UNIVERSITY ATHLETICS COMMITTEE Meeting Minutes
Thursday, September 14, 2023
Newcomers Session:  3:00 – 3:30 p.m.
Full Advisory Committee:  3:30 - 5 p.m.
Virtual Only - Zoom

Members/Guests Present (Newcomers Session): Sarah Armstrong, Dan Givens, Amy Ingram, Jen Irish, Lisa Karlisch, Miguel Perez, Susan Short, Frank Thompson, Danny White

Susan Short provided a brief welcome and overview of the UAC charge. Jen Irish shared information regarding the role and responsibilities of the Faculty Athletics Representative. Sarah Armstrong briefed the group on the role and services provided by the Student Athlete Academic Support Services unit. Danny White shared information related to Athletics role with UAC.

Members Present (Full Advisory Committee): Sarah Armstrong, Erin Carleton, John Galbraith, Dan Givens, Rachel Holloway, Leanna House, Amy Ingram, Jen Irish, Lisa Karlisch, Ken Miller, Phil Miskovic, Miguel Perez (for Robin Queen), Liesel Ritchie, Susan Short, Kenneth Stiles, David Tegarden, Frank Thompson, Joe Tront, Danny White (for Whit Babcock)

Absent: Whit Babcock, CJ Barreiro, Travis Burns, Mark Feldmann, Jim Petrine, Chris Wise, Brad Wurthman

Guests: Sarah Armstrong, Derek Gwinn, Clint Wattenberg

Susan Short called the meeting to order at 3:30 p.m. A quorum was present.

1. Adoption of Agenda
   A motion was made and seconded to adopt the agenda. The motion carried.

2. Announcement of approval and posting of minutes of April 13, 2023
   Susan Short noted that these minutes have been voted on electronically and can be publicly accessed on the Governance Information System on the Web (http://www.governance.vt.edu).

3. Welcome - Susan Short provided words of welcome and a brief overview of the charge and responsibilities of the UAC.

4. Guest Presentation: Sports Nutrition – Clint Wattenberg, associate athletics director/sports nutrition provided an overview to wholistic services and approach to supporting student-athletes and successful performance (slide deck attached).

5. Guest Presentation: Sports Wagering – Derek Gwinn, Executive Associate AD/Compliance, provided an update and responded to questions related to sports wagering (slide deck attached).
6. **Faculty Athletics Representative Update** - Jen Irish, university FAR, provided the following updates:

**ACC Expansion:**

Jen Irish met with the Student-Athlete Advisory Committee to learn about the perceived challenges related to the expansion of the ACC. Student-athlete representatives are concerned about missed classes as an impact of extended travel time, limited access to championships, and travel standards for various sports.

**VT:**

Jen Irish shared that a small group is working to learn more about how Virginia Tech may create a pathway for graduate students to enroll full-time in graduate certificate programs. (Please note that a Hokie Huddle was called for after the full UAC meeting to determine next steps.) NCAA regulations have changed and have loosened up transfer requirements.

7. **Student-Athletic Academic Support Services Update** – presentation was deferred to October 12th meeting.

8. **Athletic Director Update** – Danny White presented on behalf of Whit Babcock and provided updates on the following topics (slide deck attached):

- ACC Expansion
- Requested that UAC members provide future topics/presenters
- Graduate Certificate options

9. Susan reminded the group that we will meet virtually on Thursday, October 12th for our next UAC gathering. The virtual link will be provided in the near future. The meeting adjourned at 4:50 p.m.

2023-24 University Athletics Committee Fall Semester Meeting Schedule

- Thursday, October 12th – 3:30 p.m. – 5:00 p.m. (Virtual Only)
- Thursday, November 9th – 3:30 – 5:00 p.m. (In-person, location: TBD)
- Thursday, December 14th – 3:30 p.m. – 5:00 p.m. (Virtual Only)
Clint's Prior Initiatives

**PERFORMANCE SOLUTION**

**KEY PRIORITY**
- Identify weight division fit for BW vs. FW.
- S&C: More strength. Less conditioning.
- ESD: Get back into conditioning sessions again to get back in fight shape.

**IMPROVE**
- N: Optimize fueling and training for BW division.
- N: More consistent fueling to support recovery.
- S&C: Neck flexion & extension strength.
- ESD: Immediate power output / anaerobic power (via anaerobic glycolytic energy system).
- ESD: Short-term power output / anaerobic power (via anaerobic glycolytic energy system).

