

MONTHLY NEWSLETTER

Dates to Remember in February:

- **Feb. 1:** Start of NCBA Spring Season
- **Feb. 8:** NCFA Phone Day
- **Feb. 15:** NCBA Phone Day
- **Feb. 22:** NCSA Phone Day
- **Feb. 21:** Suite 301 @ 3:01 pm EST

DID YOU KNOW...

AdvoCare Advisor Dan Binder played in the NCBA for Miami University (OH) from 2003 - 2005.



ADVOCARE NAMED OFFICIAL HEALTH AND WELLNESS PARTNER

After years of extensive and thorough research on companies that offer nutritional products, CollClubSports has finally found the perfect fit with AdvoCare. As the Official Health and Wellness Partner of CollClubSports, AdvoCare offers a full catalogue of products to all member teams, including an energy drink (SPARK); a sports drink (Rehydrate); a protein shake (Muscle Gain); and much more!

AdvoCare is a premier health and wellness company offering world-class energy, weight-loss, nutrition, and sports performance products. AdvoCare has been the title sponsor of the AdvoCare Independence Bowl for the past three years, and is endorsed by professional athletes such as Colt McCoy, Brad Hawpe, and Super Bowl XLIV MVP Drew Brees. "AdvoCare is a big part of my preparation and recovery each week," said Brees, who has been using AdvoCare products since 2002, his second year in the NFL. "I feel like the products help me play at a championship level."

The biggest factor that sets AdvoCare apart from their competition is the fact that AdvoCare products are certified by INFORMED-CHOICE, ensuring that they are banned-substance free.

INFORMED-CHOICE has analyzed more samples for banned substances than any other lab in the world. With the added level of protection provided by INFORMED-CHOICE, AdvoCare users can increase stamina, help build muscle and increase endurance without any risk of using substances banned from athletic competition.

"For several years now, our members have been asking when we would be partnering with a company so they could gain access to quality workout supplements at great prices," explained CollClubSports President Sandy Sanderson. "It was always a topic that we at CollClubSports were cautious about due to the lack of government regulation surrounding the industry. After several years of reviewing possible relationships with various companies, I was pleased to learn that INFORMED-CHOICE has handled the testing of AdvoCare's products. Couple that with the fact that AdvoCare products are both NFL and NCAA approved, I knew this was the company that we could promote with 100% confidence in their products."

Believing that what you put into your body is important, AdvoCare takes

pride in using only the best nutrients in each of their products. AdvoCare's SPARK energy drink provides more vitamins and minerals and less sugar and carbohydrates than energy drinks commonly found at convenience stores. Similarly, unlike most sports drinks, AdvoCare's Rehydrate provides antioxidants and other nutrients that help to prevent muscle cramping (L-glutamine) and support muscle strength (L-arginine). Other notable products include meal replacement shakes, post-workout recovery drinks, breakfast bars and more. For a full list of products offered by AdvoCare, click here.

AdvoCare's impressive Sports Advisory Council includes Strength and Conditioning Coaches from many of the nation's leading collegiate and professional organizations such as the Chicago Cubs, Houston Astros, University of Wisconsin, Ohio State University, University of Oklahoma and Auburn University. For more information about AdvoCare, the products they offer, and how your team can earn a 20% discount on all AdvoCare products, contact AdvoCare Advisor Dan Binder at dan@distinctfitnessolutions.com.

CollClubSports Player To Watch



Name: Alexa Saltzman
School: University of Delaware
Position(s): Pitcher, 2B, SS
Scholastic Year: Freshman
Major: Art
Nickname: Lexx
Favorites:
Movie: The Harry Potter Series
Food: Pizza
Musician: Taylor Swift
Collegiate Softball Memory:
 My first game where I pitched against Lafayette and we got our first win.

Alexa is a freshman pitcher for the University of Delaware Blue Hens, who have already clinched a spot in the inaugural North Atlantic Regional Tournament this spring. This fall, Alexa went 5-0 on the mound without allowing an earned run. As an athlete, she tries to emulate the sportsmanship, quiet confidence, and leadership of her favorite athlete and role model, Derek Jeter.

You were North Atlantic Pitcher of the Week four times this fall. What makes you so successful and what is your most effective pitch?

I am successful on the mound because I am usually around the plate so I force batters to have to swing their bats. I also go out there and take it one batter at a time, with the mindset that no one is getting on base. It doesn't bother

me to be in pressured situations with runners on base, because I am confident in my ability to effectively get out of a jam. I have been told that if you watch me pitch, you would not know if my team was winning or losing because either way my body language and approach to batters doesn't change.

My most effective pitch is my screwball. It breaks in on right handed batters and away on lefties. It is great for jamming hitters up inside and forcing them to either swing and miss or hit a lazy fly ball. For lefties it forces them to reach across the plate to hit an outside pitch, which most of the time results in a routine ground ball.

Was it difficult to come in right away and be the team's ace pitcher and a team leader as just a freshman?

It was not difficult for me to come in and be a starting pitcher and leader as a freshman. I had just finished up my senior year in high school where I was the ace pitcher and team leader, so I used my experience from high school to continue being a leader in the pitching circle for Delaware. I also play travel softball at home for the Jackson Renegades, where I have been playing for 9 years, so I have also gained leadership experience there. The nature of the position of being a pitcher comes with the need to be a leader, as you are in the center of the

field and begin every play of each inning. As a freshman, it is nice to be so successful with my team and to have their support on and off of the field.

In addition to pitching, you also play middle infield. Do you prefer pitching or playing the field?

I prefer pitching over playing anywhere else. I started pitching when I was seven years old and it is my passion. I have put in an enormous amount of hours practicing pitching and working hard to be the best that I can be. I feel that I can offer my best to the team when I am in the circle, where I am most confident and experienced.

