

General Body Meeting



<u>Lexi</u>	<u>Ethan</u>	<u>Owen</u>	<u>Ryan</u>	<u>Michael</u>
Men's Ultimate	Bowling	Dance	Flag Football	Action Shooting
Beach Volleyball	Boxing	Gymnastics	Baseball	Badminton
Blitzball*	Climbing	M. Water Polo	Basketball	Cheerleading
Cuong Nhu	Equestrian	Roller Hockey	Jiu Jitsu	Fencing
M. Volleyball	Ice Hockey	Rowing	Table Tennis	M. Lacrosse
Sailing	Pickleball	Skeet and Trap	Tennis	M. Rugby
W. Ultimate	Track and Field	Swim	W. Rugby	M. Soccer
	W. Lacrosse	W. Water Polo	W. Soccer	Softball
	Women's Volleyball	Weightlifting	W. Basketball	Wrestling
	W. Ice Hockey	Run	Wakeboarding	Bass Fishing

Please Sign In With Your Supervisor!





Tomahawk Reminders:

Social Media Tags

- One Tomahawk submission is due at the end of each month.
- Nole Central only allows one upload at a time. We recommend taking screenshots of your proof and combining them into one document for upload.

General Reminders

- Submit all Tomahawk points within two weeks of the completion date.
- You do not need to submit a Tomahawk Point Form for GBM attendance, CPR certifications, travel, recruitment nights, or any events where attendance is already tracked by us. We'll upload those points for you!
- Clubs must complete the minimum requirements of their tier by March 27, 2026. If wanting to move up a tier, you must complete that tier's requirements.
 - Example: As a Gold Tier club wanting to move up to Garnet, you're expected to complete the Garnet Tier requirements.



Halloween Reminders:

- With Halloween next week please remember you're representing Sport Clubs both on and off the field, as well as anyone wearing your club merch.
- Please do not promote any parties or events involving alcohol under your club's name.
- If your team dresses up for practice next week, tag us on Instagram (@FSUSportClubs) to be reposted! Have fun and be safe!



Travel Reminders:

Submissions:

- Clubs must submit their Travel Request Forms (TRFs) at least 8 days before travel; otherwise, the request will be denied.
- Please submit TRFs as soon as possible.
- Rosters and driver information can be updated up to three days prior to departure, if needed.

Travel Binders:

- IMPORTANT: Let your supervisor know when the binder is being picked up and returned.
If they are not present at the time, you must notify them.
- You only sign the check-in/out form when returning the binder to the MCF office.
- Binders must be turned in within three days after travel with the results filled out and a signed roster.
- Someone CPR Certified must be on every travel!
- Only the trip leader may pick up and drop off the binder.

AT Kits:

- AT Kits are available upon request. Make sure to indicate this on your Travel Request Form if needed.



You must fill this form out when checking in and out

[illegible]



Spring Practices:

- Spring Home Event and Practice Priority Deadline: 11/1
- Final Practice Request Deadline: 12/5
- You must resubmit form even if no changes are being made or you practice off-campus!
- Submissions will be reviewed in the order they are received.
- Finalized practice schedule will be posted by January 5th



Reimbursement Updates:

Mileage & Gas

- Mileage is reimbursed only for personal vehicles at \$0.445 per mile.
- Gas is reimbursed only for rental vehicles.
- Mileage will be calculated using MapQuest. Clubs will not be reimbursed more than our calculated amount.
- Be accurate in your mileage estimate when submitting the Travel Request. No receipts are required for mileage (we will do it).

Registrations & Rentals

- We cannot reimburse registration fees or rental vehicles, but we can purchase these for you in advance.
- Please notify us as far in advance as possible if you need these purchased. Preferably 4-6 weeks.



Reimbursement Updates:

- Only the individual whose name is on the reimbursement may pick up the check.
 - Please bring a photo ID for verification.
- When requesting hotels, please include the following:
 - Number of rooms
 - Type of room
 - Hotel address
 - A different club member's name listed for each room
- Reimbursements typically take 6–8 weeks to be finalized and ready for pickup.
 - You will be contacted once your check has been issued.
- A signed roster and itemized receipts from your trip are required to continue the reimbursement process.
- Airbnb's can now be reimbursed!
 - Maximum reimbursement is \$225 per hotel room



Reimbursement & Other Updates:

Post-Travel Requirements:

- Check your inbox for an email from Denise Atkinson with a DocuSign link after a funded travel.
- You must sign this DocuSign to receive reimbursement.

General and Unique Purchase Forms:

- Can be downloaded on Nole Central under Documents. Needs to be filled out and emailed to Zoe preferably 4 weeks before you need the items.