**MAINTAIN**
- N: No FW limitations for BW so strength & muscle hypertrophy = OK!
- S&C: Total body static strength & lower body speed.
- ESD: Long-term power output / aerobic power (via aerobic energy system)®
- ESD: Heart rate efficiency & recovery.

**HOW TO OPTIMIZE BODY COMPOSITION?**

Body composition is a measure of body weight and distribution of fat and muscle. It is important for performance and body composition, as well as maintaining a healthy weight and fitness levels.
Performance Actualization within Athletics

1. **Performance Actualization**
   - Freedom for Performance & Personal Creativity

2. **Esteem**
   - Respect, Esteem & Recognition, Autonomy, Physical & Emotional Strength/Resilience

3. **Love & Belonging**
   - Team Culture, Friendship, Community

4. **Safety Needs**
   - Psych & Physical Safety, Financial Security / Literacy, Physical & Mental Health (including Body Image)

5. **Physiological Needs**
   - Nutrition Adequacy, Sleep, Housing, Basic Accommodations
PERFORMANCE NUTRITION & HIGH PERFORMANCE LEADERSHIP

PERFORMANCE NUTRITION
Empower the application of performance nutrition as a foundation of health and athletic performance while leading the integration of performance nutrition within the overall human performance paradigm.

PERFORMANCE LEADERSHIP
Coordinate & lead performance service integration around the unique team and individual athlete needs.

High Performance Actualization
VTSN TEAM
ASSIGNMENT
RESPONSIBILITIES:

- Athlete & Team Needs Analysis
- Data Collection
- Individual Consultation
- Education
- Communications
- Recruiting
- Feeding (Food Service)
- Student worker management
- Travel (as negotiated)
- RD Accessibility (practice & games)
VTSN ACCOUNTABILITY (Key Stakeholders)

- Student Athletes
  - Student Athlete Welfare
    - Physical
    - Psych
    - Academic
  - Team Partners
    - ATC
    - S&C
    - Sports Sci.
    - Psych
- Coaches
- Athlete’s Parents
- Athlete’s Team
- Virginia Tech
- Virginia Tech Athletic Administration
- VTSN • Virginia Tech Sports Nutrition
University Athletic Committee
September 2023

Sports Wagering
US Integrity
Gambling

It is impermissible for a student-athlete to wager money or tangible items on any sport both amateur or professional that the NCAA sponsors.
Gambling

DO NOT....

- Provide information related to your team to ANY outside individuals
  - Injuries
  - Game Strategy
  - Team Suspensions
  - Academic Suspensions

- DO NOT engage in any conversations related to altering the outcome of a play or game
  - Report to compliance office immediately!!
Virginia Tech Case

Virginia Tech’s Alan Tisdale was suspended for NBA bets. Are NCAA rules outdated?

DI approves changes to reinstatement guidelines for sports wagering violations
New Penalties

Permanent Ineligibility for Student-Athlete who:

• Engages in activities to influence the outcome of their own games
• Knowingly provides information to people in sports betting
• Wagers on their own games or on other sports at their own school

Up to 50% suspension for a Student-Athlete who:

• Wagers on their own sport at another school

Other betting violations, such as pro sports:

• $200 or less: Only further education is required
• $201 to $500: Loss of 10% of a season, plus further education
• $501 to $800: Loss of 30% of a season, plus further education
• More than $800: NCAA reinstatement staff will consider whether further loss of eligibility is appropriate, including potentially permanent ineligibility.
Iowa

- Criminal Charges
- NCAA Penalties
Gambling Activity Monitoring

Gaming Officials and State Agencies

- Geolocations
  - Can see when and where a bet was placed

- Sports Wagering Devices
  - Can determine which device was used and determine if account is legal or fake

Sports wagering is big business. Multiple agencies are aggressively monitoring wagering activity.
Virginia Tech Partners with ProhiBet for Innovative Sports Data Integrity Solution to Ensure Regulatory Compliance

Las Vegas, NV (September 5th, 2023) — Virginia Tech and ProhiBet today announced a groundbreaking partnership for the utilization of ProhiBet’s advanced, fully encrypted, decentralized cross-monitoring and notification platform. Designed to safeguard sports integrity and ensure adherence to state-specific regulations, ProhiBet will play a pivotal role in preventing specific individuals such as athletes, coaches, league officials, and administrators from engaging in prohibited sports wagering.
1. Can identify any wagers placed by staff or student-athletes

