Center for Student-Athlete Enhancement Newsletter—October 2013

Student-Athletes of the Month

Christine Coughlin, Cross Country/Track Field, Junior:
Christine is the epitome of a student-athlete. She has one of the most demanding academic and athletic schedules due to being a part of a team that competes year-round. She has demonstrated excellence and diligence by balancing practice, class, and competition while maintaining a 3.828 GPA. In addition, Christine was on the Dean’s List three consecutive semesters and was part of the 2012 Varsity Cross Country team that finished Runner-Up to Iona College in the MAAC Championship. This September, Christine volunteered in the Dutchess ARC Picnic and is also the team liaison for all community service events. She is a member of Kappa Delta Pi, the Education Honor Society, and of the Student Athlete Advisory Committee. Christine currently is a team captain and she would do anything for her fellow athletes.

Doug Wooley, Men’s Crew, Senior:
Doug has demonstrated leadership and distinction on and off the water and was selected to be captain by his teammates this year. He demonstrates a strong work ethic in the classroom by maintaining a 3.06 cumulative GPA and was on the Dean’s List in Fall 2012. He is very involved in much of the community service work the team does, frequently spearheading the efforts. Last year, Doug gathered a few of his teammates and assisted in Hurricane Sandy’s cleanup effort under Operation Gut & Clean. They helped out during Thanksgiving weekend and assisted those in need that were left with absolutely nothing after Hurricane Sandy. Outside of Marist, he is a very active volunteer fire fighter in his hometown since 2007. His leadership, diligence, and positive attitude will aid his future success after Marist.

Course Registration; Trick or Treat

As registration for Spring 2014 approaches, we hope that you have read your emails from the Center for Advising and Academic Services informing you of the process. However if you haven’t or if you’re a new student, below are some helpful tips to make your registration experience a treat and not a trick!

1. **Prior to registration:** Make an appointment with your faculty advisor. You can view your assigned advisor through your degree works audit under your self service banner tool in your my.marist.

2. **Before your appointment:** Review your degree audit. Print a copy of it and bring it to your session.

3. **During your appointment:** MAKE SURE YOU GET ENABLED! Verify with your advisor that they have enabled you to register. If you are not enabled to schedule classes for the Spring semester, it will decrease your chances of getting into classes you will need. Your athletic advisor can NOT enable you so do not skip this step!

4. **During registration:** Know when you register. This is based on hours earned, and classification. More information will be coming soon through the student-athlete list serv as to when one registers for classes and how the process works.

Remember that if you have a question and are not sure about something pertaining to your schedule, contact your faculty advisor. It’s better to seek help in advance than to wait to the last minute and jeopardize your chances of getting into a course you may need. Your athletic advisor can assist you with piecing your athletic and class schedule together, but your faculty advisor is the most crucial part of this process!
**Upcoming Events**

**Walk A Mile:** On October 5th at 11am, we are in need of male volunteers who would like to participate in Family Services’ annual walk against domestic violence. The event will occur in the Poughkeepsie Galleria and we ask guys to walk a mile in either high heels or decorated flip flops. It’s a great way to take a stand towards violence against women and support the local community.

**Make A Difference Day—October 26, 8AM**
We will be painting and cleaning up a neighborhood in Poughkeepsie, alongside Rebuilding Together, Habitat for Humanity and United Way. We need all hands on deck here to really make an impact!

**Children’s Home Pumpkin Donation**
We are in need of pumpkin donations from all teams which can be decorated or carved. Donated pumpkins will be submitted to The Children’s Home of Poughkeepsie. If you would like to participate and help our local youth, please email Cammie.

**Girl Scouts Girl Fest October 5th and 19th**
The Girls Scouts Heart of the Hudson Valley are looking for volunteers willing to work one or both events. Volunteers would assist with art, planting, writing, cooking, yoga, Zumba, relay races, face painting and campfire projects. The locations are Rockhill Camp and Camp Wendy.

**Special Olympics Volleyball Tournament**
Volunteers are needed on Saturday, November 16, to record athlete scores, assist in keeping volleyballs to prevent injury, mentor athletes through skills rotation and participate in awards ceremony by handing out medals. Shift is from 830am-2pm.

If you are interested in any of these opportunities, please email Cammie: cammie.jones@marist.edu!

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**Foxes in the Community**

**Dutchess ARC Picnic** – On Friday, September 13, members of the football team and men and women’s cross country participated in the annual Dutchess ARC Picnic. Students assisted with serving food, set up and clean up. Students also participated in several field day games as well. Dutchess ARC began when a group of local special education teachers led by Catherine “Kay” Seeberger considered the lack of future opportunities in the community for their graduating students. These visionaries recognized the untapped capacity and value of these young adults to develop as members of a community enriched by their presence. A small vocational program developed into one of the largest providers of service to people with developmental disabilities and their families in Dutchess County. Today, Dutchess ARC provides diverse services across the age spectrum in every corner of the county.

**Pink Out Game:** The Marist Women’s Soccer team hosted their fourth annual Pink Out game Saturday, September 21 against Manhattan. The Red Foxes also welcomed the Miles of Hope Breast Cancer Foundation, a Hudson Valley-based organization that provides funding and support services for people affected by breast cancer in the local community. Members of the Ladies Empowering Athletics Program sold t-shirts and collected donations and members of the soccer program met with breast cancer survivors and also held a meet and greet with local youth squads after the game. Marist Athletics also recognized breast cancer survivors prior to the game with a special on-field ceremony. Thank you to everyone who came out and supported great cause!

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**Important Reminders**

- Study hall is held every Sunday from 4pm-9pm and Monday through Thursday 10am-6pm. Students will only need four hours for the week of October 14th.
- The last day to withdraw from a class is Monday, October 28, 2013 at 5pm. You MUST see your athletic advisor AND your faculty advisor to complete a withdrawal!
- For students graduating in January, graduation applications are due October 28. Undergraduate graduation applications for May graduates are due in the Registrar’s Office on December 2nd.