

University Athletic Committee
October 17, 2013
3:30 PM
South End Zone, Schott Media Center

Members Present: Tom Burbey, Bob Denton, Robena Hughes, Larry Killough, Katherine Lafon, Margarita McGrath, Lu Merritt, Bijan Peters, Glenn Reynolds, Stephen Schoenholtz, Terry Swecker, Mallory Taylor, Joe Tront, Bevelee Watford.

Members Absent: Richard Benson, John Clary, Michael Cole, Art Keown, Susanna Rinehart, Susan Short, Jim Weaver, Mallory Taylor

Representatives: Chris Wise for Rick Ferraro, Savita Sharma for Dwight Shelton.

Guest Present: **Sarah Armstrong**, Associate Director of SAASS, **Reyna Gilbert-Lowry**, Assistance Director of Athletics, Student Life, **Mike Goforth**, Associate Director of Athletics for Sports Medicine, **Chris Helms**, Associate Athletic Director, Olympic Sports, **Jermaine Holmes**, Director of Student Athlete Academic Support Services, **Jon Jaudon**, Associate A.D., Administration, **Jennifer Schafer Zabusky**, Director, Sports Nutrition.

Recorder: Joyce Wynn, Athletics

BUSINESS

Joe Tront, Chairman, called the meeting to order at 3:35 pm.

The agenda was accepted as presented (motion was proposed, seconded and approved).

Minutes for the September 2013 meeting were approved (motion was proposed, seconded and approved).

Student Athlete Life Programs (Reyna Gilbert)

Handout- 2012-2013 Office of Student Life Annual Report

The Virginia Tech Department of Athletics is committed to preparing student-athletes to succeed academically, athletically and to enhance their personal development. The mission of the Athletics Office of Student Life (OSL) at Virginia Tech is to support student development initiatives and to enhance the quality of the student-athlete experience within the University setting.

Goals & Outcomes

Career Development

- Increase collaboration efforts with SAASS.
- Reach out to Juniors and Seniors prior to start of Fall semester to provide information about upcoming career fairs.
- Provide student-athletes with a list of upcoming career fairs, graduate school preparation seminars, and job search preparation information.
- Combine Junior Jumpstart with campus career fair in effort to increase student-athlete interest and attendance from employers.
- Encourage student-athletes to take advantage of Hokies4Hire and On-Campus Interviewing program.
- Establish a relationship within the Hokie Club in order to reach out to alumni who may be interested in creating networking and professional development opportunities with student-athletes.

Personal Development

- Tailor programming based on the results of the 2012 NCAA Needs Assessment
- Increase promotion of campus-wide personal development programming.
- Notify coaches at the mid-semester mark regarding the number of programs their team has attended.

Community Outreach

- Boys Scouts and their families attended the Men's Basketball game vs. Wake Forest. The top three sellers for their popcorn fundraiser were recognized during half-time.
- National Girls and Women's in Sports Day, Girl Scouts were invited to attend an ACC pre-game party sponsored by Kappa Delta sorority and were provided with free tickets to the Virginia Tech Women's Basketball game on February 22, 2013.
- The Hokie Night (autograph signing and pep rally) program was revamped due to low turnout during the 2011 academic year. This year, approximately fifteen student-athletes took part in the Hokie Read-In Event and read to classrooms at Margaret Beeks Elementary on February 25, 2013.
- VT Baseball and the Office of Student Life co-sponsored a "Project Purple" game on April 26, 2013. The goal of Project Purple is to bring awareness to the dangers of substance abuse and shed light on effective interventions.
- ACC recognized six student-athletes for their commitment to community outreach with the ACC Top Six for Service Award.
 - Courtney Dobbs, Women's Cross Country
 - Courtney Liddle, Women's Softball
 - Kylie McGoldrick, Women's Softball
 - Nick Smirniotopoulos, Men's Soccer
 - The Virginia Tech Baseball Team
 - The Virginia Tech Women's Soccer Team
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Student-Athlete Advisory Committee

