# 2018-2019 Lafayette College Student Athlete Handbook

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INTRODUCTION

Welcome to Lafayette College. You have enrolled in one of the top twenty-five small colleges in the country. Along with being a top academic institution, it is equally impressive as a leading athletic institution in the prestigious Patriot League.

The purpose of this Student-Athlete Handbook is to depict the policies and regulations, which manage Lafayette’s intercollegiate program and to be helpful in answering any questions you might have concerning your intercollegiate experience here at Lafayette.

LETTER FROM THE DIRECTOR OF ATHLETICS

Dear Lafayette Student-Athlete:

Welcome to Lafayette College for what may be some of the most exciting and important years of your life. I am looking forward to meeting and watching you compete as a Lafayette Leopard.

Your dual role as a student and an athlete requires that you be informed about academic as well as athletic policies and procedures. This Student-Athlete Handbook is an on-going effort to communicate with each other as we all work toward the common goal of excellence in the classroom and on the playing field. This handbook is available to all student-athletes online. It can be found at www.GoLeopards.com by pressing the “Inside Athletics” button.

We are committed to the true student-athlete concept. The entire Department of Athletics and Coaching and Administrative Staff is interested in your academic and athletic success. Even though this handbook is full of valuable information, it is meant to be a resource guide and is not meant to eliminate personalized assistance. Please feel free to contact any member of our department if you have a special need during the year.

Please read this guide, be responsible, be informed, and your experiences will be great. Best wishes for a successful academic and athletic year at Lafayette, and good luck to all of our teams.

Sincerely,
Sherryta Freeman
Director of Athletics

BEING A STUDENT-ATHLETE AT LAFAYETTE COLLEGE IS A PRIVILEGE

Being a student-athlete at Lafayette College is a privilege, not a right. The rules and regulations of the department and college must be respected at all times to earn the privilege to represent Lafayette College on our athletic teams. The number one priority for student-athletes at Lafayette College is academic success. All College and NCAA regulations will be upheld to the highest level.
MISSION STATEMENT

"The Department of Athletics, as a partner in the mission of Lafayette College, provides an effective learning experience for student-athletes through competitive NCAA Division I athletics. We are committed to cultivating an environment of excellence that fosters personal growth, leadership development, responsible citizenship and team work. The department promotes pride, loyalty and unity within the Lafayette community and creates opportunities for building life-long relationships."

The Department of Athletics is committed to ensuring gender equity compliance, student-athlete welfare, and promotes the values of ethical and responsible behavior. The department is committed to providing a diverse learning environment with equitable opportunity for student-athletes and staff without regard to race, ethnicity, gender, religion, sexual orientation or place of origin. The department operates in compliance with Lafayette College, Patriot League and NCAA policies as well as federal regulations.

The Department of Athletics fulfills its purpose by:

1. Creating an environment where student-athletes and teams are challenged to excel.
2. Ensuring a high student-athlete graduation rate through monitoring and support.
3. Acting with ethical and moral standards.
4. Graduating proactive and productive members of society.

January 11, 2016
LAFFAYETTE DEPARTMENT OF ATHLETICS
EXPECTATIONS FOR STUDENT-ATHLETES AND STAFF

Based on our Mission Statement and Core Values, the following are our collective expectations of the Department, its student-athletes and staff:

**Commitment** –
- To your team, sport development, fitness, positive attitude, excellence, personal leadership, service, inclusion and Department mission and values.

**Priorities** –
- Academic excellence, athletic excellence and professionalism.

**Respect** –
- Of each other and our differences, to the department/program, to coaches, administration and staff, to College policies, State laws and federal Laws.

**Communication** –
- Effective and efficient communication with each other, coaches, professors, teammates, staff, and trainers.

**Lifestyle** –
- Mature decisions regarding sleep, nutrition, recovery, alcohol and drugs to achieve our collective goals.

*We are all our best selves when we are first taking care of our well-being, are committed to the same goals and focus on the same priorities.*
CODE OF ETHICS

PRINCIPLE OF ETHICAL CONDUCT
Student-athletes, coaches and administrators of the Department of Athletics at Lafayette College shall deport themselves with honesty and good sportsmanship. Their behavior shall at all times reflect the high standards of honor and dignity that characterize participation in competitive sports in the collegiate setting.

STANDARDS OF ETHICAL CONDUCT
Student-athletes, coaches, staff and administrators are expected to represent Lafayette College in an honorable manner at all times. Standards of ethical conduct are established and enforced by the NCAA, the Patriot League and Lafayette College. All student-athletes, coaches, staff and administrators are expected to comply with all the general conduct and ethics guidelines specified below.

1. Lafayette’s responsibility is to exercise control of its athletics program and to keep it within the bounds of the educational process. Lafayette’s responsibility is also to promote the general public’s understanding of this point of view and its appreciation of the educational values which are derived from a properly balanced program of intercollegiate sports.

2. Lafayette’s responsibility is to ensure that all individuals employed by or directly associated with its athletics program conduct themselves in a sportsmanlike manner. Documented unsportsmanlike conduct (including but not limited to fighting, verbal abuse or other negative behavior) by department staff members, coaches, administrators or student-athletes will not be tolerated and is subject to disciplinary action.

3. Staff members at Lafayette will refrain from negative recruiting (e.g., sending newspaper articles which demean another institution, verbal degradation, or any other action which results in lowering the regard of another institution). Negative recruiting is also subject to disciplinary action.

4. Public remarks regarding Lafayette policy or other athletic matters, including officiating, which denigrate Lafayette, individuals or other institutions will not be tolerated and are subject to disciplinary action.

SPECIFIC REQUIREMENTS
Specific conduct rules exist for certain groups of individuals associated with the Lafayette College athletic program.

1. Coaches
   a. Coaches should support the officials of any game rather than criticize them publicly. Such action may lead to crowd disturbances and bad feelings between institutions.
   b. Coaches should remain in their designated areas and refrain from any action that would incite the crowds. Further, they are required to avoid any subsequent sounding-off to the press concerning game officials. Any public criticisms of a game official are subject to disciplinary action.
   c. All coaches should realize that a determination regarding the continuation of any scheduled game is the responsibility of the game officials, and that taking a team from any playing area is not his or her prerogative. Any variation from this procedure is subject to disciplinary action.
2. Student-athletes
   a. The policies and codes of Lafayette College follow a student-athlete to the campuses of other collegiate institutions and to any locality as long as the student-athlete is enrolled at Lafayette. The same social standards with regard to proper conduct, respect for property, etc., are expected both on and off campus.

3. Athletic Communications
   a. Public Address announcements of events are to be non-partisan and all stories will be accurate, objective and fair. The Assistant Director for Athletic Communications has the opportunity to contribute to the understanding and sportsmanship between institutions and their supporting public.

DEPARTMENTAL AFFILIATIONS

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
Lafayette College is a member of the National Collegiate Athletic Association and competes in Division I for all sports and Football Championship Subdivision in football. The NCAA is an association of member colleges that makes certain rules governing eligibility, recruiting, and financial aid. The rules are intended to provide a better environment for the recruiting of a student-athlete and appropriate standards to govern the manner in which institutions compete with one another both on and off the playing field. To have an opportunity to compete in any NCAA Championship is a prestigious accomplishment that all student-athletes would like to obtain. The NCAA headquarters is currently located in Indianapolis, Indiana.

EASTERN COLLEGE ATHLETIC CONFERENCE
Lafayette also is affiliated with the Eastern College Athletic Conference as a member in Division I and has competed and won numerous ECAC Championship titles both on the team level, as well as the individual level. The ECAC is the nation’s largest collegiate athletic conference with 290 member colleges and universities ranging from Maine to North Carolina in Divisions I, II, and III. ECAC member institutions sponsor over 2500 varsity teams involving 125,000 male and female student-athletes. The ECAC headquarters is located in Centerville, Massachusetts.

PATRIOT LEAGUE
Lafayette is one of the charter members of the PATRIOT LEAGUE which was established in 1984 as a football conference, then in 1990 expanded to an all-sport conference of 22 sports that includes Army, Bucknell, Colgate, Holy Cross, Lehigh and Navy. In 2001, American joined the Patriot League as a full member of the Patriot League. Associate members include Fordham University (football only) and Georgetown University (football only).

The League was founded on the principles of maintaining teams of student-athletes, whose academic ability and progress are representative of the entire student body, the awarding of athletic related need-base scholarships and holding institutional presidents directly responsible for governance and policies of the League. The competition within the League is highly competitive and entertaining. The President’s Cup is awarded annually to the school which has accumulated the most points for athletic excellence throughout the year. The Patriot League has its headquarters in Center Valley, Pennsylvania.
STUDENT-ATHLETE ACADEMIC ASSISTANCE PROGRAMS

ACADEMIC TUTORING AND TRAINING INFORMATION CENTER

Scott Hall, Ext. 5098
attic@lafayette.edu
https://attic.lafayette.edu/

The Academic Tutoring and Training Information Center (ATTIC), part of the Office of Advising & Co-Curricular Programs, provides academic services to enhance student success in an educational environment that can be demanding and challenging. The ATTIC provides a wide range of services for students including peer tutoring, supplemental instruction, programs in time management, study skills, exam preparation and test anxiety. Students are welcome to meet with the professional staff in an individualized setting to attain personalized support for their academic needs, or the ATTIC staff can provide group workshops for academic departments, residence halls or campus groups. Additionally, the ATTIC provides academic support for student-athletes through programs such as peer mentoring, guided study and academic enhancement workshops. The ATTIC also provides academic accommodations for students with documented disabilities. Admitted students may request support services in accordance with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1992 (ADA). Lafayette College appreciates that all students are unique; therefore, all students who register with Accessibility Services receive accommodations through a case-by-case basis.

A comprehensive directory of student support services on campus is available in the Academic Tutoring and Training Information Center or in the Office of Advising & Co-Curricular Programs, both in Scott Hall.

MONITORING ACADEMIC PROGRESS

The Student-Athlete Academic Support Coordinator will work with student-athletes and coaches in helping monitor grades and make referrals when necessary. All student athletes must go through the Academic Tutoring and Training Information Center (ATTIC) when making schedule adjustments, such as dropping and adding courses or course withdrawal. This will ensure that students are aware of how changes to schedules will impact financial aid packages, eligibility, and athletic participation.

PROGRESS REPORTS
The ATTIC monitors grades each semester through student-athlete progress reports, which are sent to instructors of all first-year student-athletes along with upper-level student-athletes with below a 3.0 GPA. Following the end of each semester the ATTIC compiles individual and team GPA’s for every active student athlete. This data along with a report that documents student athletes with low credits and/or an assigned academic status is then sent to athletic administrators and coaches.

MIDTERM GRADES
The Student-Athlete Academic Support Coordinator receives a report from the registrar’s office after midterm grades are posted. Midterm grades are reported only for those students who have a grade of D+ or lower. Student-athletes who receive a midterm grade are required to communicate with the Student-
Athlete Academic Support Coordinator or their class dean about developing a plan of improvement. These reports are then forwarded to the athletic administrators and coaches.

**PEER MENTOR PROGRAM**

The Peer Mentor Program, sponsored by the Department of Athletics and founded in 1996, is a mentoring program offered to first-year student-athletes at Lafayette College. The purpose of the program is to guide and assist first-year student-athletes in adjusting to the rigors of college life while participating in intercollegiate athletics.

Peer Mentors are upper-level student-athletes who have undergone an interview and selection process. These student leaders attend extensive training in working with their peers and are closely monitored and supervised by the Student-Athlete Academic Support Coordinator.

**PEER MENTORS:**
- Deal with all aspects of a student’s transition to college in order to promote academic success
- Are a positive role model
- Provide Academic Enhancement Workshops to first-year student-athletes
- Advise students as to resources available at Lafayette
- Meet with assigned first-year student-athletes and ATTIC staff weekly
- Provide weekly reports to the ATTIC and coaches

**ACADEMIC ENHANCEMENT WORKSHOPS**

The Department of Athletics recognizes the balance that is needed to perform well academically while making a commitment to a varsity team. Workshops are made available to student-athletes for such topics as time management skills, reading comprehension and other study skills. Individual help for improving or evaluating personal study skills is available in the ATTIC. Academic Enhancement Workshops are mandatory for all first-year student-athletes. These workshops cover topics such as time management, reading and note taking and exam preparation skills. Each workshop is conducted by the Peer Mentors and ATTIC staff.

**STRUCTURED STUDY PROGRAM**

The Structured Study Program was designed and developed to encourage student-athletes to utilize their free time during the academic day to complete course work. Student-athletes are offered a variety of options to acquire Structured Study hours. Independent study in Skillman Library, peer tutoring sessions, supplemental instruction attendance, or visiting professor’s office hours are a few examples of ways students may log hours. Students sign in/out of Structured Study so that time spent in the program can be accounted for and weekly reports generated and sent to coaches.

