Welcome Back Students!

Dear Marist Student-Athletes,

I would like to take this opportunity to welcome both our upperclassmen and freshmen to Marist for the 2011-2012 academic year! We are excited to begin what will surely be another record-setting year, both academically and athletically.

In 2010-2011, our student-athletes had a terrific year in the classroom! Here are some of the highlights:

- 10 consecutive years leading MAAC in student-athletes named to Academic Honor Roll
- 165 student-athletes named to 2011 MAAC Academic Honor Roll
- 11 CoSIDA/Capital One Academic All-District honorees in 2010-11 school year
- School-record four Academic All-Americans in 2010-11 school year

Another year of remarkable accomplishments for our Red Foxes! We couldn’t be prouder of all you have achieved!

We are working hard to keep you informed of upcoming events and remind you about academic deadlines. Follow us on Twitter @RFoxEnhancement and “like” us on Facebook at “Marist College Student-Athlete Enhancement.” Also look for e-mails from Cammie on the listserv, as well as updates on our webpage: http://www.marist.edu/athletics/studentathlete/. We will continue to do our best to keep you in the loop this year so you don’t miss a thing!

In addition, look for offerings from LEAP (Ladies Empowering Athletics Program) as it enters its second year. If you are a female student-athlete, you won’t want to miss the incredible opportunities we are planning for you!

Cammie, Matt and I look forward to working with you this year and wish you the best of luck in your academic and athletic pursuits. Please contact us should have any questions or concerns.

Sincerely,

Alyssa M. Gates
Director of Student-Athlete Enhancement

Do the right thing! Start your semester strong!

Fall 2011 is upon us and as easy as it may be to underestimate the time you have to succeed on campus, the semester will fly by before you know it. In order to reach your goals and have a successful fall semester, below are a few tips that can help you start the semester off right!

1. **Get organized**—All athletes are issued planners to keep up with important dates and class assignments. Furthermore, you will be able to manage your schedule better if you use it on a regular basis and bring it to every class and meeting.

2. **Attend your classes**—It’s easy to push the snooze button every morning but it’s important to not fall behind in your classes and keep track of assignments.

3. **Know your campus resources**—Marist and The Enhancement Center offer several campus resources for students that include tutoring, proofreading and library resources. View our website, marist.edu/athletics/student athlete, for more information on academic resources.

4. **Get involved**—One of the greatest things about college is meeting other students, making friends and joining clubs that are of interest to you. It will bring a balance to your life.

5. **Set semester goals**—Set attainable goals that are specific and lead to academic and personal success.

6. **Eat healthy and exercise**—It’s easy to attend every pizza party or wing fest in the dorm or on campus but try some healthy options in the cafeteria. Eating healthy and exercising helps you to relax, stay alert and release endorphins which make you happy.

7. **Sleep!** Every college student needs their rest. In order to do well in class and feel revived on a daily basis. Furthermore, it will help you succeed in your sport as well.
NCAA Postgrad Scholarship Opportunity

The NCAA is currently accepting applications for their Ethnic Minority and Women’s Enhancement Postgraduate Scholarship for Careers in Athletics. The NCAA awards 13 scholarships to ethnic minorities and 13 scholarships to female college graduates who will be entering their initial year of postgraduate studies. The applicant must be seeking admission or have been accepted into a sports administration or other program that will help the applicant obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer, or other career that provides a direct service to intercollegiate athletics.

All application materials must be received by, not postmarked, by December 1, 2011. The scholarship will be for use during the 2012-2013 academic year.

If you have any questions about how you can apply, contact Cammie Jones at Cammie.jones@marist.edu for more info. The application is available on the ncaa’s web page which is ncaa.org, search ethnic minority scholarship.

Important Reminders

- **Study hall is held every Sunday from 4-9pm and Monday through Thursday 10am-6pm.**
- **L.E.A.P.** is hosting a career workshop meeting on September 27th at 6:30pm in the Hall of Fame Room.
- **Mid-Semester Break Info**– 4 Hours of study hall is required for Mid-semester break. Mid-semester break occurs October 14th-16th.
- **The last day to withdraw from a class is October 31, 2011 at 5pm.** If you have any questions, please visit your advisor before changing any classes.