Incident Reports:

- In the case of any injury or incident please make sure you fill out this form and let your supervisor and Zoe know just so we are aware. The form be found in the back of the travel binder and needs to be turned into us as soon as possible.



Home Events:

- Off-Campus Home Events
 - Must pick up the Home Event Binder from the Main Campus Field (MCF) Office prior to the event.
 - All participants are required to fill out the consent form before participating.
 - Binders must be returned within 3 days after the event concludes.
- On-Campus Home Events
 - Pick up consent forms from the supervisor working your event.
 - Return completed forms to the same supervisor at the end of the day.



Practice + Event Cancellations:

- Please let us know as soon as possible
- 24 hour notice at the latest (staffing and reservation purposes)
- For last minute cancellations, contact your supervisor and Zoe

Practice Cancellation Request

End Date: Tuesday, June 30, 2026 12:00 AM
Sport Clubs at FSU

START

Nole Central —> Forms —> Practice Cancellation Request



Late Night In Leach

- November 12th from 8-10 pm in the Leach
- Please arrive by 7:30
- If you are still interested in getting a table, reach out to Zoe
- Great way to advertise your club and make a good impression on the SCEC!
- Please bring equipment, table decorations, props, activities etc. similar to recruitment night



Leadership Series

- Open to all club members – not just officers!
- Attendance is optional but highly encouraged and makes a great impression on the SCEC!
- Tomahawk Points: 5 points for at least 3 members in attendance + 1 point for each additional member who attends
- Next Leadership workshop: TBD - We will send this info out next week!



Photography Session Opportunity:

Photography Session Opportunity!

Lucas Bushea — Freelance Sports & Event Photographer

Availability:

- Weekends and select weekdays
- Can travel anywhere in Florida
- Available for games, tournaments, and team portraits

Contact:

Email: lucasbushea@gmail.com Cell: (813) 360-5687 Instagram: [@lucas_photography](https://www.instagram.com/@lucas_photography)

“Hey teams my name is Lucas Bushea, and I'm student photographer from Florida Southern College, looking to collab with you all available for sports photography anywhere in Florida. I specialize in action shots, team photos, and event coverage. Please contact me directly if your club wants photos or coverage this season!”



LMNT Donation Program

Great opportunity to get some free electrolytes for your club!





Volunteer Opportunities:

G4 Game day Clean Up:

Still looking for game day volunteers for the last two home games of the season!

-Shifts begin 3 hours prior to kickoff. Volunteers will be provided snacks, water and trash bags.

-Tomahawk point Clarification:

Ex: 3 hours with 5 people in attendance counts as 15 hours

Remaining fall volunteer dates:

- November 1st
- November 15th



Visit Tallahassee:

Cross Country Season at Apalachee Regional Park

-Each club that brings 10 individuals will receive a \$500 sponsorship to their organization.

Sign Up link:

<https://visittallahassee.volunteerlocal.com>

Upcoming Opportunities:

Friday 10/24

Saturday 10/25

Monday 10/27

Saturday 11/22



Volunteer Opportunities:



dsst.fsu.edu/family/article/giving-back-your-community-volunteering-opportunities-fsu-and-around-tallahassee

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DEPARTMENT OF STUDENT SUPPORT AND TRANSITIONS
FLORIDA STATE UNIVERSITY

HOME / OFFICES ▾ BASIC NEEDS HUB RESOURCES ▾ CONTACT US

HOME / GIVING BACK TO YOUR COMMUNITY: VOLUNTEERING OPPORTUNITIES AT FSU AND AROUND TALLAHASSEE



Giving Back to Your Community: Volunteering Opportunities at FSU and around Tallahassee

Mon, 11/18/2019 - 12:00 PM

In the midst of the holidays, a great way to celebrate your community and show appreciation for the Tallahassee area is through volunteering for various projects or organizations on and off-campus. The Center for Leadership and Social Change has a plethora of resources that can assist your student in satisfying community service requirements and ServScript hours for various scholarships, honor societies, and service-learning communities. Each organization is categorized by agency issues right here in the Tallahassee area, and consist of things like Animal and Environmental Services, Youth Education and Development, Community Safety and Government Services, and more.

Here are a few diverse organizations that your student can partake in so they can give back to the community this fall:

Special Olympics in Leon County - Special Olympics Florida provides a free year-round sports training and competition for those who are children and adults with intellectual and developmental disabilities. With over one thousand athletes in Leon County and 17 different sports offered, this program relies on volunteers to help Special Olympics and its athletes as they compete throughout the year.