- SAAC Leadership Team is voted on by other SAAC members and handpicked by the OSL.
- Created Facebook and Twitter accounts to communicate information.
- Displayed their vested interest in community outreach through their participation in several outreach initiatives:
 - Implemented a "Get Well Soon" card campaign for former swimmer Greg Morgan who was injured in an accident and suffered brain damage last summer.
 - Volunteered at the first annual Blacksburg Walk to End Alzheimer's.
 - Collected toys for the Montgomery County Christmas Store at the men's and women's basketball games.
 - Hosted annual tailgate prior to the home football game vs. Florida State.
 - Volunteered at the Montgomery County Store.
 - Hosted a canned good drive at the men's basketball game on March 2 for Micah's Backpack.
 - Implementing sports clinics at Gilbert Linkous on April 8-10 as part of the ACC Conference-Wide Community Service initiative.
 - Partnered with Radford University student-athletes to collect canned goods at the Spring Game.
 - Hosted a dodge ball tournament on the spring semester Reading Day, to raise funds for the American Cancer Society and Relay for Life.

Academic Excellence

- Communicate with designated SAASS liaison (Cory Byrd) to assist with increasing the number of student-athletes who are eligible for scholarships/awards.
- Maintain the defined process/timeline for SAASS to disseminate information for academic awards, scholarships and internships to student-athletes and provide academic information to the Office of Student Life.
- Make coaches aware of NCAA and ACC scholarship and internship opportunities via monthly coaches meetings.

Leadership Development

- 2012 Skelton Award Recipients, Garrett Hahn and Emily Lauten, provided a keynote speech at the Rotary Leadership Conference at the Inn at Virginia Tech on December 7, 2013.

- Katie Deturo (soccer), Megan Beckwith (volleyball) attended the APPLE conference at the University of Virginia, January 18-20, 2013.
- Serving on the ACC Conference SAAC was: Michael Hammond (cross country/track), Courtney Dobbs (cross country/track), Brooke Martin (lacrosse) and Emily Lauten (tennis).
- Ten student-athletes enrolled in the LDRS 1016: Global Citizen Leadership study abroad course taught by Dr. Rick Rudd, Department Head of Agricultural and Extension Education.
- HABITIDUES
 - This marked the second full year of implementation the third year of similar work within the department. Participating teams include: Women's Basketball, Golf, Men's Soccer, Women's Soccer, Men's Tennis, Women's Tennis, Wrestling, Volleyball, Lacrosse, Women's Cross Country and Softball.

Collaborative Efforts

- Recruiting
 - Involved with on-campus recruiting visits with Football, Men's and Women's Swimming & Diving, Men's and Women's Tennis, Men's and Women's Soccer and Men's and Women's Track & Field.
- Partnerships
 - Black Male Achievement Initiative
 - Division of Student Affairs Courageous Leadership & Special Events Committee.
 - Hokie Helpers Move-In Planning Committee
 - Winning Choices Week Planning Committee
 - Women's Center & Sexual Violence Prevention Committee
 - Virginia Tech Academic Success Coordinators
 - Blacksburg Walk to End Alzheimer's Planning Committee
- Presentations
 - Danny White and Jon Jaudon presented to the University Athletics Committee regarding the study abroad program during the fall 2012 semester.
 - Reyna Gilbert-Lowry presented to the Hokie Club Executive Committee on February 9, 2013.
 - Danny White and Dr. Tim Elmore presented to the National Swim Team Coaches conference at the Olympic Training Center in Colorado Spring, CO in April, 2013.
 - Reyna Gilbert-Lowry co-facilitated MVP to SAASS staff at annual retreat on May 16, 2013.
 - Reyna Gilbert-Lowry presented to the UNIV 1004 Student-Athlete Section during the fall and spring semesters on Social Networking & Email Etiquette.
 - Danny White guest lectured and/or instructed the following courses:
 - LDRS 1016: Global Citizen Leadership
 - LDRS 1015 (Fall '12), (Spring and Summer I, '13)

