



HORNET HADLINES Student-Athlete Edition



Winter 2011

NOTEWORTHY DATES:

December 3:

Dead Week begins for all out-of-season sports (except football)

December 5-23:

Scheduled dates for move to new Athletic Center
*Anticipate limited services

December 9:

Last day of instruction & Winter Break Housing Request Form due

December 10:

Final exams begin

Dec 16 - Jan 19:

Residence halls close for break (no meal service)

December 17:

Commencement

Dec 19 - Jan 20:

Winter Recess (students)

January 2:

Sierra Hall & American River Courtyard open for SA's during break

January 18 - 20:

Expected dates for eRefunds & checks for Spring Financial Aid
**Budget accordingly

January 20:

Residence Halls re-open with meal service

Holiday Break - FAQ's

Q: What are the CARA rules during the vacation period?

A: If you are in your declared playing and practice season, you have unlimited hours to train. However, if your sport is out of season, CARA is not allowed during the winter break. Strength and conditioning workouts are allowed so long as they are voluntary and conducted at the request of the student-athlete.

Q: If our team is required to be here over the break for practice, do we get meal money?

A: Student-athletes who are required to remain on campus for practice sessions and competition during the break may be provided the cost of room and board per NCAA rules. However, if the student-athlete lives at home during the break, the cost of room and board **may not be provided**, but they can participate in team meals incidental to practice and competition.

Q: Can we participate in organized competition over winter break?

A: In sports other than basketball, student-athletes may compete as a member of an outside team in any non-collegiate, amateur competition during a vacation period as long as it is outside of their declared playing and practice season. There are restrictions on the number of student-athletes from our institution that can be on a team, so please check in with the Compliance Office first.

Q: Does that include participation in an alumni game at my high school?

A: In sports other than basketball, a student-athlete may compete in one game a year involving participants from his/her former high school and its alumni team, provided this game takes place during an official vacation period of the institution's academic year.

Q: Can I accept a holiday gift from coaches or boosters?

No. The holiday is not exempt from extra benefit bylaws.



Q: Can I work over the break?

A: Yes, provided you get paid the going rate for the work you do. You may also receive compensation for teaching or coaching sport skills in your sport on a fee-for-lessons basis, provided you don't use institutional facilities, you teach (not just play), you are paid directly by the recipient's family, and you report recipient's name and payment received to the Compliance Office. Remember: NO MODELING! See the Compliance Office if you need to fill out a new Student-Athlete Academic Year Employment Reporting Form.

General Rule on Prizes and Awards:

You cannot receive cash, a cash equivalent, or a prize (trophy, medal) for playing in your sport. However, occasionally, you may be able to accept an item for your participation. For example, a track athlete running in an outside race can accept a participation t-shirt that every competitor receives, but may not accept any prize money for their place finish.



Holiday Humor

If an athlete gets athlete's foot, what does an astronaut get?Missile Toe!

Guidelines for Online Social Networking

Sac State Student-Athlete Code of Conduct:

You are prohibited from posting anything in cyberspace (Facebook, YouTube, Twitter, etc.) that puts you, your team, the Athletic Department or the University in a negative light. Use of Sacramento State logos on any website without prior written permission from the Director of Athletics is prohibited. Sacramento State reserves the right to monitor these websites.



Twitter Tips for D1 Student-Athletes

By Tom Satkowiak @TomSatkowiak

1. After composing a Tweet, ask yourself: "Would I be comfortable saying this in front of my parents, my grandmother, or an employer?" If the answer is no, don't tweet it.
2. Take pride in who/what you represent. In addition to representing Sac State and your team, you also represent you family and hometown.
3. Take caution and care with the visual elements and profile pictures on your Twitter account.
4. Tweet things worthwhile that are appropriate to share publicly. Don't go public with your personal drama.
5. Showing your sense of humor is good. Doing it at the expense of others is not good.
6. Don't use Twitter as an outlet to complain about how rough life, sports, and school are. There are thousands of people who would love to enjoy the opportunities you have.
7. You probably have fans, including young kids, following your Tweets. Keep your Tweets family-friendly and say thank you for the support often.
8. Don't use profanity, don't ReTweet profanity, and don't try to abbreviate profanity. Your followers know the acronyms! Additionally, avoid replying to or ReTweeting Twitter users with vulgar names.
9. Don't tweet during class. Your professors have Twitter too!
10. Things that are said in team meetings, locker rooms, etc. should never make their way on to Twitter. That also goes for roster changes, team morale, etc.

What's Inappropriate?

- "Party" pictures showing the use of alcohol by student-athletes
- Posts, comments, or twitter feeds that portray coaches, staff, faculty, teammates, and classmates in a negative way
- Photographs of any nature that reflect poorly on you, your team, or Sac State



Privacy and Protection:

For your privacy and protection, it is important to avoid posting personal information on your social media pages. Examples:

- * Home address
- * Phone numbers
- * Email address
- * Personal schedule

Other tips:

- Turn off the "enable location data" option on your Twitter app
- Use the privacy settings on your accounts to limit who can see your information
- Don't let yourself be photographed or video recorded in anything you don't want posted to the internet

SARC

where students come first



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