Contact Us:

📍 **Location:**
University Center A, Room 4320

📞 **Phone:** 850.644.2785

🕒 **Hours:** M-F, 8:00am - 5:00pm

campusrec.fsu.edu/sports/clubs/resources/

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CAMPUS RECREATION

Features Fitness Sports Outdoors Facilities Jobs & Staff Q

Rec Connect

Resource Center

Recreational Sports / Sport Clubs / Resource Center

Our comprehensive list of resources to help sport club leaders successfully navigate processes at the University.

Administration

Form	File Type	Description
Alumni Tracker	Download Excel	Keep track of your club alumni using this tracker
Coach / Instructor Agreement Form	Online Form	Coaches and instructors must complete a form each year
Consent Form / Waiver	Online	Each time a new person participates in club activity
Consent Form / Waiver	Download PDF	For FSU students who are under the age of 18 at start of participation
Equipment Agreement Form	Online Form	Policies for equipment purchases, storage, and checkout



The Chop & Chomp Food Drive

The Chop & Chomp: Beat Hunger, Beat UF Food Pantry Drive, a friendly competition between Florida State and the University of Florida to see which school can collect the most donations for our respective food pantries. This year's drive will run from Monday, November 3 to Sunday, November 30, 2025, with final counting on Monday, December 1, and the winner announced on Tuesday, December 2.

- Donations can include any canned fruits/vegetables, beans, peanut butters, jams, sauces, pasta, rice, and any other non-perishable goods!
- Sport clubs will earn 1 community service hour per 5 donations with a point cap of half of your tier's hour requirement.
 - Ex: A Garnet tier club is required to complete 50 hours of community service; these clubs can donate up to 125 items and receive 25 hours.
 - Must submit a picture of your donations to the Tomahawk submission form on Nole Central to receive points.

To participate or register your organization, visit the Qualtrics sign-up link:

https://fsu.qualtrics.com/jfe/form/SV_6yDAKhx5xhjKmbA



The Chop & Chomp Food Drive

Donation Locations:

Food for Thought Pantry (UCA 4148)

Strozier Library lobby

Dirac Library lobby

Seminole Cafe

Please reach out to foodpantry@fsu.edu or the Department of Student Support and Transitions main phone line **(850) 644-2428** if you have donation opportunities or questions.

FLORIDA STATE UNIVERSITY

NOV. 3-30

CHOP & CHOMP

BEAT UP

FOOD DRIVE

Donate food and earn points for FSU while helping your fellow Noles!

5 POINTS	4 POINTS	3 POINTS	2 POINTS	1 POINT
<ul style="list-style-type: none">• Peanut butter• Shelf-stable milk• Shelf-stable tofu/tempoh• Canned meat/fish	<ul style="list-style-type: none">• Pasta and noodles• Rolled oats• Cereal• Baking mixes• Rice	<ul style="list-style-type: none">• Per dollar donated• Shelf-stable boxed meals• Cooking oil• Applesauce	<ul style="list-style-type: none">• Spices• Condiments• Jellies/Jams• Salsa• Sauces	<ul style="list-style-type: none">• Granola bars• Canned vegetables• Canned and dried beans• Unopened, not expired, food safe item not on the list

Scan to view the FSU Food for Thought Pantry donation page

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FSU

SEMINOLE DINING

FOOD FOR THOUGHT PANTRY

f FSUfoodpantry

@ fsu_fftp

✉ FoodPantry@FSU.edu

☎ (850) 644-2428

Marketing & Involvement:



Market Wednesday

- <https://union.fsu.edu/ces/market-wednesday>
- Every Wednesday of the semester!

RSOs can participate in Market Wednesday by reserving a table to promote their events, recruit new members, or just show off their group. All RSO tables are on the South Side of Moore Auditorium (facing Legacy Walk and HCB) and down Legacy Walk to the Integration Statue.

Table reservations can be made online with a Nole Central login [here](#) weekly from noon on Thursday until noon on Tuesday before each Market Wednesday. Once registered, check-in and set-up will begin at 10:00 a.m. Wednesday morning.

Tabling request form: <https://union.fsu.edu/ces/request-space>

Involvement Fair: Hosted in the Civic Center every semester to showcase over 700 RSO's! Registration and further details to come soon :)

Recruitment Night: Specific to sport clubs and is also hosted every semester during the first week of classes. Every club is given a table on Landis and encouraged to bring props, decorations and activities to showcase your club! More details to come.