Conferences

- Danny White attended the International Leadership Association Conference in Denver, CO in October 2012.
- Danny White and Jon Jaudon attended the Growing Leaders Athletic Forum in Atlanta, GA in December 2012.
- Reyna Gilbert-Lowry attended the NFL-NCAA Life Skills Education & Professional Development Summit on February 15-17, 2013.
- Danny White attended the ACC Life Skills Director meeting in Greensboro, NC in May 21-22, 2013.

Glen Reynolds: Will you do a jumpstart this year? Hokie club helped last year. Great event. Yes we will.

Keeping Athletes Healthy (Mike Goforth)

Most people think we tape give water or Gatorade. There is a lot more that goes on in our operation than that.

Staffing

- Team Physicians: (Hired through VCOM) Appointments, Clinics, Call Schedule

- Primary Care Sports Medicine (4)
 - Fellows (4)
- Orthopedics (3)
 - Fellows (1)
- Chiropractic Physicians (1): Appointments, Clinics
- Sport Psychologist (2): Appointments
- Nutritionist (1):
 - Graduate Assistant Nutritionist (1)
- Physical Therapist (5): Appointments
- Massage Therapist (1): Appointments
- Acupuncturist (1): Appointments
- Athletic Trainers (8): Sport Coverage, Clinics, Appointments, On Call
 - Graduate Assistant Athletic Trainers (9)
 - Intern Athletic Trainers (3)
 - Student Athletic Trainers (30)

We have 40 plus hours of staff physician's in our department weekly.

Clinics – after all football practices open to all student-athletes.

We have to cover our sports and staff our department

Divide into Fall, Winter or Spring seasons for full coverage.

Facility Upgrades

We are currently undergoing a facility upgrade.

A dedicated physician suite with four exam /physician's offices.

We do injections, casting, and setting of bones.

Services

- Pre participation physicals
 - EKG/Cardiologist
 - Labs
 - Medical Screening
- Insurance Coordination
 - Coverage
 - Benefits
- Dental Referral
- Optical Referral
- Psychological Care
 - In and Out Patient Treatment Options
- X-Ray
- Fluoroscopy
- PRP
- Diagnostic Ultrasound
- Flu Shots
- Allergy Shots
- Labs
- Comprehensive Concussion Management
- Casting
- Injections
- Wound Care
- Post-Surgical Rehab

Financial Considerations

- Athletic Training Budget
 - Tape, OTCs, Braces, Bandages, Wound Care, Padding, etc...
 - \$249,805.

Sports Medicine Budget

- **Physician Retainers, Diagnostics, Pharmacy, Surgeries, Drug Testing, etc...**
\$552,500 (Accessed after Student athlete primary insurance)

Secondary Insurance Premium

\$127,732 (\$7,500 deductible)

Uninsured Student Athlete Insurance

\$240,000 annually in premiums

Q: When a student-athlete is injured in a game or practice situation who pays?

If it is taken care of on our campus by one of our doctors – nobody pays. If we have to go off campus we access their private insurance first and then we pay whether scholarship or non-scholarship.

We can tell all our athletes no matter what sport you will get treated the same in the same facility by the same people and supplies. We take great pride in doing that.

We have been taken very good care of by our Athletic Administrators. They realize the importance of the health care of our student athletes. We take a great pride in trying to keep a lot of problems from going up to the third floor.

Q: Is there the ability to take care of student athletes who receives a career ending injury?

There is the ability for us to give a Medical scholarship. Their scholarship will continue but the team will regain that scholarship for athletic use. There are disability policies out there. The NCAA has one. There is also a catastrophe policy.

Q: Are you able to tell us who the 4 physicians are that are on staff?

Gunnar Brolinson, Mark Rogers, Brad McCardy, Greg Beato.

