**NLI Early Signing Period**  
(November 1-18)

For all sports other than soccer, the National Letter of Intent Signing Period is approaching. Some reminders about the dead period (Mon-Thurs, Nov 9-12) surrounding NLI Early Signing Period:

- **Impermissible**
  - Official Visits
  - Off-campus contacts
  - Off-campus evaluations
  - Unofficial visits
  - Walk-ins

- **Permissible**
  - Telephone calls
    - Note: Calls are unlimited starting with the initial date of NLI signing and for the two following days (Nov 11-13)
  - Texts (if permissible for your sport)
  - Emails

After signing of NLI: Majority of recruiting limits are lifted for coaches, including call, text, contact, and evaluation restrictions.

**Publicity After Commitment (UVM Policy)**

- Social Media: It is permissible to publicize about a PSA after(s)he commits and has applied to UVM.
- Press Release: It is permissible to send out a press release after the PSA officially commits and has applied to UVM.

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**Recruiting Calendar**

<table>
<thead>
<tr>
<th>Men’s Basketball</th>
<th>Men’s Lacrosse</th>
<th>Women’s Basketball</th>
<th>Women’s Lacrosse</th>
<th>Cross Country/Track &amp; Field</th>
<th>Women’s Soccer</th>
<th>Men’s Soccer</th>
<th>Women’s Swimming/Diving</th>
<th>Men’s Ice Hockey</th>
<th>Women’s Ice Hockey</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nov 1-8: Contact Period</td>
<td>Nov 1-8: Contact Period</td>
<td>Nov 1-8: Evaluation Period</td>
<td>Nov 1-8: Contact Period</td>
<td>Nov 1-8: Contact Period</td>
<td>Nov 1-10: Contact Period</td>
<td>Nov 1-8: Contact Period</td>
<td>Nov 1-8: Contact Period</td>
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<tr>
<td>Nov 18-23 @ 12pm: Dead Period</td>
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<td>Nov 23 @ 12:01pm-30: Contact Period</td>
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**Quito of November**

“Obstacles don’t have to stop you. If you run into a wall, don’t turn around and give up. Figure out how to climb it, go through it, or work around it.” –Michael Jordan

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**NCAA in the News: University of Florida Quarterback suspended for remainder of 2015 Season**

In the beginning of October, University of Florida Quarterback, Will Grier, was suspended for a positive drug test for performance enhancing drugs.

**Violations:**

- Positive drug test for performance enhancing drugs

**Penalties:**

- Lose one full year of eligibility
- Withheld from competition for full season

**Ineligibility for Use of Banned Drugs (18.4.1.5)** A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance on the list banned drug classes shall be declared ineligible for further participation in postseason and regular-season competition.

**Banned Drugs (31.2.3.1)** The following is the list of banned drug classes. The institution and student-athlete shall be held accountable for all drugs within the banned-drug classes regardless of whether they have been specifically identified.

- Stimulants;
- Anabolic agents;
- Alcohol and beta blockers (banned for rifle only);
- Diuretics and other masking agents;
- Street drugs;
- Peptide hormones and analogues;
- Anti-estrogens; and
- Beta-2 agonists.

**Key Points:**

- Check with the athletic trainers before taking supplements, prescription drugs, etc.
- Do not take any street drugs or anything on the banned drugs list

**Remember to ASK BEFORE YOU ACT!!**

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**ASK BEFORE YOU ACT!**

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