- First-Year Student-Athletes
  - All FYSAs will accumulate a minimum of 6 hours per week by attending approved Structured Study sessions.
  - Required Structured Study hours for FYSAs that earn a 3.00 or higher GPA in the fall semester will decrease to 2 hours per week for the spring semester.
- Upper-level student-athlete Structured Study requirements are based on GPA:
  - 0.00 – 2.00 GPA = 8 SS hours per week
  - 2.01 – 2.50 GPA = 6 SS hours per week
2.51 – 2.75 GPA = 4 SS hours per week
2.76 – 2.99 GPA = 2 SS hours per week
- Coaches may require their team members to acquire additional hours at any time.

LAPTOP LOAN PROGRAM

Through an Academic Enhancement Grant funded through the NCAA, the ATTIC has acquired laptops available for student-athlete use during competition travel. Rentals may also be used if the student is waiting for their personal equipment to be repaired or replaced. If interested please contact the ATTIC.

CLASS ATTENDANCE

1. Class attendance is expected of all student-athletes. The normal academic day at Lafayette begins at 8:00 a.m. and goes to 4:00 p.m. The scheduling of courses and laboratories during this time has priority over athletic considerations.

The athletic day, in terms of full team practices, may begin early in the morning and end prior to 8:00 a.m. or begin after 4:00 p.m. when the student-athlete’s classes have ended in the afternoon. Class and laboratory time have priority over practice time and travel to the practice facilities. While student-athletes may individually workout or practice, coaches may not formally schedule team practice during the academic day, nor should coaches encourage student-athletes to arrive at the practice facilities before the student-athlete’s classes have ended in the afternoon.

2. Absences from class are for scheduled athletic events and related travel time and are excusable by the Office of Advising & Co-Curricular Programs. At the beginning of each semester, all student-athletes will be given letters of introduction from their head coach to each student-athlete’s instructor. This letter will serve to identify for the instructor the student-athletes in his or her class and to specify in each case the dates of excused absence for participation in scheduled competitions.

3. When post-season play conflicts with regularly scheduled classes, the Dean of Advising & Co-Curricular Programs may grant excused absences to participating student-athletes. In the event that post-season play conflicts with final examinations, student-athletes electing to compete will consult with instructors of those courses whose examinations are to be missed. Instructors may elect to allow the examination to be administered at another site to be proctored by a member of the faculty or ATTIC staff, or elect to administer the examination at a later date. If alternative solutions are necessary to meet special examination circumstances, the issue may be referred to the Dean of Advising & Co-Curricular Programs.

FACULTY MENTOR PROGRAM

The Faculty Mentor Program for athletic teams is designed to enhance communication and open dialogue between student-athletes, coaches, and faculty at Lafayette College. The faculty mentor will serve as a resource to the Department of Athletics and provide assistance to the coaches in addressing academic challenges encountered by student-athletes. The faculty mentor can facilitate communication between the coaches and the faculty and provide assistance and advice to student-athletes on academic and personal matters. The faculty mentor may assist the coaches in other ways as deemed appropriate by the coaches and the faculty mentor.
Through this program, faculty members are able to develop an appreciation of the voluntary commitment that student-athletes make to their sports. Coaches and student-athletes will also have an opportunity to get to know the faculty outside the classroom environment.

GUIDELINES FOR FACULTY MENTOR PROGRAM

1. The Faculty Mentor has an important role representing the President, Provost, Dean and Director of Athletics as a role model, counselor, mentor and assistant to the athletic teams.
2. Head coaches are encouraged to recommend candidates for faculty mentors to the Director of Athletics or the Faculty Athletics Representative. All faculty at Lafayette College have the opportunity to request a position as a faculty mentor by making their wishes known to either the head coach of the sport they have an interest in, the Director of Athletics or the Faculty Athletics Representative. Serving as a faculty mentor is voluntary and may be discontinued by wishes of the faculty mentor, the head coach or the Director of Athletics.
3. The Department of Athletics handles the administrative details of its sports programs. The faculty mentor will not be directly involved but should become familiar with the operation of the various staff functions.

ACADEMIC ADVISING

All students are assigned a faculty advisor upon admission to Lafayette College. Advisors are faculty members recommended by the department heads to the Dean of Advising & Co-Curricular Programs. Students may seek additional academic support from the Student-Athlete Academic Support Coordinator or the Office of Advising & Co-Curricular Programs. The purpose of faculty advisors is as follows:

1. To assist the advisee in planning the academic program he or she needs to meet both college requirements and career aspirations.
2. To help in the evaluation of the advisee’s progress.
3. To refer the advisee to specific resources on campus.

Students are expected to schedule appointments with their advisor when requested and to see the advisor when academic difficulties are experienced. All course scheduling and changes are initiated with the academic advisor. Students experiencing difficulties with the advising system should contact the Office of Advising & Co-Curricular Programs.
NCAA REGULATIONS

NCAA ELIGIBILITY RULES

To be eligible to compete in all sports, you must:

- Have been admitted to Lafayette as a regular student seeking a degree according to the published entrance requirements.
- Be in good academic standing according to the standards of Lafayette.
- Be enrolled in at least a minimum full-time program (not less than 3 classes per semester) and maintain satisfactory progress toward a baccalaureate degree.
- Have your eligibility cleared by the Athletic Administration.

If you have transferred to Lafayette from another institution midyear, or you have completed one academic year in residence at Lafayette or used one season of eligibility in a sport at Lafayette, your eligibility shall be determined by your academic record in existence at the beginning of the Fall term of the regular academic year, and you must satisfy the following requirements for academic progress to be eligible to compete [NCAA Bylaw 14.4]:

- You must have satisfactorily completed 6 classes prior to the start of your second year of enrollment.
- Each year, you must complete a total of 5 classes in the previous academic year.
- To be eligible in each semester, you must complete at minimum 2 classes in the previous semester.
- You must choose a major that leads toward a specific baccalaureate degree by the beginning of your third year of enrollment.
- If you are entering your third year of collegiate enrollment, you must have completed successfully at least 40 percent of the course requirements in your specific degree program, and you must present a cumulative minimum grade-point average (based upon a maximum of 4.000) that equals 95% of the cumulative minimum grade-point average required for graduation. At Lafayette, this minimum grade-point average equals 1.90.
- If you are entering your fourth year of collegiate enrollment, you must have completed successfully at least 60 percent of the course requirements in your specific degree program, and you must present a cumulative minimum grade-point average (based upon a maximum of 4.000) that equals 100% of the cumulative minimum grade-point average for graduation. At Lafayette, this minimum grade-point average is 2.0.
- At Lafayette, all students and student-athletes are expected to graduate in four years. If, however, you are entering your fifth year of collegiate enrollment, you must have completed successfully at least 80 percent of the course requirements in your specific degree program, and you must present a cumulative grade-point average (based upon a maximum of 4.000) that equals 100% of the cumulative minimum grade-point average required for graduation. At Lafayette, this minimum grade-point average is 2.0.
- You must earn at least 75 percent of the semester or quarter hours required for satisfactory progress during the regular academic year (5 classes), and you may not earn more than 25 percent of the semester (1 class) or quarter hours required for satisfactory progress during the summer.

PLEASE NOTE: Academic progress requirement for institutional and federal aid do not mirror the NCAA requirements for participation. Students should refer to [www.lafayette.edu/admissions/finaid/aps.html](http://www.lafayette.edu/admissions/finaid/aps.html) for college and federal academic progress standards.
OTHER REGULATIONS CONCERNING ELIGIBILITY

All Sports:
You are not eligible to participate in more than four seasons of intercollegiate competition, except for extensions that have been approved in accordance with NCAA legislation [Bylaw 12.8] and Patriot League regulations.

All Sports Other Than Basketball:
You are not eligible in your sport for the remainder of the year and the next academic year if, during the academic year, you competed as a member of any outside team in any non-collegiate, amateur competition. Competing in the Olympic Games tryouts and competition and other specified Council approved competition is permitted [Bylaw 17.31.1].

Basketball Only:
You are not eligible if you have played in any organized, outside basketball competition after you became a candidate for an intercollegiate basketball team at an institution that is a member of the NCAA, or after you enrolled at a member institution that recruited you to play on its intercollegiate basketball team [Bylaw 17.31.2].

It is permissible to play on a basketball team in a summer basketball league that is certified by the NCAA [Bylaw 17.31.4]. Permission must be granted in writing by the Director of Athletics.

PATRIOT LEAGUE ELIGIBILITY RULES

Student-athletes eligibility requirements for Patriot League member institutions follow all applicable NCAA continuing eligibility requirements. Additionally, in an effort to ensure each member institution’s athletics program is conducted in a manner which places a priority on the academic and personal growth of the student-athlete, the Patriot League has established the following policies and procedures related to student-athlete eligibility.

Policies:

a. First year students are eligible for varsity competition.

b. All students participating in intercollegiate athletics must be enrolled full-time making normal academic progress in an academic program leading to a first baccalaureate degree and meet other published institution requirements for participation, as established by each member institution.

c. A student-athlete’s normal years of eligibility are the first eight (8) semesters (or equivalent terms) after initial enrollment.

d. “Athletic redshirting” (i.e., holding a student out of competition as an underclassmen for the express purpose of saving a year of NCAA eligibility for a fifth year of enrollment) is prohibited.

e. An extension of eligibility may be granted by a member institution at the President’s discretion to a student-athlete who misses a season of competition as a result of serious injury, illness, or other cause beyond the student’s control. Such exceptions require the review of the executive director prior to the season in question to assure that all NCAA requirements are met.

f. Transfer students, whose academic programs require a ninth semester or fifth year from the date of their college matriculation, are normally eligible for athletic competition in the ninth semester.
or fifth year, assuming the student has met all other NCAA Division I criteria including the one year residency requirement.

Lafayette College ELIGIBILITY REQUIREMENTS

Lafayette uses a system of course credits in computing progress toward the degree. Each course is equal to one course credit with exceptions as noted in the course description. Lafayette will consider a student’s progress toward a degree acceptable if he or she has earned at least the following number of credits by the semester indicated:

<table>
<thead>
<tr>
<th>Year in School</th>
<th>Minimum Course Requirements</th>
<th>Normal Course Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>End 1&lt;sup&gt;st&lt;/sup&gt; Semester</td>
<td>End 2&lt;sup&gt;nd&lt;/sup&gt; Semester</td>
</tr>
<tr>
<td>Freshmen</td>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>Sophomore</td>
<td>10</td>
<td>14</td>
</tr>
<tr>
<td>Junior</td>
<td>18</td>
<td>22</td>
</tr>
<tr>
<td>Senior</td>
<td>27</td>
<td>32</td>
</tr>
</tbody>
</table>

Three courses are considered the minimum load for full-time standing. An average GPA of at least 2.0 both overall and in the major is required for graduation. At Lafayette, it is recommended that you register for at least 4 course credits.

For financial aid purposes, academic progress is reviewed and certified at the end of each academic year by the Academic Progress Committee of the College. Students are expected to maintain satisfactory academic progress based on qualitative standards (defined by GPA) and quantitative standards (defined by number of courses completed.) See chart below:

By the end of:  GPA  Courses completed
First year      1.80  6
Second year     2.00  14
Third year      2.00  22
Fourth year     2.00  32

ACADEMIC PROBATION
Students not making satisfactory progress may be placed on academic probation by the Academic Progress Committee. Factors such as term averages, cumulative averages, and graduation progress are among the criteria used in evaluating students, but each case is considered individually. When a student is placed on probation, the probationary period is in effect normally from the date of the action until the end of the following semester.

Students on academic probation may not take more than two unexcused cuts in any course. A student on academic probation may be required to withdraw unless during the next semester that student shows improvement sufficient to demonstrate clear promise of eventual graduation, although a period of probation need not precede action requiring a student to withdraw. Freshmen on academic probation may not hold office in student or social organizations, represent Lafayette College in any official capacity, including intercollegiate athletic practice or competition, or participate in fraternity or sorority pledging. A student who has not completed 6 course credits will be regarded as a freshman for purposes of
probation. Failure to make satisfactory academic progress may affect eligibility to receive federal or institutional financial aid.

GAMBLING, HAZING, AND TOBACCO POLICIES

GAMBLING
NCAA regulations define sports wagering as placing, accepting or soliciting a wager (on a staff member's or student-athlete's own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to:

- the use of a bookmaker or parlay card
- Internet sports wagering
- Auctions in which bids are placed on teams, individuals or contests
- Pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

HAZING
Lafayette College requires that no living group allow any of its new members, members, or others to participate in any pre-initiation ceremony or practice which involves mental or physical exhaustion or abuse. The Athletic Department will not tolerate any form of hazing and severe penalties will be imposed if a team is found in violation of this rule. It is up to the upper-class leaders of each team to uphold this policy. Failure to abide by college regulations may result in a cancellation of the athletic season for that sport. Please refer to the Student Handbook for examples of what would constitute hazing. If you have any questions regarding a team activity, please contact the athletic administration office for advice.

TOBACCO POLICY
Lafayette Athletics does not condone the use of tobacco, including smokeless tobacco. Tobacco use may result in a physical dependency on nicotine. Tobacco use is documented to be the leading preventable cause of death in the United States.

Effective August 1994, NCAA legislation prohibits the use of tobacco products in a practice or competition. Lafayette Athletics likewise prohibits use of tobacco products in practice or competition and strongly encourages its student-athletes to abstain from tobacco use in their private lives.

