

ATHLETIC CONFERENCE ASSESSMENT COMMITTEE

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ROLL CALL

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CONFERENCE RECOMMENDATION



Earl Hilton
Athletics Director
Athletic Conference Assessment Committee
07/28/2020

**CONSIDERATION FOR CHANGE IN
CONFERENCE ALIGNMENT IS DRIVEN
PRIMARILY BY EFFORTS TO IMPROVE
STUDENT-ATHLETE ACADEMIC SUCCESS,
HEALTH AND WELFARE, AND
COLLEGIATE EXPERIENCE.**

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1. STUDENT-ATHLETES WILL SPEND LESS TIME OUT OF CLASS BECAUSE OF ATHLETICS' TRAVEL (ENHANCED ACADEMIC PERFORMANCE, HIGHER RETENTION, INCREASED GRADUATION RATES)

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January 2020 – WBB/MBB – Eight hours of basketball; 186 hours off campus.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Trip 1	11
12	13 *	14	15	16	17 Trip 2	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

2. STUDENT-ATHLETES WILL HAVE MORE DISCRETIONARY TIME ON CAMPUS (MORE OPPORTUNITIES TO ENGAGE IN CO-CURRICULAR ACTIVITIES OUTSIDE OF ATHLETICS, LIKE INTEREST GROUPS, CLUBS AND ORGANIZATIONS, SGA, GREEK LIFE, INTERNSHIPS, EMPLOYMENT, ETC.)

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CARA Activities – 20 hours per week

COUNTABLE - Practice, Competition (counts as 3 hours), Athletic meetings with a coach initiated or required by a coach, Required participation in camps/clinics, Required weight-training & conditioning activities, Discussion or review of game film

NONCOUNTABLE - Compliance, SAAC & SAW meetings, Study hall, tutoring or academic meetings, Meetings with a coach initiated by student-athlete, Training room/medical treatment/rehab & activities, Travel to / from competition, Recruiting activities (as student host), Voluntary sport-related activities, including voluntary weight training, Training table, banquets, Fund-raising, community service, promotional or public relations activities including media activities.

Division I - Men Survey (2015)

How many hours of athletics per week?

- Baseball 42.1
- Basketball 39.2
- Football (FCS) 41.6
- Other sports 32.0

Spent doing what?

- CARA - 43% (17.88 hours)
- Voluntary workouts - 6% (2.46)
- Treatment - 6% (2.46)
- Travel - 41% (17)

3. BETTER TIME OF DAY FOR TRAVEL (BETTER SLEEP AND SAFER FOR STUDENTS AND COACHES)

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4. ALL STUDENT-ATHLETES WILL HAVE AN OPPORTUNITY TO COMPETE FOR A CONFERENCE AND NATIONAL CHAMPIONSHIP (FACILITY, TIMING)

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Unbanked versus Banked Curves – Indoor Track



.3 seconds per 200 meters
- harder on feet, ankles, knees

Conference Championships in relation to NCAA Championship - 2020

Baseball

Current (18 days)

May 13-16

Potential (11 days)

May 19-23

NCAA

June 4-7

Outdoor Track

Current (25 days)

April 30 - May 2

Potential (12 days)

May 13-15

NCAA

May 28-30

QUESTIONS?

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THANK YOU

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