Keep your social media, Nole Central, and club website page updated! For updates to your club website please reach out to [@kmscott@fsu.edu](mailto:kmscott@fsu.edu). For any collaboration posts with sport clubs make sure to tag us ;)

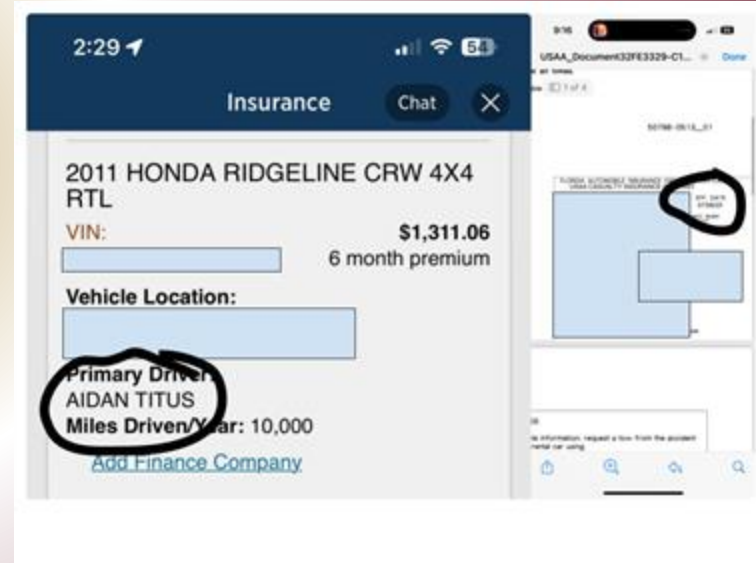


DSE Auto Insurance:

- DSE Auto Insurance-
 - Must have CLUB MEMBERS NAME on submission
 - Call insurance company, look at policy (most likely listed as a dependent), wallet insurance card. Can be found on the declaration page of insurance policy!!
 - Must have a clear start and end date
 - Must be submitted once expired

Accepted submissions include: wallet card, insurance policy, digital insurance card uploaded to DSE.

If you're not planning to drive you do not need to upload your insurance or license! Select no on drivers tab of DSE profile.





Club Constitutions:

- Formal document that outlines the structure, purpose, and operations of your club.
- Defines membership requirements, officer positions, decision making process, and election procedures.
- Found on Nole Central in the documents tab for your club
- If you need help writing one refer to the RSO Constitution Outline found when you look it up on Google ([link](#))
- Must be updated each year when you reregister!



Home Events to Attend:

Times are subject to change!!**	Sport Club	Event Name	Location	Start Time	End Time
10/24/2025	Lacrosse (Men's)	FSU vs. Riptide	Harkins	7 pm	9 pm
10/25/2025	Rugby (Women's)	FSU Vs. UF	RSP East	12 pm	2 pm
10/25/2025	Rugby (Men's)	FSU Fall Tournament	RSP East	10 am	4 pm
10/25/2205	Table Tennis	Fundraiser Tournament	Leach	10 am	7 pm
10/25/2025	Lacrosse (Women's)	FSU vs. UNF	Harkins	10 am	1:30 pm
10/25-10/26/2025	Water Polo (Men's)	CWPA Regionals	Morcom	9 am	5:30 pm



Home Events to Attend:

Times are subject to change!!**	Sport Club	Event Name	Location	Start Time	End Time
11/8-11/9/2025	Swim	CCS Southern Regionals	Morcom	Sat: 12 pm Sun: 10 am	Sat: 7 pm Sun: 5 pm
11/8-11/9/2025	Fencing	FSU's Fall Faceoff	Leach	8 am	6 pm
11/13/2025	Volleyball (Men's)	Garnet vs. Gold Scrimmage	Tully	6 pm	7:30 pm
11/13/2205	Volleyball (Women's)	FSU Gold v FSU Garnet Game	Tully	8:00 pm	10 pm
11/15/2025	Dance	Seminole Dance Force Showcase	Tully	2 pm	4:30 pm
11/22/2025	Rugby (Men's)	FSU vs Auburn	RSP	11 am	3 pm



Extra Resources:

- Alexa Anderton: G4 and more volunteering opportunities
 - ama24@fsu.edu
- Reana Weaver: Registered Dietitian
 - rweaver2@fsu.edu
- Baylee Smith: Who We Play For
 - bayleesmith225@gmail.com
- Dr. Emilie Miley: Athletic Trainer
 - emiley@fsu.edu



Important Dates

- November 1st: Spring Home Event and Practice Priority Deadline
- November 11th: NO PRACTICES - VETERANS DAY
- November 12th OR 18th (Haven't Finalized: Leadership Series - Overall Well-Being Location: TBD)
- November 19th: GBM HWC 2100 6:30PM
- November 26th-30th: NO PRACTICES/GAMES - Thanksgiving Break
- December 5th: Final Day of Practice
- December 5th: Final Day for All Practice Requests (Off-Campus Included)
- January 12th: Spring Recruitment Night (Location and time TBD)
- January 8th: First GBM (TBD)
- January 13th: First day of Practice
- **Please read your emails!**