ALCOHOL AND SUBSTANCE ABUSE POLICY

Rationale
Lafayette College is committed to providing students with an optimal environment for intellectual, social, and emotional growth. The use of illegal drugs and illegal or excessive consumption of alcohol by students poses risks to their ability to function effectively in a demanding educational setting and can interfere with the health and safety of all members of the Lafayette community and its neighbors in Easton, PA.

Students who participate in intercollegiate athletics are expected to attain the highest levels of physical and mental fitness in order to perform at a consistently high level in their sport and in all other aspects of college life. The College and the Department of Athletics will provide student-athletes with the
information and support they need to excel in their athletic and academic endeavors and to make safe and healthy choices that will benefit them, their teams, and the College.

**Education Programs**

The Department of Athletics will provide student-athletes with opportunities to learn how alcohol and illicit drug use can interfere with one’s ability to attain peak levels of performance. Through a series of lectures, interactive team activities, and on-line educational opportunities, students will learn the following:

1. the physical and psychological effects of drugs and alcohol on athletic and academic performance,
2. common misperceptions about the frequency of alcohol and drug use among student-athletes at Lafayette,
3. strategies for responding to pressure to drink or use drugs,
4. ways to help teammates who may be dealing with problems with alcohol and drug use.

**Counseling Program**

Any student-athlete who believes that he or she might have a problem with alcohol or other drugs is encouraged to seek counseling. Seeking help voluntarily is in no way considered a violation of the Substance Abuse Policies, and the confidentiality of any student-athlete who seeks help will be fully protected as provided by law.

Confidential assessment and/or counseling for alcohol or other drug problems are available to all student-athletes through the Lafayette College Counseling Center. The Counseling Center staff will keep disclosures of alcohol or other drug problems confidential. Student-athletes who seek help will be provided with a thorough and expert assessment and will be able to discuss different treatment options with a professional counselor. All student-athletes who request help will receive appropriate professional treatment for substance abuse problems.

Any student-athlete who engages in excessive/abusive use of alcohol, regardless of whether they were subject to formal College disciplinary action, may at the discretion of the Director of Athletics (or designee) be placed on a medical leave of absence from their sport while connection to appropriate support services is made. Return to the team is at the sole discretion of the Director of Athletics after consultation with appropriate support services personnel and discussion with the student-athlete.

**Alcohol Policy**

Pennsylvania state law prohibits the possession and consumption of alcohol by individuals under the age of 21 and the College enforces that law. The Department of Athletics prohibits the illegal or otherwise irresponsible use of alcohol. Violation of this prohibition will result in disciplinary action as described below including possible suspension or dismissal from the athletics program. A violation of this alcohol policy is considered misconduct as defined by NCAA Bylaw 15.3.4.2.4. Because even low doses of alcohol impair cognitive functioning, judgment, alertness, coordination, and reflexes, consumption of alcohol by student-athletes of legal drinking age is not encouraged.

Student-athletes will be held accountable for any alcohol related incident in which he or she is involved. An alcohol related incident is defined as:
1) A violation of state law involving any alcohol related offense.
2) A violation of College regulations in which alcohol is cited.

The student-athlete’s punishment for any drug/alcohol related violation is at the discretion of the head coach. The head coach will make the decision with guidance from the athletic administration.

If applicable, the rules of the College’s Good Samaritan policy will be followed.

**Good Samaritan Policy:** The College has in place a practice of providing amnesty for those who report students at risk. It states the following: “In the event that a student or student organization assists an intoxicated Lafayette College student in procuring public safety and/or professional medical assistance, neither the intoxicated student nor the individual or group who provides assistance for that individual will be subject to formal College disciplinary action for (1) being intoxicated, or (2) having provided that person with alcohol. This refers to isolated incidents only and does not excuse or protect those who flagrantly and/or repeatedly violate the College’s alcohol policy. It applies only to cases of suspected extreme intoxication or other life-threatening circumstances due to alcohol and does not extend to related infractions such as assault or property damage. Although formal disciplinary action will not be invoked, mandatory referrals for educational sessions and/or assessment may be made.”

Possession or consumption of alcohol by any student-athlete, regardless of age, is prohibited while representing the College on team sanctioned trips and while hosting prospective student-athletes on recruitment visits to Lafayette. Violation of this prohibition will result in disciplinary action as described below including possible suspension and dismissal from the athletic program.

**Drugs Other than Alcohol Policy**

The unauthorized use of anabolic steroids, stimulants, diuretics, performance enhancing drugs, marijuana, cocaine, amphetamines, and any other substance proscribed by federal or state law by any member of the Lafayette athletics program is expressly prohibited, regardless of whether such use or abuse occurs before, during or after the team’s competitive season. Violation of this prohibition will result in disciplinary action as described below including possible suspension or dismissal from the athletics program. A violation of this drug policy is considered misconduct as defined by NCAA Bylaw 15.3.4.2.4.

**SANCTIONS FOR INAPPROPRIATE BEHAVIOR BY STUDENT-ATHLETES**

**Felony Charge** - Any student-athlete arrested and/or charged with a felony, or with a crime involving gambling or game fixing under Pennsylvania law or any other jurisdictional equivalent, shall be suspended automatically from practice and playing privileges until the charges are dropped, dismissed or otherwise resolved. The student-athlete may appeal this decision pursuant to the Appeals Procedure found in this Handbook.

**Felony Conviction** - Any student-athlete convicted of or pleading guilty or no contest to a felony charge or a game fixing charge under Pennsylvania law or any other jurisdictional equivalent shall be permanently dismissed from the team. The athlete shall lose her/his athletic grant-in-aid for the balance of the academic year. The department shall recommend to the Lafayette Office of Financial Aid that the athletic grant-in-aid shall not be renewed for any succeeding academic years. The student-athlete may
appeal this decision pursuant to the Appeals Procedure found in this Handbook. NOTE: Student-athletes involved in gambling violations shall be subject to the sanctions contained in Section 10.4 of the NCAA Manual.

**Misdemeanor Charge and/or Conviction** - Any student-athlete who is arrested, charged and/or convicted of a misdemeanor charge (other than gambling or game fixing which are addressed above and other than minor traffic infractions) will be subject to a review process. The Senior Athletic Administrative Staff will review the charges and all of the surrounding circumstances. The Senior Staff may then impose sanctions. The factors, which the Senior Staff will consider, include, but are not limited to:

A. Nature of charge (violent or non-violent)
B. Prior behavior
C. Self-disclosure of the violation
D. Cooperation during the investigation
E. Alcohol and/or drug use
F. Consistency with regard to handling of other cases

**Sanctions imposed by the Senior Athletic Administrative Staff can include, but shall not be limited to:**

A. Suspension from play and/or practice for a stated period of time
B. Restricted use of athletic services or facilities
C. Dismissal from the team (only available for a conviction or if the student-athlete pleads guilty or no contest to a misdemeanor). The athlete shall lose her/his athletic grant-in-aid for the balance of the academic year. The department shall recommend to the Lafayette Office of Financial Aid that the athletic grant-in-aid shall not be renewed for any succeeding academic years.

This review process will be used when department employees first learn of the arrest and/or charge. This review process will also be utilized again, in its entirety, if there is a conviction resulting from the arrest and/or charge. The student-athlete may appeal any decision made pursuant to this review process by following the Appeals Procedure found in this Handbook.

**Lafayette Code of Student Conduct:** At the discretion of the Director of Athletics, the process in this Handbook which is followed for a misdemeanor charge and/or conviction may be used in the event that a student-athlete is found responsible for a violation of the Lafayette College Student Code of Conduct contained in the Student Handbook.

**Appeals Procedure**

Any student-athlete sanctioned under these procedures may appeal within five working days, in writing to the Director of Athletics. In the event of an appeal, a Committee on Athletic Appeals shall consider all factors, including any extenuating circumstances.

Committee on Athletic Appeals: The Committee on Athletic Appeals shall be comprised of the Dean of Students (or designee), a representative from the Faculty Committee on Athletics, and the NCAA Faculty Representative (who shall chair the committee).

Basis for Appeal: A student may appeal to the Committee on Athletic Appeals on the grounds of improper procedure, new information not available at the time of the original hearing, or undue severity
of penalty. The Committee on Athletic Appeals shall limit itself to reviewing the case in light of specific objections raised by the student. The appeal is not a new hearing, but the Committee on Athletic Appeals will have at its disposal a record of the case.

Notification of Hearing: At least 48 hours prior to the hearing, the student-athlete shall be given written notification of the time and place of the hearing by the chair of the Committee or his/her designee.

Nature of Hearing: Hearings of the Committee on Athletic Appeals shall be open only to the members of the Committee, the Director of Athletics or designee, the student-athlete, and, for relevant portions of the hearing, witnesses called by the student-athlete, the Department of Athletics, or the Committee. In addition, the student-athlete may be accompanied by an advisor chosen from the student body, faculty, or administrative officers of the College throughout the entire procedure. The purpose of the advisor shall be solely to ensure fairness in presentation and review of pertinent facts and to advise the student-athlete. The advisor is not permitted to address the Committee.

Procedures of the Hearing: The following procedures will be in effect in appeals heard by the Committee on Athletic Appeals.

1. Introduction of Committee members and hearing participants.
2. Review of procedures followed by Committee.
3. Presentation of case by Director of Athletics, or his/her representative.
4. Response by student-athlete to Department of Athletics case.
5. Presentation by Department of Athletics representative of support information and/or witnesses.
   a. Committee will question any witnesses as they appear.
   b. Student may also question witnesses.
6. Presentation by student-athlete of support information and/or witnesses.
   a. Committee will question any witnesses as they appear.
   b. Department of Athletics representative may also question witnesses.
7. Final summary of materials and testimony and concluding statement by Department of Athletics representative.
   a. Committee and student may question representative.
8. Final summary of materials and testimony and concluding statement by student.
   a. Committee and Department of Athletics representative may question student.
9. Student and Department of Athletics representative are excused from Hearing.
10. Deliberations of Committee
   a. This portion of the meeting is limited to members of the Committee.
11. Dean of Students is notified of decision made by the Committee.
12. Student-athlete is notified by the Dean of Students of Committee decision.
13. All decisions made by the Committee on Athletic Appeals are final.
14. All Committee on Athletic Appeals hearings are recorded.
TIME LIMITS FOR ATHLETICALLY RELATED ACTIVITIES

In all sports in Division I, the NCAA regulates the amount of time a student-athlete can spend on athletically related activities, both in season and out of season, as a protection of their welfare. During a sports playing season, a student-athlete’s participation in countable athletically related activities is limited to a maximum of four hours per day and 20 hours per week.

Outside of the playing season (for sports other than football), a student-athlete’s participation shall not exceed the 8-hour limit of off-season countable athletically related activities with a maximum of two hours dedicated to skill instruction. In football, no skill instruction is permitted. Football out-of-season activity is limited to weight-lifting, conditioning and film review. No more than two hours each week may be dedicated to film review. Out-of-season countable activity is prohibited one week prior to the start of final exams in each semester through the conclusion of exams.

Countable athletically related activities fall into five categories including:
   a. Competition,
   b. Practice,
   c. Weight training / conditioning,
   d. Athletically related meetings,
   e. Required camps / clinics / and physical education classes.

All activities related to the above five categories must be counted toward daily and weekly time limitations.

A complete listing of definitions and applications may be found in Bylaw 17.02 of the NCAA Manual. Questions may be directed to your coach or to the Assistant Director of Athletics.

PRACTICE TIME GUIDELINES

The normal academic day at Lafayette begins at 8:00 a.m. and goes to 4:30 p.m. The scheduling of courses and laboratories during this time has priority over athletic considerations. The athletic day, in terms of team practices, may begin early in the morning (not to extend into the academic day which starts at 8:00 a.m.) or may begin after the student-athlete’s classes have ended in the afternoon.

Absences necessitated by participation in recognized College and intercollegiate activities are excused by the Office of the Dean of Studies. These Dean’s Excuses are for scheduled athletic contests and related travel time. Class and laboratory time have priority over practice time and travel to the practice fields. While students may individually practice a sport, (i.e., running, swimming, or individualized sports instruction, etc.), coaches may not formally schedule team practice during the academic day, nor should coaches encourage students to arrive at the practice sites before the student-athlete’s classes have ended in the afternoon.

NCAA EXTRA BENEFIT GUIDELINES

Per NCAA regulations, an “extra benefit” is any special arrangement by an institutional employee or a representative of the institution's athletics interests to provide a student-athlete or the student-athlete's relative or friend a benefit not expressly authorized by NCAA legislation. Receipt of a benefit by student-athletes or their relatives or friends is not a violation of NCAA legislation if it is demonstrated that the same benefit is generally available to the institution's students or their relatives or friends or to a particular segment of the student body (e.g., international students, minority students) determined on a basis unrelated to athletics ability.
Examples of extra benefits include, but are not limited to:
- Transportation
- Use of an automobile
- Discounted services or products
- Providing more than the 4 permitted complimentary tickets to games
- Low interest or interest-free loans, credit card rates, etc.
- Special payment arrangements on personal products

Be extremely careful of anyone that offers you free or reduced-cost product or services. If you have received any benefit, by any person other than a family member, please contact the compliance office immediately. If you have questions concerning extra benefits, please ask your coach or contact the compliance office.