Delaware has never been to an NCSA World Series. How important is it to the team to win the Regional tournament and advance to your first World Series in program history?

It would be a great accomplishment to win the Regional tournament so that we could advance to our first World Series. This season we have been really successful so far. All of us get along very well and we have so much fun playing together. I think that this team could go all the way to the NCSA World Series, which would be great for our program and our school.

2012 NCFA NATIONAL CHAMPIONSHIP BOWL GAME SITE ANNOUNCED

The National Club Football Association is excited to announce that the first ever NCFA National Championship Bowl Game will be held at Salem Stadium in Salem, Virginia on November 17, 2012. Since 1993, Salem Stadium has served as the home of the Stagg Bowl, the NCAA Division III Football Championship Game.

Following the 2011 NCFA League Meeting, member teams voted that beginning in 2012, an NCFA National Championship Bowl Game would be held at the conclusion of the regular season, featuring the teams ranked #1 and #2 in the NCFA Coaches' Poll. In September of 2011, a survey was conducted by the NCFA in order to gather input and preferences from teams about what they would like for the 2012 National Championship Bowl Game. Once the results were tabulated, the most important factors came out to be:

1. Game played on Saturday Nov. 17
2. Central location
3. Collegiate Stadium
4. Access to on-site locker-rooms at the stadium
5. Host in location with mild weather climate
6. Access to nearby practice facilities day before
7. Artificial Turf field
8. Ability to play a night-game under the lights

The NCFA is proud to state that Salem Stadium meets each of the above criteria. "The selection of Salem Stadium was simply a case of the cream rising to the top when compared to the other options presented to us," explained NCFA President Sandy

Sanderson. "Salem Stadium scored high marks in each and every category of consideration that was deemed important by our member teams. Given the geographic location, the SportsTurf surface, on site locker rooms, and the collegiate football atmosphere already affiliated with the stadium, this venue has proven to be the perfect launching point for our inaugural National Championship Bowl Game."



Aerial view of Salem Stadium in Salem, Virginia.

The \$2.2 million stadium seats 7,157 and was constructed in 1985. The synthetic Field Turf was installed in 2007, and proved its worth just two years later, when the 2009 Stagg Bowl went off without a hitch despite sixteen inches of snowfall. The facility has been upgraded numerous times over the years, including improvements in lighting, an expanded press box, an elevator, a new scoreboard and refurbished locker rooms.

"Salem is a town that absolutely loves football," said Chris Girardi, the NCFA's Mid-Atlantic Regional Director who conducted the official site visit. "They

were more than happy to host yet another National Championship in their town and the town itself has a great deal to offer visiting teams. Salem football stadium is one of the finest and most well kept football fields I have ever set foot on."



View of the on-site locker rooms at Salem Stadium.

"The city of Salem is very excited to host this event," said Carey Harveycutter, Salem, Virginia Director of Civic Facilities. "Especially with this being the inaugural event; to have it in Salem is just outstanding! We are excited to add another national championship to the list of events we have had here."

More information regarding the 2012 NCFA National Championship Bowl Game will be posted on the NCFA website (www.ncfafootball.org) as it becomes available. In the meantime, any questions regarding this event can be directed toward NCFA President Sandy Sanderson. Sandy can be reached by phone at (412) 321-8440 x100 or via e-mail at Sandy.Sanderson@CollClubSports.com.

NCBA DI Pre-season Top 20:

1. East Carolina University (15)
- T-2. Colorado State Univ. (1)
- T-2. Florida State University
- T-2. UC - Santa Barbara
5. University of Arizona
6. University of Georgia
7. North Carolina St. University
8. Clemson University
9. University of Iowa
10. Texas Tech University
- T-11. Texas A&M University
- T-11. Western Washington Univ.
13. University of Massachusetts
14. Penn State University
15. University of Maryland
16. University of Texas
17. Appalachian State University
18. UC - San Diego
19. Univ. of Northern Colorado
20. University of Michigan



NCTFA CHAMPIONSHIP SITE ANNOUNCED

The 2012 National Club Track & Field Association (NCTFA) National Championship Meet will take place on the campus of Eastern Kentucky University. An estimated 20-plus teams will travel to Richmond, Kentucky to compete for the inaugural national championship of the NCTFA. The event will take place on campus during the weekend of April 27-29, 2012, at ECU's Tom Samuels Track.

"One of our main goals when searching for a site to host this meet was a location that was centrally located to the bulk of our member teams, which put the state of Kentucky high on our target list of potential locations," said Sandy Sanderson, President of the National Club Track and Field Association. "Once I was introduced to the eagerness of the Bluegrass Sports Commission, coupled with ECU's state-of-the-art Tom Samuels track and field facility, it became blatantly obvious that Richmond was where we needed to hold this first annual event. The geographic location and the outstanding facility have given me complete confidence that every one of our athletes will have a memorable experience as they compete for national championship recognition."

Eastern Kentucky University installed a Mondo Super X rubber track in the summer of 2008. Mondo's Super X track has been used in the past

eight Olympic Games, including the 2008 Beijing Olympics.

Each June, the track hosts the Kentucky Special Olympics State Summer Games' track and field events. In May of 2009, it was the site for the Ohio Valley Conference Outdoor Track and Field Championships.



Aerial view of Tom Samuels Track at Eastern Kentucky University.

EKU's Mondo Super X track is the only one of its kind in the state of Kentucky, and it features a brand new Daktronics results board and a newly renovated disk/hammer ring.

"We are excited that Richmond will host this event," said BSC Executive Director Terry Johnson. "We do our best to represent the entire region and this is a great example of being able to bring an event of this caliber to a central Kentucky community."