Q: Where do you have your MRI done?

Montgomery Regional. We probably do 50 or 60 MRI a year.

Q: Commit on concussions and why we are seeing more of them.

We are seeing more because there is an increase in trying to diagnose them. Our athletes are good about telling us. We think we have the procedures and processes in place to identify those athletes that have a concussion. We are doing a lot of different testing. We are doing a balance and a sensor testing. We are doing a bio marker study now. There is a certain protein release in the blood following brain injury.

Q: What disqualifies a student athlete from continuing to compete when they have had concussion symptoms?

If we see that there have been two concussions they have to think a little bit. The third, we really need to educate this athlete on if it is safe to participate anymore. If we see that the second one takes longer to recover and the third even more time it is a red flag to us and we will address that pretty quickly. We can do testing on campus to see if there has been any type of impairment. It is a real hot button situation now especially with moms and dads. It can set a student back a semester easy.

Nutrition for Athletes - Jennifer Schafer Zabinsky

I have a graduate student that works with me as well. Our profession and services are fairly new at colleges and universities.

Just like most things in athletic department it is not a 9-5 job.

We are on the floor cleaning, making smoothies, cutting apples, etc. If we are doing a to go meal and there is three different options we provide nutrition information about all of them so the athlete can make their choice.

We are trying to create healthy habits as we will not be there after they graduate.

Nutrition Education

- Team talks – bring food
- Bod Pod testing – usually by team
 - Information to strength Coaches and Athletic Trainers.
 - Muscle mass changes, fat weight going on and off.
 - Trigger for disorder eating.
 - 3 to 5 times a year testing for every athlete.

Facility is great; I am now just across from the physician offices, strength training down the hall.

Supplements:

Injury and Nutrition Therapy

- Brain Armor (Omega 3) a lot of study now on how Omega 3 may help brain injury (Concussions).
- Calcium
- Vitamin D
- Multi-Vitamins

I am the point person for all supplements. I research all supplements and approve. The majority of them I do not approve of. They accept that and if they really push for one then I help them find an alternative one.

Q: What does a banned substance mean?

A banned substance is a substance that they consume and then take a drug test that will be positive. They will lose eligibility. We cannot provide certain substances but they can purchase and take on their own. They still need to go through me first because it depends on the manufacturer and what else is in the supplement. Brain Armor (Omega 3) they are categorized as impermissible so we have to get a script from our doctors to put a concussion student athlete on it.

- Individual consults – 90% performance and 10% low on iron, diabetes, food allergy, low lactose, intolerance, gluten.
- We are doing a little research mainly ferritin study that is just your stored iron. We screen for teams that are more susceptible to having low iron.
- New nutrition OASIS is a refueling station for all our Olympic Sports Athletes. Football has their own refueling station. It is an amazing space. There are none like it in the country. Nebraska and Tennessee may have ones that are comparable. I say that because they have employees behind them but nothing like what we have. There are NCAA rules like the fruit, nut, bagel bylaw. We are now able to have peanut butter and cream cheese with bagels. We have rocking refuel which is milk with added protein. We do smoothies all day. Athletes get points each month to use in the Oasis.
- Football – work with preseason August very long work days, 90 hours a week, feeding 4 times a day on top of other teams, 7 days a week. It is a fun time of the year.
- Training tables is any meal that you provide a team. We have it just for football it is a catered meal in Lane Stadium 3 to 4 nights a week, always after practice.
- The football team has a refueling station up in their lounge. It is being renovated to look like the Oasis. We feed them for Thanksgiving and pre-bowl. We plan menus weekly getting feedback from the athletes. I plan with different foods some of the player's favorites and a lot of soups (soup hydrates). There has to be color, helps with stress. We always do a salad and fruit bar.
- I do not travel with any teams. We try to be present on the bus with snacks.
- We are on social media: Twitter and Facebook

Q: Do you work with the dining services or outside vendors?