TRANSFER REQUEST POLICY

If a student-athlete wishes to transfer or inquire about a possible transfer from Lafayette College, the student-athlete must first inform the head coach of that decision. If the student-athlete wishes to pursue this and talk with coaches at other institutions, he or she must email the Compliance office their intent to transfer and request their name be uploaded in the transfer database. Per NCAA rules, the institution has two business days to add the student-athlete’s name to the transfer database. Once the student-athlete’s name has been entered into the database, he/she is free to contact other coaches. **NOTE: At the moment of request, the head coach has the discretion to non-renew athletic aid at the end of the academic term.**

If the student-athlete does not request to be uploaded into the portal and contact is made, it could affect their future eligibility. If a transfer request is denied by the institution, the student-athlete may request an appeal hearing and follow the Athletic Appeals procedure outlined in this manual.

OFFICIAL VISIT GUIDELINES

The following guidelines are established for coaches, student-athletes, prospective student-athletes and their parents or guardians to ensure that prospective student-athletes are afforded the opportunity to assess their potential for academic and athletic success at Lafayette during their visit. Each visit should reflect the true essence of Lafayette College. These official visit guidelines are to educate all staff of their responsibilities and the student host form is used to educate student-athletes of their obligation as a host of a prospect.

1. The prospect’s official visit form must be processed and approved by the Compliance Coordinator at least 24 hours prior to the start of the official visit.

2. Every head coach (or their designee) must review the student host instructions with their student-athletes who will act in that capacity. (This form will also be reviewed with all student-athletes at their initial compliance certification meeting.) A student-athlete cannot be a host unless this signed form is provided with the official visit required form.

3. Every head coach (or their designee) must review with the prospective student-athlete the Prospect Form as provided by the compliance office. The prospect is required to sign this form upon arrival for their visit.
4. Each Official visit must include an academic component. This component may include a meeting with a faculty member, admissions officer, or staff member from the Academic Tutoring and Training Information Center in which academic expectations are reviewed.

5. Lafayette will not tolerate the use of alcohol, drugs, gambling or sexual entertainment during the recruiting process. Underage drinking (below 21) is illegal in Pennsylvania. Prospective student-athletes are not allowed to indulge in this activity. It is the student host’s responsibility to discourage transgressions of this law while the prospect is in their charge. Lafayette College will not tolerate sexual entertainment by anyone associated with our teams. Student hosts must be aware of the college’s prohibition of this type of activity and work to ensure that the prospects they are hosting conduct themselves accordingly. Any activity that violates criminal law will not be tolerated and will result in applicable sanctions pursuant to College Policy and Departmental Guidelines.

6. All air transportation of the prospect must be commercial (coach class) and all vehicular transportation must be standard vehicles (coach or university owned).

7. All meals and lodging must be standard in the sense that it is comparable to those offered on campus. Use of any off campus restaurants must be approved prior to the visit on the official visit form. You may provide prospects and their parents up to three meals a day and an additional reasonable snack.

8. Official visits may last no longer than 48 hours.

9. If a coach gives a student-athlete host money, up to a maximum of $40.00, they must review the uses and restrictions of use of those funds that are stated in detail on the Student-Host form and sign certifying compliance with the Official Visit Guidelines. Post visit, student hosts must complete the Student Host Expense form to indicate return of money or provide receipts for the money spent.

10. Lafayette College may not arrange any personalized recruiting aids (e.g. personalized jerseys or video presentation) or engage in any game-day simulations during an official or unofficial visit.

11. Coaches should recommend a reasonable curfew for the student hosts and prospects.

12. If violations of these guidelines occur, appropriate sanctions will occur with the reporting of the violation to the Patriot League office. These sanctions could include lost eligibility for the Lafayette athletes.

Approved AJR 11/04
Updated 07/06
Update 8/10 Approved DHW 9/10
Update 8/12

Student Host Reminders
During a prospective student-athlete’s official visit to Lafayette, a current student-athlete may serve as a host for the duration of his/her visit. Student-athlete must comply with the following regulations:

- Student hosts can receive $40 per each day of a prospect’s visit; if a student hosts more than one prospect, only an additional $20 can be given for each prospect.
• If multiple students host one prospect, the $40 covers all hosts and the prospects’ entertainment.

• Entertainment is limited to the prospective student-athlete, the prospective student-athlete’s parents (or legal guardian) and the prospect’s spouse.

• The $40 is to be used for entertainment of the prospect and the host within a 30 mile radius of campus, but does not include meal money.

• If an athletics staff member accompanies the prospect and host, his/her entertainment money is excluded from the $40 limit. If the athletic staff member is the host, the $40 covers the staff member and prospect.

• No tangible items can be purchased for the prospect. Samples of this include:
  ○ Lafayette memorabilia (t-shirts, mugs, key chains, etc.)
  ○ Toiletries
  ○ Magazines

• Receipts MUST be returned with your expense report; they can be taped to the back of the student-host expense form.

• If the $40 is not used by the host, the money must be returned to the coach.

• It is a violation of NCAA rules for a student host to keep the unused money

• Lafayette College will not tolerate the use of alcohol, drugs, gambling or sexual entertainment during the recruiting process.

ACADEMIC AND ATHLETIC AWARDS

Student-athletes have the opportunity to earn academic recognition at the department, league, and national levels.

A. Department Academic Awards
   1. Student-Athlete Academic Honor Roll: Each fall and spring semester the Academic Honor Roll recognizes student-athletes who excel in the classroom. Each student-athlete achieving this level of excellence in the classroom is recognized with a letter of achievement from the Department. Term grade point averages are calculated and categorized as follows:
      Gold category = 3.80 and above
      Silver category = 3.50 – 3.79
      Bronze category = 3.00 – 3.49
   2. Team GPA Academic Excellence Award: Each semester the men’s and women’s teams with the highest grade point averages are recognized on a permanent plaque which is displayed in the Allen P. Kirby Sports Center. The Head Coach also receives a plaque to display in his or her office which serves as recognition of the team’s academic achievement.
   3. Class of 1913 Award: Annually, the department recognizes the top male and top female scholar-athlete at the Athletic Senior Awards Banquet.
   4. James F. Bryan ’70 Excellence Award: Each year a student-athlete who has demonstrated excellence in academics, earned a varsity letter and who has noteworthy community service receives this award.
B. Patriot League Academic awards

1. Patriot League Academic Honor Roll: Student-athletes who earn a minimum 3.20 cumulative GPA plus earn a varsity letter are recognized with a certificate by the League office.
2. Patriot League Scholar-Athlete Award: One student-athlete is selected from each of the 22 sponsored sports who earned a minimum GPA of 3.20 and was a key player on the team. This individual is also recognized with an award from the Patriot League office.
3. Patriot League Scholar-Athlete of the Year: One male and one female student-athlete selected from the Patriot League Scholar-Athlete award winners. These individuals are recognized with a trophy from the Patriot League office.

C. NCAA Postgraduate Scholarships

The NCAA annually awards 124 postgraduate scholarships of $7,500 each. In order to qualify for an award a student-athlete must have each of the following:

a. A minimum cumulative GPA of 3.20 out of 4.00.
b. Performed with distinction as a member of the varsity team in the student’s sport.
c. Signified the intention to continue academic work beyond the baccalaureate degree as a full-time graduate student.
d. Conducted themselves, both on and off the field, in a manner that has brought credit to the student-athlete, the institution, intercollegiate athletics, and the ideals and objectives of American higher education.
e. Volunteered and participated in campus activities other than academic and athletic in which the student-athlete has had the opportunity to demonstrate qualities of leadership and serve as an example to fellow students.
f. Contact the Assistant Director of Athletics early to meet the NCAA application deadline.

2. The Walter Byers Postgraduate Scholarship

The NCAA annually awards one Walter Byers Postgraduate Scholarship of $10,000. In order to be eligible for consideration a student-athlete must:

a. Have excelled academically with an overall accumulative GPA of 3.500 or better.
b. Have competed in intercollegiate athletics as a member of a varsity team.
c. Be a graduating senior while completing the last year of eligibility per NCAA Bylaw 14.2.
d. Have been accepted for admission into a graduate degree program.
e. Be committed to work on a full-time basis toward a graduate degree.
f. Have evidenced superior character and leadership.
g. Have demonstrated that participation in athletics has been a positive influence on the nominee’s personal and intellectual development. Relative success in athletics is important but not of overriding significance.
h. Contact the Assistant Director of Athletics early to meet the NCAA application deadline.

3. NCAA Ethnic Minority and Women’s Enhancement Program

The NCAA annually awards 10 postgraduate scholarships to ethnic and minorities and 10 grants to women of $6,000 each for one year of postgraduate study. In order to qualify a student-athlete must:

a. Be entering the first semester of his or her postgraduate studies.
b. Have been accepted into a NCAA member institution’s sports administration program or a related program that will assist the applicant in obtaining a career in athletics.
c. Be an ethnic-minority or female citizen of the United States.
d. Have performed with distinction as a student-body member at his or her respective undergraduate institutions. The applicant’s involvement in extracurricular activities,
course work, commitment to pursuing a career in intercollegiate athletics and promise for success in such a career will be considered.

e. Contact the Assistant Director of Athletics early to meet the NCAA application deadline.

D. CoSIDA GTE Academic All-America

_CoSIDA and GTE sponsor Academic All-America awards for student-athletes in all sports._ Basic qualifications for nomination include:

a. Have excelled academically with an overall cumulative GPA of 3.20 or higher.

b. Have excelled athletically as a key member of a varsity athletic team.

c. See the Athletic Communications Office early to meet the CoSIDA and GTE application deadline.

LAFAYETTE COLLEGE ENDOURED SCHOLARSHIPS

At the conclusion of each competitive season, the Head Coach may recognize a Most Valuable Player and Most Improved Player. Additional awards are frequently presented in various categories that are determined by the Head Coach.

- **Class of 1913 Trophy** – The department’s most prestigious award. Presented to a senior male and a senior female who has attained the greatest distinction as an athlete and a scholar.

- **The Charles L. Albert ’08 Award** – recognizes the outstanding senior male and female student-athlete.

- **Hughe H. Stoney Jones Most Valuable Player Award** – presented to the most valuable player in football.

- **T. Gordon Yates Award** – presented to the most improved male and female swimmer and diver.

- **Henry Richard Jahn Trophy** – presented to the most outstanding male and female track and field student-athlete.

- **Track Prize** – presented to the most ideal senior male and female track and field athlete.

- **Paul E. Koch Award** – presented to the most valuable player in baseball.

- **Harold A. “Moose” Hageman ’39 Award** – recognizes the outstanding pitcher in baseball.

PATRIOT LEAGUE CHAMPIONSHIP AWARDS

The Patriot League recognizes the League Champion with either a permanent or a rotating trophy (depending on the sport) and presents all members of the championship team with their choice of a Patriot League watch, blanket, travel bag or other selections.

OTHER PATRIOT LEAGUE AWARDS

The following are Patriot League Awards:

- **Plaques for the Player and Rookie of the Year**: Basketball, Field Hockey, Lacrosse, Soccer and Volleyball

- **Plaques for the Player and Pitcher of the Year**: Baseball and Softball

- **Plaques for Most Valuable Player, Offensive and Defensive Player of the Year**: Football

- **Outstanding Male and Female Championship Meet Performer**: Indoor and Outdoor Track and Field and Swimming & Diving

- **Tournament Most Valuable Player**: All sports, except football

DEPARTMENT ATHLETIC AWARDS

Regulations adopted by the Department of Athletics are approved by the Joint Student-Faculty Committee on Athletics for letter awards are as follows:

Letter winner—Competitive
1. Letter of Certificate for years of Participation

Requirement for a Varsity Award

Generally the awards for each sport shall be granted to those fulfilling certain requirements detailed herewith, and the recipients shall be designated by the Director of Athletics, the senior athletic administration, and the Head Coach.

