 families. With the donations, SAAC shopped for, wrapped, and eventually delivered gifts to these families. “Project Share was a great way to get into the holiday spirit while I wasn’t at home. It was so much fun to shop with my teammates and wrap up holiday cheer for those in need,” said Catherine Conklin, Women’s Swimming. Opportunities like this allow us to get in touch with families in our surrounding community and broaden our scope of the meaning to give.”

Virginia Tech and

The Montgomery County Christmas Store

By Reyna Gilbert-Lowry
Virginia Tech Assistant Athletic Director of Student Life

The Virginia Tech SAAC volunteered to collect toys, on behalf of the Montgomery County Christmas Store at the women's basketball game vs. VCU on November 21st and the men's basketball game vs. UVA on December 5th. All fans were encouraged to donate a new unwrapped toy to the Christmas Store, in exchange they received a coupon for free admission to any remaining regular season women's basketball game. A total of 900 toys were collected at the games and offered to children and families at the store during the second week of December. The Montgomery County Christmas Store is an all-volunteer, community-wide, nonprofit organization which assists low-income families in Montgomery County, Virginia during the Christmas season.

Boston College Adopt-a-Child Program

By Alison Quandt
Boston College Life Skills Program Director
Former Boston College Women’s Ice Hockey Student-Athlete

Each year, Boston College Athletics teams ‘adopt’ a child or several children depending on the size of the team through the department of social services. A wish list is provided by a social worker and each team member contributes a few dollars toward purchasing gifts for their adopt-a-child. On the first study day, the student-athlete lounge is transformed into Santa’s workshop where all the teams come together with athletics staff and coaches to wrap the gifts for the children. Boston College teams adopted a total of 50 children this year wrapping up toys, games, and warm clothes for Boston winters.
DI SAAC Award of Excellence, Cont...

That’s what she’s proudest of: the student-athlete reaction to the good that they do in the community. “Sometimes they go into it thinking it’s going to be a chore, but in the end, I think they get more out of it than whomever it is we’re helping on any given day,” Quandt said. The Award of Excellence was created in 2009 to call attention to the good work student-athletes do away from competition and to raise the profile of the national SAAC among all student-athletes. The award is given twice a year. A selection committee chooses winners based on the following criteria: progress/growth, community service/outreach, sportsmanship initiatives, teamwork, originality, leadership and environmental initiatives.

Upcoming Events

- **Conference Wide Community Service** - This year the conference wide community service initiative will be based on the theme “Athletes Cleaning the Community.” During the week of April 1-6 each institution will choose a specific project that will help better their community!

- **National Student-Athlete Day** — April 6

- **In-Person SAAC Meeting** — April 7-8 — Greensboro, NC

- **ACC Post Graduate Scholarship Luncheon** — April 13 — Greensboro, NC

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.