I do not use dining services I use outside vendors.

Q: Do you have many athletes who want vegetarian diets?

There is a handful.

Q: Which athletes are your hardest to maintain?

I always say our swimmers. Most of the time they are working out 2 or 3 times a day with lifts, dry land and water. They should utilize the Oasis more than some other sports because they have to recover so quickly.

Q: What do you do as they practice at the Christiansburg Aquatic Center?

We actually have a satellite Oasis there. Half the time they swim at War. We make trips out there. They are on campus a lot and use the Oasis here.

Q: Do coaches use you to plan meals on the road or are they on their own?

It depends on the team. Most pick my brain about restaurants and menu foods. Some teams like me to create a specific menu that they can pick from. We help with snacks and making sure they have the right fuel before and after a competition.

Q: How large is your staff?

I have a graduate assistant who works at least 40 hours a week and 14 interns.

Q: Do you provide education for athletes who are cycling out of their athletic career?

Yes. We have a packet about healthy lifestyles outside of athletics. We encourage our seniors to come and talk to us. A lot of them I do not hear from till a couple of months afterwards and they e-mail me and they realize how difficult it is.

Joe – There is a lot of talk out there about increasing the compensation package for student athlete. The commissioner of the ACC made a statement about it in today's newspaper. What a scholarship package looks like here at Virginia Tech.

Jon – Undergraduate Instate Full Scholarship value is \$20,800 this year. The out of state full scholarship value is \$36,600. There was talk of providing a full scholarship student athlete a \$2,000 stipend on top of their scholarship. Some of that talk has shifted to cost of attendance. A NCAA Full Scholarship is room, board, books and tuition. That is the cost of education. There is another calculation that our financial aid office uses called cost of attendance. The difference between the two is about \$3,100 per year for each student. It is that difference that the NCAA and administrators across the country are advocating to try and supplement to the student athlete. The Pell Grant which you may be familiar with is for students with the most need that attend our institution. A full Pell Grant today is about \$5,400 a year. You can go over the cost of attendance with the Pell Grant. It is the only part of the financial aid package that you can exceed the cost of attendance with. If we were to make this stipend available between the cost of education and cost of attendance then we couldn't provide it to the neediest of our student athletes. Because the Pell grant would have already fulfilled that need.

Q: Why do we not just fund our full scholarships to a higher amount?

The NCAA does not have legislation supporting that.

Q: What about the policy at Virginia Tech that all students have a computer and all the fees for different colleges and courses?

We cover all the differential fees for our full scholarship athletes. We provide all our incoming full scholarship student athletes with a computer that is replaced in 2 years.

Q: Do you have budgets for all the other groups that are here supporting student athletes about how much those benefits are for student athletes.

There has been some calculation about that across the country. It is approaching \$100,000 per student athlete when you add academic support, career services, nutrition, medical services, coaching, insurance, conditioning and strength training.

Q: What percentage of our students are getting Pell grant or financial aid?

About 15% of our student athletes qualify for Pell grant. We have approximately 500 student athletes. Student Assistance Fund from the NCAA is another source for our student athletes. We provide \$400,000 annually to our student athletes for needs that are not covered by scholarships.

Q: Where is this idea of paying coming from? Is it coming from the students or the coaches that they are wanting more money?

I think it originated with a law suit that is still working through the court system. Likenesses of student athletes were being used in video games and in other merchandise and the student athletes were not getting anything in return for that. Right now that law suit is probably half way through being finalized.

Q: What is the issue about the regular student athlete fees?

We have the lowest fees of any major higher education institution in the commonwealth.

Q: Is this for just full scholarship athletes or all athletes, paying them?

I do not think that has been determined yet. It originally was proposed for full scholarship athletes then the Title IX issue came out and they started looking at proportionally providing for example the 30% scholarship athlete getting 30% of the \$2000.

Joe dismissed the committee at 5:00 p.m.