BASEBALL & SOFTBALL – Participate in 75 of the games (25% for pitchers)
BASKETBALL, FIELD HOCKEY, LACROSSE, and VOLLEYBALL: Participate in 75% of the games
CROSS-COUNTRY – Participate in 75% of the meets and finish 51% of the time in the first seven Lafayette finishers
FENCING, GOLF, TENNIS – Participate in 75% of the matches
FOOTBALL – Participate in 50% of the quarters
SOCCER – Participate in 75% of the games and complete season
SWIMMING – Participate in 75% of the meets and meet event qualifying standards at least five times during the season
TRACK AND FIELD – Participate in 75% of the meets for which each athlete is eligible
   1. Earn an average of 1 point per meet or
   2. Set a college or freshmen record or
   3. Qualify for the ECAC or IC4A

2. Gifts – Participation
   - End of Sophomore year – Jacket
   - End of Senior year – Framed Letter

SPECIAL CONSIDERATIONS
The following special considerations may be given if petitioned and approved:
   1. A senior varsity team candidate who does not satisfy the requirements for a varsity award, but who has been faithful in attendance for four years, may be recommended for the varsity award by the coach, subject to approval by the Committee on Athletic Awards.
   2. Any team candidate who, due to an injury, illness, or extenuating circumstances, does not complete the requirements for a varsity award may be recommended for the varsity award by the coach subject to approval by the Committee on Athletic Awards.
   3. Team Managers (submitted by individual coaches)
      a. Managers will qualify for letters under the same criteria as players.
      b. A Manager’s job description will be prepared by each coach before each season and presented to the Committee on Athletic Awards.
      c. Approval of all letter awards will be made by the Committee on Athletic Awards.
   4. Transfer students may receive credit toward their awards for all participation and letters earned at their previous institutions. Confirmation is to be forwarded by the previous Athletic Department upon request by the transfer student-athlete.
FINANCIAL AID

Lafayette College subscribes to the philosophy that financial aid is for those students whose family resources are insufficient to meet college expenses. Therefore, Lafayette may award need-based aid up to the amount of demonstrated financial need as determined through the College Scholarship Service need analysis procedures, and institutional philosophy. Students must meet all filing deadlines for both admissions and financial aid to be considered, and would have to meet the academic criteria of all students considered for admission. Please visit the financial aid web site at https://admissions.lafayette.edu/financial-aid/ for requirements, deadlines, and terms and conditions of need based financial aid awards.

ATHLETIC SCHOLARSHIP RECIPIENTS

- January 15: Submit the FAFSA

Merit-Based Athletic Scholarships

The College provides athletic scholarships in the sports of men’s and women’s basketball, football, field hockey, men’s and women’s soccer and lacrosse, baseball, women’s softball and women’s volleyball. The athletic scholarship must meet the full financial need of a student who requires coach support for admission.

Title IX:
It is the responsibility of the athletic department to maintain compliance with Title IX legislation in distributing scholarship money and athletically-related financial aid. These policies and distribution of money may be adjusted if necessary.

Funding:
The allocation for each program provides coaches’ with flexibility to manage the scholarships to match the needs of his or her program. Outlined below are the opportunities for distribution:

- Coaches may award full or partial scholarships to prospective student-athletes.
- Coaches allocate funds in all 4 classes up to their scholarship limit determined by the Director of Athletics.
- Using recovered scholarship funds, coaches may increase the financial aid awards of current student-athletes (on an athletic merit basis) during the following academic year and within NCAA and Patriot League guidelines.

At no time during a four-year cycle may any sport average more than the permissive number of scholarships in their respective sport (as determined by Lafayette College policies) without prior approval.
Need-Based Financial Aid and Scholarship Student-Athletes:

The following list of regulations applies to need-based financial aid and scholarship student-athletes:

- Student-athletes that receive athletic scholarship money are required to complete the FAFSA for the financial aid office.
- Coaches are permitted to award scholarship money to students that are admitted without coach support and have financial need.

Change in Student-Athlete Status:

If a student-athlete’s status on the team changes, per athletic department policy, this student’s athletically-related aid is adjusted. In the case of an athletic cut, the athletic aid is not adjusted until July 1 of the following academic year. If a student-athlete voluntarily withdraws, the aid is immediately adjusted.

Below is an outline of the procedures for allocation of funds if there is a change in student-athlete status:

1. A scholarship student-athlete voluntarily withdraws from the team and:
   a. Withdraws from the College:
      i. The coach may utilize these funds to provide additional aid to a current student-athlete and/or use the funds to recruit an incoming student to the College in the following academic year. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.
   b. Remains enrolled in the College:
      i. The student will be immediately repackaged like a regular student (including self-help and grant), if eligible per Financial Aid policies of the College. In the following academic year, the coach may utilize the funds to provide additional aid to a current student-athlete and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.

2. A scholarship student-athlete is removed from the team for violation of College, Department or Team policy and:
   a. Withdraws from the College:
      i. The coach may utilize these funds to provide additional aid to a current student-athlete in the following academic year and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.
   b. Remains enrolled in the College:
      i. The student will be immediately repackaged like a regular student (including self-help and grant), if eligible per Financial Aid policies of
the College. In the following academic year, the coach may utilize the funds to provide additional aid to a current student-athlete and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.

3. A scholarship student-athlete is removed from the team for athletic reasons and:
   a. Withdraws from the College:
      i. The coach may utilize these funds to provide additional aid to a current student-athlete during the following academic year and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.
   b. Remains enrolled in the College:
      i. The student will be repackaged, at the conclusion of the academic year, like a regular student (including self-help and grant), if eligible per the Financial Aid policies of the College. In the following academic year, the coach may utilize the funds to provide additional aid to a current student-athlete and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.

4. A scholarship student-athlete suffers a career ending medical issue as determined by the College’s Physician that he/she can no longer participate in athletics:
   a. Withdraws from the College: The coach may utilize these funds to provide additional aid to a current student-athlete during the following academic year and/or use the funds to recruit an incoming student to the College. In either case, the coach may not exceed the total scholarship limit for the sport unless scholarship is fundraised for and approved by the Director of Athletics.
   b. Remains enrolled in the College: The student-athlete will maintain his/her scholarship provided the student remains in good standing with the College, would be otherwise eligible for competition and remains a contributor to the program and/or the athletic department in some capacity as determined by the Head Coach and Director of Athletics.
      i. If a student with a career ending injury chooses not to contribute to the program in the ways offered by the Head Coach and/or Director of Athletics, the student-athlete will be repackaged as a regular student (per Financial Aid policies and eligibility), and the coach can utilize the scholarship in the following academic year.

NCAA Regulations:

Per Lafayette policy, coaches and staff may not award any type of financial aid beyond one academic year. Coaches should never guarantee scholarship money or financial aid to student-athletes beyond one academic year.
Student-athletes receiving athletic scholarship will be required to sign a grant-in-aid agreement on an annual basis.

**Scholarship Book Policy**

Eligibility: Student-athletes that have been awarded a full athletic scholarship to attend Lafayette receive compensation for each semester’s course required books.

**Reimbursement Policy:**

*Beginning of each semester:*
Prior to the beginning of each semester, scholarship student-athletes will receive a reminder email regarding the policy of obtaining course required books. The bookstore will charge all books to the student’s Banner account and it will be credited by the Office of Financial Aid.

Over the course of the summer and interim, the athletic department will send a listing to the Registrar, the Controller, and the College Bookstore with the name and Lafayette ID# of students receiving full scholarship equivalency and who are eligible to receive books. The Registrar will send each student’s course listing to the College Bookstore so that the books can be reserved for pick up and charged to the book scholarship account. Each student-athlete will be required to see Chuck Corsi in the bookstore and present ID to receive his/her books.

The College Bookstore will send a statement for the entire book scholarship account. This statement will outline each student-athlete’s charges and provide a total for each student.

The athletic department will notify the financial aid office of eligible charges for each student-athlete and the athletic scholarship award will be adjusted by the reimbursable book amount.

Any incidental or book purchases, beyond those that are course-required, will be considered the responsibility of the student and will not be reimbursed as part of the scholarship. Accounts must be paid in full prior to registration for the next semester.

*Drop/Add Period:*
During the drop/add period, it is understood that those student-athletes with a full scholarship may drop/add courses and will need new books. Students will have until the end of the 2nd week of each semester (the end of the drop/add period) to return and buy new books for classes that were added or dropped. Bills will not be distributed to the athletic department and financial aid office until November 2 and April 1 each semester. The registrar will send an updated class schedule of each scholarship student-athlete to the compliance coordinator. Any book charges that do not match classes that student-athletes are enrolled in will not be paid for through the athletic scholarship. The student-athlete is responsible for those payments.

*NCAA Policy:*
Please understand that it is NCAA policy that the institution can only provide course required books to student-athletes. “Recommended” course readings and other course materials are not included in the scholarship allocation.
In addition, it is a violation for student-athletes to charge books to the scholarship account that are not required for the courses in which they are enrolled.

These policies were created in attempt to avoid potential abuse and violation of NCAA rules.

**Termination of Aid**

Any scholarship awarded to a student-athlete based upon participation in a sport may be terminated *immediately* due to the following circumstances. The student-athlete will be notified by the financial aid office of any changes.

1) **Failure to participate/voluntary withdraw** (quit) in the sport for which the award is granted, unless the withdrawal is the result of medical incapacitation due to injury or illness as certified by the Lafayette College physician, which is not the result of the student-athlete's negligence.

2) **Academic and/or disciplinary probation** rendering a student-athlete ineligible to participate.

3) **Disciplinary Dismissal** for violation of team rules, College Policy, NCAA Policy or other disciplinary issues within the team or College.

Any scholarship awarded to a student-athlete may be terminated *at the conclusion of the academic year* under the following circumstances. In these cases, the student-athlete will be notified no later than July 1 of the change in aid:

1) **Cut from the team** by the head coach based upon evaluation of athletic talent at any time during the previous academic year.

2) **Failure to file** the Profile / FAFSA and tax returns, or fraudulent filing of financial data.

3) **Reduced or Non-renewed athletic scholarship** as determined by the head coach no later than May 15 annually. Coaches should notify student-athletes in writing of this adjustment.

**Definition of Roster Change Terms/Effects on Athletics Scholarship**

1) **Quit** – to voluntarily withdraw from the team. Athletics scholarship will be immediately repackaged as determined by financial aid policies for all students upon notification of the voluntary withdraw.

2) **Disciplinary Dismissal** – removal from the team by the head coach for violation of NCAA, College, or team rules. Athletics scholarship is based upon team participation, aid will be immediately repackaged as determined by financial aid policies for all students upon notification of the disciplinary dismissal.

3) **Athletic cut** – removal from the team by the head coach based upon evaluation of athletic talent. Athletic scholarship will continue until the completion of the
period of the award. Any subsequent financial aid package will be determined by financial aid policies for all students.

4) **Medical** – career ending injury or illness as certified by the College’s physician. Maintain scholarship provided student remains in good standing with the College, would be otherwise eligible for competition and remains a contributor to the program and/or the athletic department in some capacity as determined by the Head Coach and Director of Athletics.

**POLICIES AND PROCEDURES FOR ATHLETICALLY RELATED FINANCIAL AID APPEALS**

If Lafayette College reduces or does not renew athletically related financial aid to a student-athlete based upon athletic ability or participation, the Office of Financial Aid shall inform the student-athlete in writing that he or she, upon written request, shall be provided an appeal opportunity before the Committee on Athletic Appeals.

Committee on Athletic Appeals: The Committee on Athletic Appeals shall be comprised of a representative from the Faculty Committee on Enrollment Planning, the Faculty Committee on Athletics, and the Dean of Students, or his/her designee, who shall chair the Committee.

Request for Hearing: If a student-athlete chooses to pursue an appeal, that student-athlete must notify the Director of Financial Aid or designee in writing within fourteen days of the Financial Aid Office notification that an appeal is requested. Upon receipt of appeal request, the Director of Financial Aid or designee will notify the Chair of the Committee on Athletic Appeals within 7 days that the appeal has been requested.

Notification of Hearing: At least 48 hours prior to the hearing, the student-athlete shall be given written notification of the time and place of the hearing and a written statement outlining the issues by the chair of the Committee or his/her designee.

Nature of Hearing: Hearings of the Committee on Athletic Appeals shall be open only to the members of the Committee, the Director of Athletics or designee, the student-athlete, and, for relevant portions of the hearing, witnesses called by the student-athlete, the Department of Athletics, or the Committee. In addition, the student-athlete may be accompanied by an advisor chosen from the student body, faculty, or administrative officers of the College throughout the entire procedure. The purpose of the advisor shall be solely to ensure fairness in presentation and review of pertinent facts and to advise the student-athlete. The advisor is not permitted to address the Committee.

Procedures of the Hearing: The following procedures will be in effect in appeals heard by the Committee on Athletic Appeals.

15. Introduction of Committee members and hearing participants.
16. Review of procedures followed by Committee.
17. Presentation of case by Director of Athletics, or his/her representative.
18. Response by student-athlete to Department of Athletics case.
19. Presentation by Department of Athletics representative of support information and/or witnesses.
   a. Committee will question any witnesses as they appear.
b. Student may also question witnesses.

20. Presentation by student-athlete of support information and/or witnesses.
   a. Committee will question any witnesses as they appear.
   b. Department of Athletics representative may also question witnesses.

21. Final summary of materials and testimony and concluding statement by Department of Athletics representative.
   a. Committee and student may question representative.

22. Final summary of materials and testimony and concluding statement by student.
   a. Committee and Department of Athletics representative may question student.