2. Can PREVENT staff or student-athletes from placing impermissible wagers
AD Update
UAC // September 2023

ACC Expansion: Olympic Sport Focus & SWA Action Items

CAPS: Department Overview & Update

UAC: Topics/Requests for the Year

Q&A: For the Group
ACC Expansion – SWA Action Items

SWAs Focus: 11 Olympic sports

1. What they are doing currently
2. Which of the new 3 schools will now be participating
3. RPI info
4. Different regular season/championship options
5. Total number of games, play dates, missed class time, pros/cons of model

* Field hockey, men’s soccer, women’s soccer, volleyball, gymnastics, wrestling, baseball, women’s lacrosse, softball, men's tennis, and women's tennis

** The addition of Cal, Stanford, and SMU has no impact on half of the ACC’s sponsored sports (14 of 28: XC, S&D, Fencing, Indoor/Outdoor T&F, Golf, Rowing, Men’s Lacrosse
### ACC Expansion – SWA Action Items

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>25-Sep</td>
<td>4:00 PM</td>
<td>Women's Soccer Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>26-Sep</td>
<td>11:00 AM</td>
<td>Field Hockey Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>26-Sep</td>
<td>3:00 PM</td>
<td>Volleyball Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Wednesday</td>
<td>27-Sep</td>
<td>11:00 AM</td>
<td>Men's Soccer Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Wednesday</td>
<td>4-Oct</td>
<td>11:00 AM</td>
<td>Wrestling Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11-Oct</td>
<td>11:00 AM</td>
<td>Baseball Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Wednesday</td>
<td>11-Oct</td>
<td>2:00 PM</td>
<td>Softball Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>17-Oct</td>
<td>11:00 AM</td>
<td>Men's Tennis Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>17-Oct</td>
<td>2:00 PM</td>
<td>Women's Tennis Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Monday</td>
<td>23-Oct</td>
<td>11:00 AM</td>
<td>Cross Country/Track and Field Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Monday</td>
<td>23-Oct</td>
<td>1:30 PM</td>
<td>Women's Golf Coaches &amp; Committee Officers</td>
</tr>
<tr>
<td>Tuesday</td>
<td>24-Oct</td>
<td>11:00 AM</td>
<td>Swimming &amp; Diving Coaches &amp; Committee Officers</td>
</tr>
</tbody>
</table>
C.A.P.S.

Compliance
Academics
Performance
Support
PERFORMANCE
### Learfield Directors’ Cup

#### Teams Scoring Points (2022-23)

<table>
<thead>
<tr>
<th>Sport</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Soccer</td>
<td>25</td>
</tr>
<tr>
<td>Men’s Swimming &amp; Diving</td>
<td>69</td>
</tr>
<tr>
<td>Women’s Indoor Track &amp;</td>
<td>45.50</td>
</tr>
<tr>
<td>Women’s Indoor Track &amp;</td>
<td>47.50</td>
</tr>
<tr>
<td>Women’s Basketball</td>
<td>83</td>
</tr>
<tr>
<td>Women’s Swimming &amp;</td>
<td>54</td>
</tr>
<tr>
<td>Wrestling</td>
<td>69</td>
</tr>
<tr>
<td>Softball</td>
<td>50</td>
</tr>
</tbody>
</table>

**Total Points** 443.0
Head Coaches Meeting Agenda
– March 2, 2022

Grad certificates
Clemson: Yes
UNC: Yes
UVA: Yes
NC State: Yes
Syracuse: Yes
Miami: Yes
Florida State: Yes
Pitt: Yes
Boston College: Yes
Wake Forest: Yes
Louisville: Yes
Waiting to hear back…

Duke
Georgia Tech
Notre Dame

SINGLE MINDED PROPOSITION
We create *memorable* experiences that *only* Virginia Tech can offer.
UAC: Topics/Requests for the Year

Q&A: For the Group
Clint Wattenberg, MS, RDN  
Associate AD // Sports Nutrition

- Started working at VT on August 14, 2023

**Director of Performance Nutrition, UFC Performance Institute 2017-2023**
- Supported UFC athletes through an interdisciplinary high performance care model
- Oversaw UFC RD and four Performance Chefs
- Establish data-driven nutrition interventions & diagnostics for three core areas:
  - Weight-making, metabolic health, and brain health

**Coordinator of Sports Nutrition, Cornell Athletics 2013-2017**
- Provided education & Counseling for 37 athletic teams
- Oversaw safe weight management & protocols
- Founder of Body Positive Cornell, peer-led weight neutral wellness initiative
- Collaborated with Cornell Dairy to develop “Big Red Refuel” formulated specifically for Cornell Athletes

**Other Professional Initiatives:**
- Chairperson of Combat & Weight Class Sports Special Interest Group
- Prior Cornell Assistant Wrestling Coach & Director of Finger Lakes Wrestling Club