23. Student and Department of Athletics representative are excused from Hearing.

24. Deliberations of Committee
   a. This portion of the meeting is limited to members of the Committee.

25. Dean of Students, or his/her designee, is notified of decision made by the Committee.

26. Student-athlete is notified by the Dean of Students, or his/her designee, of Committee decision.

27. All decisions made by the Committee on Athletic Appeals are final.

28. All Committee on Athletic Appeals hearings are recorded.

Department of Athletics
Approved by Faculty Committee on Athletics 04/24/01, 02/10/2009

Outside Scholarships

Lafayette students are encouraged and rewarded for seeking additional funding to help meet college expenses. Students receiving aid from the College must notify the Office of Financial Aid immediately of any outside funding they may receive. Outside scholarships may be used to reduce or eliminate the job and/or loan components of the student’s aid award. Grants and/or scholarships from the College will be reduced only when total resources exceed our total costs of attendance. (Tuition benefits, Tuition Exchange, resident adviser benefits, and federal and state grants are not considered outside scholarships. Student-athletes are subject to NCAA and Patriot League guidelines.)

Student and Family Borrowing

Many families will find it necessary or desirable to borrow as a supplement to need-based financial aid. Opportunities can be explored through the Federal Direct Loan or PLUS Loan programs. Application information is available at www.finaid.lafayette.edu.

OTHER SCHOLARSHIP POLICIES

Housing:
The athletic scholarship includes a stipend to cover Tier I housing only. Student-athletes may request upper level housing, but the additional cost will be the responsibility of the student-athlete.
Meal Plan:
All full scholarship student-athletes are required to participate in the 20 meal plan or the Carte Blanche meal plan. The scholarship does not include the PARD Card dollars or Flex dollars. If a student-athlete would prefer not to incur those costs, he/she should contact the Controller’s office to remove the charges from their card/account.

Renewals:
Athletic scholarships will be renewed on an annual basis by issuing a new grant-in-aid to each scholarship recipient. Coaches will notify student-athletes each May of their renewal or non-renewal. Failure to make satisfactory academic progress may affect eligibility to receive federal or institutional financial aid.

STUDENT-ATHLETE SUPPORT

SPORTS MEDICINE
The Sports Medicine area is responsible for the health and safety of all student athletes. The Sports Medicine staff reports to the team physician on all matters related to athletic injuries and reconditioning and reports to the Deputy Director of Athletics for administrative direction and support and ultimately to the Director of Athletics. The staff is licensed by the Commonwealth of Pennsylvania and certified by the National Athletic Trainers Association as competent to evaluate, manage and recondition all common athletic injuries. In accordance with Commonwealth law, injuries to students who are not Lafayette College athletic team members may receive first aid from the sports medicine staff but must be referred to the college physician for all subsequent treatment.

ATHLETIC INJURIES
Injured student-athletes must first seek treatment from the sports medicine staff. This provides the most efficient entry into the health care system. Injured student-athletes should report to the athletic training room as soon as possible after incurring the injury. All severe injuries will be evaluated, managed and referred to the team physician. Upon completion of the reconditioning program, the team physician will determine when the athlete may safely return to practice.

PHYSICAL EXAMINATION
Every student-athlete must successfully complete a medical examination or review by the team physician prior to the first practice each year. All freshmen and transfer student-athletes must complete a full medical examination. Unless otherwise notified, all returning student-athletes must fill out an annual health history questionnaire. Only those student-athletes who have been cleared by the team physician may participate in practice and competition.

INSURANCE
Every student-athlete must be covered by institutional, parental or individual medical insurance. Student-athletes will not be allowed to practice or compete without proof of adequate medical insurance.
EQUIPMENT

Student-athletes will be informed what protective equipment is required and what constitutes illegal equipment for their respective sport. Required protective equipment will be issued and must be worn while practicing or competing. Student-athletes engaged in body contact sports are urged to use mouth guard protectors. Student-athletes are prohibited from wearing anything that may be dangerous to other players.

SPECIAL PROTECTIVE PADS

Special protective pads, braces, etc., intended for individual protection and not part of the normal protective equipment required for participation must be evaluated and approved by the Head Athletic Trainer. In many cases, the student-athlete is responsible for providing the pad, brace, etc.

TEAM PHYSICIAN

The Team Physician will diagnose and treat all serious injuries and is solely responsible for the student-athletes safe return to activity. Other health care professionals may prescribe treatment for student-athletes but the Team Physician is the only person who can return an injured student-athlete to practice and competition.

NON-THERAPEUTIC DRUGS

The use of any non-therapeutic drug to enhance or influence athletic performance is forbidden. Lafayette College conforms to all NCAA regulations concerning the use of non-therapeutic drugs including random drug testing of student-athletes both in and out of season and for post-season championships.

NUTRITION, DIET, AND WEIGHT CONTROL

The athletic training staff will provide education on proper nutrition and assist with individual nutritional questions. The Team Physician will provide in-depth nutritional counseling or refer for professional nutritional counseling by registered dietician as required.

ATHLETIC TRAINING ROOM REGULATIONS

a. The training room is open to all student-athletes for pre-practice preparation procedures and Therapeutic rehabilitation programs. It is open to all athletic trainers, coaches and college medical personnel.

b. Please turn off cell phones during your stay in our Sports Medicine facilities.

c. For the privacy of all patients, social media is explicitly prohibited while in any Sports Medicine facility

d. Do not bring equipment of any kind into the training room.

e. For sanitary reasons, all patients using therapy pools must shower prior to treatment session
f. Do not bring extra clothing, books, equipment bags, friends or animals into the training room.

g. No self-treatment. For your well-being, all treatment plans should be established by staff ATs only. For that reasoning, requests for ice, Band-Aids, etc. must be approved by the athletic trainers.

h. The training room is co-educational; appropriate dress and language are required at all times.

i. Student-athletes requiring the services of an AT have 20 minutes to report to the training room upon completion of practice or competition.

j. Student-athletes preparing for practice will be served on a first-come, first-served basis. Student-athletes preparing for a contest will always move to the front of the line. In-season student-athletes are always given priority.

k. Therapeutic rehabilitation programs and injury evaluations will normally be accomplished at the Kirby Field House athletic training room during normal working hours of 7:00am – 12pm and Bourger Varsity House athletic training room 9am-12pm Monday through Friday.

INSURANCE / MEDICAL

A medical insurance program for intercollegiate athletes is provided by Lafayette College. The coverage is secondary, not primary. This means that family insurance coverage would be applied first. Expenses from injuries incurred above and beyond the family coverage would be eligible for consideration for Lafayette College coverage.

Liability insurance is provided for all College employees. Extreme caution should be taken by all members of the coaching staff to avoid being negligent regarding their legal job responsibilities.

1. Medical
   
a. Lafayette College requires a medical examination performed by the Student Health Service prior to a student-athlete's initial entrance into the athletic program. Coaches are responsible for prohibiting students without physical examinations from participating.

   Coaches need to provide lists of those expected to try out to the Sports Medicine Staff well in advance of the season.

b. A yearly pre-participation screening process will be required once the original examination has been performed.
c. No student-athlete will be provided athletic equipment nor permitted use of the weight room unless the above procedure has been completed.

d. A letter explaining the policy regarding insurance is sent to parents and guardians of student-athletes. Family medical insurance information is requested at that time.

e. All injuries must be reported to sports medicine staff. Student-athletes must be informed to report all injuries, etc. to Head or Assistant Coach or AT staff immediately for proper care, record keeping and possible referral to the Team Physician.

f. Medical treatment by non-College personnel must be authorized by the Team Physician or her/his appointee.

g. Unauthorized medical treatment is the sole responsibility of the athlete.

LIGHTNING POLICY

The athletic training staff has full responsibility at all practice sites and during warm-ups prior to the start of competition for the determination of safety conditions for student-athletes including the responsibility for determining whether or not activity can continue. Once competition begins, the game officials assume responsibility in coordination with the athletic trainer on site, whose responsibility it is to monitor the lightning. Taking a team from any playing area is not the coach’s prerogative unless the safety of the student-athletes is in jeopardy.

SPORTS PERFORMANCE

Director of Sports Performance:
Brad Potts M.S CSCS, USAW

The Maroon Club Strength Center and Gallagher Strength Center in The Bourger Varsity House is under the direction of Brad Potts the Director of Sports Performance. Brad comes to Lafayette College after spending the last four years at Wofford College, The University of North Carolina and Indiana University of Pennsylvania. A former All-American Linebacker and Arena Football Player Brad earned his B.S. in Exercise Science and his M.S. in Sports Studies from Indiana University of Pennsylvania. He is certified through the National Strength and Conditioning Coaches Association as a Strength and Conditioning Specialist and The USA Weightlifting Club as a Certified Sports Performance Coach. Brad is assisted by Coordinated Health professionals for additional supervision and instruction.

Iron Leopards Mission Statement: To give every varsity athlete the opportunity to maximize their potential through enhancing them both physically and mentally. Philosophy: Strength: My philosophy as a speed, strength, and conditioning coach is a reflection of the ideas and methods that I have taken from previous strength coaches that I have either trained with or worked under. Although this is an ever changing field, I believe there are staples of my program that have been proven in the past and have remained unchanged. I am a believer in Olympic lifts and their variations to facilitate fast twitch muscles fibers, firing sequences and to build overall athleticism. I believe in ground base strength multi joint
movements and implement this all through Eastern Bloc styles of periodization. These concepts along with functional exercises, core strength, balance, flexibility, pre-hab and plyometrics will insure a well-rounded athlete who is resistant to injury.

**Philosophy:**

**Strength:** My philosophy as a speed, strength, and conditioning coach is a reflection of the ideas and methods that I have taken from previous strength coaches that I have either trained with or worked under. Although this is an ever changing field, I believe there are staples of my program that have been proven in the past and have remained unchanged. I am a believer in Olympic lifts and variations to facilitate fast twitch muscles fibers. I believe in ground base strength and implement this all through Eastern Bloc styles of Periodization. These concepts along with functional strength, core strength, balance, flexibility and Plyometrics will insure a well-rounded athlete.

**Speed Development:** In simplest of terms we increase the stride length through the ground base strength and speed strength activities and bounding techniques. This will increase the force put into the ground behind the hip thus resulting in an increased stride length. We increase frequency by working on fast leg neurological drills. This will increase turnover rate and increase the frequency. These two important concepts along with attention to detail in development of running form, technique and deceleration for the ability to come to balance are important parts of our speed and agility series.

**Sports Specific Conditioning:** When preparing a teams conditioning regimen, you must first analyze which energy systems are used during the sport. For example, the average college football play lasts from 4 to 6 seconds. Each play is completed with 100 percent effort with 30-40 seconds of recovery. The primary energy systems used when playing a game of football is the phosphogen and glycolytic systems. It only makes logical sense that training the energy system would be the primary goal of a football strength coach. However many strength coaches throughout collegiate athletics still condition their football teams with methods that do not match up to ATP conditions. If an athlete can run a mile in 5 minutes it does not mean they can complete a series of 15 plays in a game of college football at maximal effort. Matching the appropriate conditioning exercise with the sports primary energy system is a vital need for a college program to be prepared to complete an entire game at maximal effort.

**Intensity:** The athlete must perform every workout with great intensity to ensure the proper development of the target area. For this reason every exercise set will be called and monitored to ensure the athlete has the proper weight on the bar. Intensity also applies to speed training and conditioning. Every athlete will have standards according to their particular position and training level, which will depict the level of intensity achieved on every drill or conditioning exercise performed in the program. The athlete will never go through a workout at his or her own pace. The level of intensity is prominent in the way a team plays from start to finish. If the athlete trains with great intensity, they will play with great intensity.

**Mental Toughness and Discipline:** Mental toughness and discipline can and will be taught in any of my programs. This is done by giving the athlete the ability to realize their full potential through pushing the athlete to heights previously unknown. I am a firm believer in the “push your mind and your body will follow” philosophy. This is why it is crucial to give the athlete the proper motivation to realize there maximum potential. The athlete will be mentally strengthened through a detailed and disciplined regimen while participating in one of my workouts. Although mental toughness and discipline is often a conscious decision developed by the athlete, it has been my experience that it can be enhanced to greater heights.
Organization: This is one of the more important aspects of being an effective strength coach due to the time restraints on the coach and athlete. The strength coach must be able to organize a training environment to maximize an athlete’s production in a given time. It is also very important to have speed and conditioning drills organized to ensure safety and effectiveness. The strength coach’s ability to organize the training field and weight room is a key contributor to one’s effectiveness over an athletic program.

CAREER SERVICES

The mission of the staff is to provide all students with the opportunity to carry out their career planning and to teach them about the world of work, various career fields and how they relate to the academic disciplines. To meet the students’ goals, the office provides a variety of programs designed to assist students in the following areas: choosing a major, investigating career options, conducting a summer job search, composing an effective resume, learning interview techniques, and developing strategies for conducting a job search. The Gateway Program is available to assist students on an individual basis to explore career options. First-year students are encouraged to register. The benefits of agreeing to be in the program are matching with alumni for mentoring, participation in externships and being part of the Job Alert notification system.

HEALTH PROMOTION

Information on responsible drinking, healthy sexuality, good nutrition, eating disorders, chronic disease prevention, stress management, and other health related topics are available to all students through programs offered by the Bailey Health Center and the Counseling Center. Resources for personal or academic use are available through the Counseling Center Resource Library, open to any member of the Lafayette Community. Resources include DVDs/videos, books, journals and pamphlets on psychology, college student development, peer education, health-related topics (as listed above) and higher education.

COUNSELING SERVICES

The Counseling Center provides high quality counseling, educational programs, and psychological assessments designed to help students learn how to identify and meet their intellectual, interpersonal, and developmental goals and to promote a healthy, equitable, and positive campus community. The Counseling Center staff works with students to identify changes they would like to make in their lives and then helps them to develop strategies to make these changes. Among the typical concerns that students discuss are academic difficulties, relationship issues, consequences related to alcohol and drug use, feeling preoccupied with food and weight, questions about one’s sexuality, feeling anxious or depressed, family problems, and athletic performance issues. The Counseling Center is staffed by three counseling psychologists and three doctoral trainees in counseling psychology who provide services during the fall and spring semesters. By law, all counseling is confidential, and no information is released to anyone within or outside the College without the student’s consent.

Any student-athlete who believes that he or she might have a problem with alcohol or other drugs is encouraged to seek counseling. Seeking help voluntarily is in no way considered a violation of the Substance Abuse Policies, and all contacts will remain confidential. Confidential assessment and/or counseling for alcohol or other drug problems are available to all student-athletes through the Lafayette College Counseling Center. The Counseling Center staff will keep disclosures of alcohol or other drug problems confidential. Student-athletes who seek help will be provided with a thorough and expert
assessment and will be able to discuss different treatment options with a professional counselor. All student-athletes who request help will receive appropriate professional treatment for substance abuse problems.

A student-athlete may choose to sign a release of information to allow a counselor to verify to a coach or athletic administrator that he or she has attended counseling. The Counseling Center staff can also provide student-athletes with names of counselors in the community if they prefer to seek assistance off-campus.

All services are free. Students may meet with a counselor for up to fifteen times each year, though most students typically notice improvement in their concerns after 3-4 meetings with a counselor. The Counseling Center is located on the second floor of the Bailey Health Center. Individual counseling sessions can be made by phone (x5005) or by stopping by the Counseling Center.

Extensive information about college student mental health is available on the Counseling Center website http://counselingcenter.lafayette.edu/. Additional information about how to provide assistance to friends and teammates is available at http://sites.lafayette.edu/bethere/. The Counseling Center staff can facilitate discussions and/or present programs on topics including helping a friend or teammate in distress, stress management, understanding personality traits, healthy relationships, and making healthy choices about alcohol. Please call X5005 to speak with a counselor about setting up a program or discussion on one of these topics.

TRANSGENDER POLICY

The Department of Athletics is committed to providing a diverse learning environment with equitable opportunity for student-athletes and staff without regard to race, ethnicity, socioeconomic status, gender, gender identity, sexual orientation, religion, disability, and place of origin as indicated by NCAA and College policies as well as federal and state laws.

The department seeks to create an environment that is safe, supportive and welcoming for lesbian, gay, bisexual and transgender students and student-athletes, college staff members, faculty, volunteers, boosters and fans through its policies, practices and treatment of all individuals and groups that are impacted through intercollegiate sport competition.

To achieve these goals, this policy is reflective of the values of Lafayette College as embedded in the mission, policies and practices of the College and has been shaped using the below recommended guidelines and principles of the NCAA Office of Inclusion:

1. Participation in intercollegiate athletics is a valuable part of the education experience for all students.
2. Transgender student-athletes will have equal opportunity to participate in sports.
3. The integrity of women’s sports will be preserved to ensure access to NCAA Championships.
4. Departmental policies regarding transgender student-athletes will be based on sound medical knowledge and scientific validity.

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1 Source: NCAA Inclusion of transgender Student-Athletes
5. Departmental policies regarding transgender student-athletes will be objective, workable, and practicable; they should also be written, available and equitably enforced.

6. Policies governing the participation of transgender students in sports will be fair in light of tremendous variation among individuals in strength, size, musculature, and ability.

7. The legitimate privacy interests of all student-athletes should be protected.

8. The medical privacy of transgender students should be preserved.

9. Athletics coaches, staff, student-athletes and parents of student-athletes will have access to sound and effective educational resources and training related to the participation of transgender and gender-variant students in athletics.

10. Policies governing the participation of transgender students in athletics will comply with state and federal laws protecting students from discrimination based on sex, disability, and gender identity and expression.

**Policy on Transgender Student-Athlete Participation**

The Department of Athletics is committed to operating in a manner where transgender student-athletes will have equal opportunity to participate on intercollegiate teams per the rules and regulations of the NCAA to include policies related to proscribe substances.

The following policies clarify participation of transgender student-athletes **not** taking hormone treatment related to gender transition:

1. Any transgender student-athlete who is not taking testosterone related to gender transition may participate in sex-separate varsity sports activities in accordance with their assigned birth gender.

2. A transgender male (Female to Male) student-athlete who is not taking testosterone related to gender transition may participate on a men’s or women’s varsity sports team.

3. A transgender female (Male to Female) student-athlete who is not taking hormone treatments related to gender transition may not compete on a women’s varsity team.

The following policies clarify participation of transgender student-athletes **undergoing** hormonal treatment for gender transition:

1. A transgender male (Female to Male) student-athlete who has received a NCAA medical exception for treatment with testosterone for diagnosed Gender Identity Disorder or gender dysphoria and/or Transsexualism, for purposes of NCAA competition may compete on a men’s team, but is no longer eligible to compete on a women’s team so as to preserve the integrity of the women’s sport.

2. A transgender female (Male to Female) student-athlete being treated with testosterone suppression medication for Gender Identity Disorder or gender dysphoria and/or Transsexualism, for the purposes of NCAA competition may continue to compete on a men’s team but may not compete on a women’s team until completing one calendar year of testosterone suppression treatment.
The College physician will monitor all student-athletes taking hormone treatment related to Gender Identity Disorder or Gender Dysphoria. Necessary information regarding a student-athlete’s treatment will be shared with the Compliance office for NCAA eligibility evaluation.

Process to Participate in Intercollegiate Athletics

1. A student-athlete who has completed, plans to initiate, or is in the process of taking hormones as part of a gender transition must submit a written request to participate on a varsity sports team to the Director of Athletics upon matriculation or when the decision to undergo hormonal treatment is made. This request must include a letter from the student-athlete’s physician which clearly documents the following:
   - the student-athlete’s intent to transition or the student-athlete’s current transition status if the process has already been initiated;
   - identify the prescribed hormonal treatment for the student-athletes gender transition;
   - and when relevant, documentation of the student-athlete’s testosterone levels.

2. The Director of Athletics or his/her designee, the Senior Associate Director of Athletics/Compliance and the Director of Sport Medicine will meet with the student-athlete to review the NCAA eligibility requirement and procedure for approval of transgender participation.

3. If hormone treatment is indicated as a part of the student-athlete’s transition, the Director of Athletics or his/her designee will notify the NCAA and the Patriot League Office of the student-athlete’s request to participate.

4. The Director of Sports Medicine in consultation with Drug Free Sport as well as with the College Physician, a representative of the Counseling Center and/or other licensed health professionals with experience in transgender health care will confirm that all NCAA medical requirements for eligibility to compete have been met.

5. The Senior Associate Director of Athletics/Compliance will petition the NCAA for transgender student-athletes, subject to a one-year transgenderition period, to request an extension of their eligibility at the end of the transgenderition period.

If the Director of Athletics approves the student-athlete’s request to participate on an intercollegiate team and the student-athlete is deemed eligible to compete by the NCAA, the student-athlete may participate on an intercollegiate team as indicated by the NCAA.
Appeals Process

If a transgender student-athlete’s request to participate on an intercollegiate team is denied, the student-athlete may appeal the decision. All appeals must be submitted in writing to the Director of Athletics within 14 days of receiving written notification from the Department of Athletics regarding the denial of the decision. The Director of Athletics or his/her designee will submit the appeal for review to the Transgender Participation Committee (TPC).

TPC members will be appointed by the Vice President for Student Affairs and shall be comprised of a representative from the Counseling Center, the Student Health Center, Dean of Students Office as well as the Faculty Athletics Representative and the College’s Title IX Coordinator.

A member of the TPC will be responsible for notifying the student-athlete and the Director of Athletics of the committee’s decision within 14 working days of a written request for appeal. The Director of Athletics or his/her designee will be responsible for informing the NCAA and the Patriot League office of the appeal outcome. The decision by the TPC is final.

Confidentiality

All discussions, College documentation, and written support documentation surrounding a student-athlete’s request and appeal process, when applicable, shall remain confidential in accordance with state and federal laws, unless the Department of Athletics receives written permission from the student-athlete.

All information regarding all student-athletes’ transgender identity and medical information, including physician’s information provided pursuant to this policy, shall be maintained confidential per state and federal laws.

Facilities Access

1. Transgender student-athletes shall have access to use locker rooms, showers and toilet facilities in accordance with the student-athlete’s gender identity.

2. When requested by Lafayette College transgender student-athletes or by transgender student-athletes from visiting institutions, private and separate changing areas, showers and toilet facilities will be provided. However, transgender student-athletes shall never be required to use separate facilities by the institution and/or staff members.

3. In incidents where transgender student-athletes request or require a particular accommodation during competition at another institution, the appropriate sport administrator will notify the institution to ensure that the student-athlete has access to facilities (i.e. appropriate changing, showering, and/or bathroom facilities) that are comfortable and safe. The notification process shall be handled in such a manner that the student-athlete’s identity as a transgender person is never disclosed without the
student-athlete’s express permission.

4. Transgender student-athletes will be assigned to share hotel rooms based on their gender identity. Transgender student-athletes who request or need additional accommodations with additional privacy will be provided appropriate accommodations on every occasion that it is possible based on the availability of the lodging site.

Language

In all cases, teammates, coaches and Department of Athletics staff members will address and refer to the transgender student-athlete by their preferred name. Additionally, pronoun preferences to transgender student-athletes will reflect the student-athlete’s gender and pronoun preferences.

Dress Codes

While representing the institution, all student-athletes shall not be required to dress in a manner inconsistent with their gender identity, but will be required to conform to basic dress standards as established by department or team rules and requests from staff (i.e. well-cared for, neat, and appropriate for the occasion).

Uniforms

All team members will have access to uniforms and other team issued attire that is appropriate for their sport and to which the student-athlete feels comfortable wearing. No student-athlete will be required to wear a gendered uniform or other team issued attire that conflicts with the student-athlete’s gender identity.

Enforcement

Department of Athletics staff members who violate this policy by threatening to withhold athletic opportunities or harassing any student-athlete in violation of this or any other College policies as well as by breaching medical confidentiality will be subject to disciplinary action consistent with that of the College’s policies and procedures as outlined by Human Resources.

Additionally, all Department of Athletics staff members are required to report bias incidents, acts of discrimination and/or bias or hate crimes per the established College protocols.

Retaliation

Acts of retaliation by Department of Athletic staff members or student-athletes against anyone who files a formal complaint or who informs a College representative of incidents of discrimination based on race, religion, gender, sexual orientation, gender identity or expression are specifically prohibited. Disciplinary action consistent with that of the College’s policies and
procedures as outlined by the Office of Human Resources and Department of Athletics will be applied.

**Bias Incident Definitions and Reporting Protocols** Bias-Related Incident

(http://studentlife.lafayette.edu/student-health-and-safety/bias-response-team-brt/

A “bias-related incident” is any incident in which an action taken by a person or group is perceived to be malicious or discriminatory toward another person or group. Such actions may be based on bias or prejudice relating to such characteristics as race, color, religion, national origin, ancestry, age, mental or physical disability, sexual orientation, gender, or gender identity or any situation in which inter-group tensions exist based on such group characteristics.

Bias-related incidents may be violations of criminal law, such as hate crimes, or violations of civil law, such as unlawful discrimination in employment, housing, education, or public accommodations.

**Hate Crime**

In Pennsylvania, the legal definition of a hate crime is determined by Pennsylvania’s “Hate Crime” Law, the Ethnic Intimidation and Institutional Vandalism Act. A hate crime is a criminal offense committed against persons, property, or society that is motivated, in whole or in part, by an offender’s bias against a specific characteristic of an individual or a group such as race, religion, ethnicity, national origin, gender, gender identity, age, disability, or sexual orientation.

**College Policies**

Bias-motivated behaviors that violate provisions of the Lafayette College Code of Conduct or Pennsylvania state law will be addressed through the College’s disciplinary process and/or the criminal courts. Discriminatory or bias-motivated behaviors that violate neither the law nor the Code of Conduct will be addressed through a conflict-resolution process. Examples of bias-related incidents include assault, damage to property/vandalism, defacing signs or images, harassment, physical confrontation, threatening communications (written or electronic), written or verbal slurs, etc.

**Staff and Student-Athlete Education**

All Department of Athletic staff members will annually receive information regarding the College’s and conference discrimination policies as well as specific information regarding transgender identities, the use of preferred names and pronouns, and expectations for creating a

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2 *Source: www.stopbias.org, the website for Pennsylvania’s Inter-Agency Task Force on Civil Tension.
3 *Source: www.stopbias.org, the website for Pennsylvania’s Inter-Agency Task Force on Civil Tension.
respective team and school climate for all students, including transgender and gender-variant students.

**Media**

All College and Athletic Department representatives who are authorized to speak with the media will receive information regarding terminology, use of names and pronouns, as well as school and Patriot League policies regarding the participation of transgender student-athletes on varsity sport teams.

All interactions with media will be handled in such a manner that protects the privacy of all student-athletes and are in compliance with Department and College policies as well as with state and federal laws and regulations.

**Appendix**

Lafayette College and the Department of Athletics acknowledges that the vocabulary related to transgender individuals is continually evolving, however, below are some working definitions and examples of frequently used terms.

**Biological/Anatomical Sex** — The physical characteristics typically used to assign a person’s gender at birth, such as chromosomes, hormones, internal and external genitalia and reproductive organs. Given the potential variation in all of these, biological sex must be seen as a spectrum or range of possibilities rather than a binary set of two options.

**Gender** — The complex relationship between physical traits and one’s internal sense of self as male, female, both or neither as well as one’s outward presentations and behaviors related to that perception. Biological/anatomical sex and gender are different; gender is not inherently connected to one’s physical anatomy.

**Gender Identity** — One’s inner concept of self as male or female or both or neither. One’s gender identity can be the same or different than the gender assigned at birth. Most people become conscious of their gender identity between the ages 18 months and 3 years. Most people have a gender identity that matches their assigned gender at birth. For some, however, their gender identity is different from their assigned gender. Some of these individuals choose to live socially as the other gender and may also hormonally and/or surgically change their bodies to more fully express their gender identity. All people have gender identity, not just transgender people.

**Gender Expression** — Refers to the ways in which people externally communicate their gender identity to others through behavior, clothing, haircut, voice, and other forms of presentation. Gender expression also works the other way as people assign gender to others based on their appearance, mannerisms, and other gendered characteristics. Many transgender people seek to make their external appearance—their gender expression—congruent with their internal gender identity through clothing, pronouns, names, and, in some cases, hormones and surgical procedures. All people have gender expression, not just transgender people.
Gender Nonconforming/Gender Variant - Refers to individuals whose behaviors and/or interests fall outside what is considered typical for their assigned gender at birth. Someone who identifies as “gender nonconforming” is not necessarily transgender. To the contrary, many people who are not transgender do not conform to gender stereotypes in their appearance, clothing, physical characteristics, interests, or activities.

Transgender — Sometimes used as an ‘umbrella term’ to describe anyone whose identity or behavior falls outside of stereotypical gender norms. More narrowly defined, it refers to an individual whose gender identity does not match their assigned birth gender. Being transgender does not imply any specific sexual orientation (attraction to people of a specific gender.) Therefore, transgender people may additionally identify as straight, gay, lesbian, or bisexual.

Sexual Identity — Term that refers to being romantically or sexually attracted to people of a specific gender. Our sexual identity and our gender identity are separate, distinct parts of our overall identity. Although a child may not yet be aware of their sexual identity, they usually have a strong sense of their gender identity.

Genderqueer — This term represents a blurring of the lines around gender identity and sexual orientation. Genderqueer individuals typically reject notions of static categories of gender and embrace a fluidity of gender identity and sexual orientation. This term is typically assigned an adult identifier and not used in reference to preadolescent children.

Gender Nonconforming/Gender Variant — Refers to individuals whose behaviors and/or interests fall outside what is considered typical for their assigned gender at birth. Someone who identifies as “gender nonconforming” is not necessarily transgender. To the contrary, many people who are not transgender do not conform to gender stereotypes in their appearance, clothing, physical characteristics, interests, or activities.

Gender Fluidity — Gender fluidity conveys a wider, more flexible range of gender expression, with interests and behaviors that may even change from day to day. Gender fluid individuals do not feel confined by restrictive boundaries of stereotypical expectations of girls or boys.

Intersex — An estimated one in 2,000 babies is born with an “intersex” condition or Disorders of Sex Development (DSD). People with intersex conditions (DSD) are born with physically mixed or atypical bodies with respect to sexual characteristics, i.e. chromosomes, internal reproductive organs, and genitalia. These characteristics may not be visible and individuals may not be aware of the condition. Having an intersex condition does not necessarily affect a person’s gender identity.

FTM (Female-to-Male)/Affirmed male — An adult who was assigned to the female gender at birth but has a male gender identity.

MTF (Male-to-Female)/Affirmed female — An adult who was assigned to the male gender at birth but has a female gender identity.
Transgenderation — The process by which a transgender individual lives consistently with his or her gender identity, and which may (but does not necessarily) include changing the person’s body through hormones and/or surgical procedures. Transgenderation can occur in three ways: social transgenderation through changes in clothing, hairstyle, name and/or pronouns; hormonal transgenderation through the use of medicines such as hormone “blockers” or cross hormones to promote gender-based body changes; and/or surgical transgenderation in which an individual’s body is modified through the addition or removal of gender-related physical traits. Based on current medical knowledge and practice, genital reconstructive surgery is not required in order to transgenderation. Most transgender people in the United States do not have genital reconstructive surgery.

Transgendersexual — An individual whose gender identity does not match the person’s sex at birth. This individual usually desires to physically alter their bodies surgically and/or hormonally. This physical transgenderation is a complicated, multi-step process that may take years and may include, but is not limited to, cross-gender hormone therapy and a variety of surgical procedures. The precise treatments required vary from person to person.

Transgenderphobia – Fear or hatred of transgender people. Transgenderphobia is manifested in a number of ways including violence, harassment, and discrimination.

**AMOROUS RELATIONSHIPS POLICY**

**Policy Statement**
Lafayette Athletics is committed to fostering an educational climate characterized by professional and ethical behavior free of discrimination and conflict of interest. Amorous relationships between coaches, athletics department staff and students may impair or undermine the learning and work environments when the relationship is based on unequal authority or power, and when one person in the relationship is evaluating the other. Accordingly, it is the policy of Department of Athletics that amorous and/or sexual relationships (“amorous relationships”) between coaches or athletic staff and student-athletes is prohibited, and that violation of this Policy shall result in disciplinary action, up to and including dismissal.

**Reason for the Policy**
This policy works to provide a safe and healthy environment for student-athletes, and to protect and preserve the reputation and integrity of the College and its Department of Athletics.

**Applicability of the Policy**
This Policy applies to coaches, athletic staff, and student-athletes, as defined by this Policy.

**Policy Elaboration**
An ethical and legal responsibility of trust is borne by every relationship between coaches or athletic staff and student-athletes or student employees. This responsibility includes the duty to provide a safe and healthy environment for all student-athletes, and to serve as role models for young persons. As a result, no amorous relationship – regardless of the perception of consent by one or both participants -- can exist without significant conflicts of interest. In fact, conflicts of
interest are intrinsic to amorous relationships between coaches or athletic staff and student-athletes.

Student-athletes’ respect for and trust in coaches and athletic staff greatly restrict their freedom to reject amorous or sexual advances. The power of coaches and athletic staff to give or withhold benefits further limits the extent to which an amorous or sexual relationship between coaches or athletic staff and student-athletes can be considered consensual. Even when the coach or athletic staff member has no direct professional responsibility for a student-athlete, other student-athletes may perceive that a student-athlete who has an amorous relationship with a coach or athletic staff member may receive preferential treatment from the coach or staff member or the coach or staff member's colleagues. Consequently, the participation of a coaching or athletic staff member in an amorous relationship with a student-athlete is strictly prohibited. Violation of this policy will result in disciplinary action, up to and including dismissal.

**Definitions**

*Athletic Staff:* Any person serving in an administrative, management, or support capacity within the Department of Athletics, or any capacity in which they supervise student-athletes, or have responsibility for the provision of substantive services or other benefits to student employees or student-athletes.

*Coach:* Any person serving as a head coach, assistant coach, coaching intern, or volunteer coach

*Student-Athlete:* Any Lafayette College student who is a member of a varsity team, as defined by College and NCAA regulations.

**Procedures**

New coaches and athletic staff members shall be notified of this Policy in connection with their orientation. This Policy will also be in the Department Policy and Procedures Manual and the Student-Athlete Handbook.

A person who wishes to file a complaint alleging a violation of the Policy should promptly contact the Deputy Director of Athletics, who will immediately open an investigation of the complaint. Such investigations shall include interviews with any coaching or athletic staff member accused of Policy violations, at which time they will be given an opportunity to respond to pending allegations.

If investigation demonstrates that a Policy violation has occurred, the coach or staff member will be subject to discipline up to and including dismissal.

**Contacts**

Questions related to the daily operational interpretation of this policy should be directed to: Director of Athletics 610-330-5470. The Director of Athletics is the College official responsible for administration and interpretation of this Policy.

**Related Documents/Policies**

- Sexual Harassment – College Policy
  
  https://sash.lafayette.edu/lafayette-college-policy-on-sexual-harassment/
SEXUAL HARRASMENT / ASSAULT

Lafayette College is committed to providing a learning and working environment that emphasizes the dignity and worth of every member of its community. Sexual assault or harassment in any form or context is inimical to this principle. Sexual assault includes any un-consented touching, or threat or attempt thereof to an intimate body part of another person. Consent must be given by a person who is able to make reasonable judgments of their behavior. If a person is intoxicated, unconsciousness, or incapacitated they cannot give consent. Sexual harassment includes unwelcome sexual advance or unwelcome visual or physical conduct of a sexual nature. The policies that detail both of these offenses can be found in the student handbook as well as on http://www.lafayette.edu/student_life. If any event that occurs that you need counseling please notify the Bailey Health Center (610) 330-5005 or the office of Public safety (610) 330-5001.

EQUITY IN ATHLETICS DISCLOSURE ACT (EADA) STATEMENT

In response to a new federal law, the Equity in Athletics Disclosure Act (EADA), Lafayette has prepared an annual report covering the prior year which contains financial information, rates of participation and other data related to women’s and men’s athletic programs. A copy of this report is available for review on the EADA website (https://ope.ed.gov/athletics/#/).
ADDITIONAL PROGRAMS

TICKET POLICIES

Complimentary tickets are hard dollars. It is important that complimentary ticket use be kept in perspective. The Department of Athletics is accountable for every ticket which is used, and everyone must have a financially responsible perspective.

All complimentary ticket requests other than those listed below MUST be approved on the Complimentary Ticket Request Form by the Director of Athletics.

Student-Athletes
A. Student-athletes will request complimentary admissions via the Player Pass List, as required by the NCAA. NCAA regulations prohibit student-athletes and their relatives from having hard tickets in advance of the game. Any student-athlete found in violation of the complimentary admission privilege will be suspended immediately from further competition and his or her name will be submitted to the conference office until a decision can be made regarding future eligibility.
B. Student-athlete may receive complimentary admissions to the sport contest in which the individual participates.
C. Complimentary admissions for home and away games may be issued to squad members. Each squad member will receive up to FOUR admissions to each home game and may receive up to FOUR to each away game upon request, if they are part of the official travel party for that game. This does NOT include championship events, and is at the discretion of the Athletic Ticket Office.
D. Student-athletes must designate ALL persons by name who are to receive complimentary admissions. It is the responsibility of the student-athlete to inform the person that identification is required for admission. There will be no switching names at Will Call after the deadline to sign up for complimentary admissions has passed.
E. Coaching staff must provide the Athletic Ticket Office with an Electronic listing of all persons designated to receive complimentary admissions two days prior to home and away games (football 2 days, basketball 1 day). If the student-athlete has a reason for not complying with the deadline, he or she must inform the coach PRIOR to the signing deadline.

TEAM TRAVEL AND CONDUCT

Student–athletes are expected to act appropriately and observe the rules and customs of their sport while traveling. They are expected at all times to act with the utmost sportsmanlike behavior. They should adhere to the dress code selected by the coach and only wear Lafayette issued gear while in practice or competition. They are responsible to represent Lafayette in the best light at all times. Alcohol or drug use is strictly forbidden at any time while representing Lafayette College. If a student-athlete uses alternate transportation to or from a competition, he or she must fill out the transportation waiver form prior to departure.
ATHLETIC COMMUNICATIONS

One of the principal purposes of Lafayette College’s Office of Athletic Communications is to serve as a liaison between the College’s student-athletes and teams, and the media. It is through these means that an achievement by a student-athlete on and off the field is reported to the athlete’s hometown media, the Lehigh Valley media and national media. The College is proud of its student-athletes and constantly strives to make sure that their academic and athletic achievements receive media recognition.

The Director of Athletic Communications and Promotions reports directly to the Director of Public Information and is part of the College’s Development and College Relations division. The Director of Athletic Communications and Promotions is responsible for the dissemination of all information concerning Lafayette’s Department of Athletics. The Director of Athletic Communications serves as the College’s primary liaison between coaches and student-athletes and the media and advises all athletic department staff on media relations. The Director Athletic Communications and Promotions provides local, regional, and national news media with information about all facets of Lafayette's athletic programs.

STUDENT – ATHLETE RESPONSIBILITIES
Student-athletes have a responsibility to the College, the coaching staff, and their teammates to cooperate with media representatives whenever possible. Cooperation with the media builds solid relationships and ensures positive coverage of Lafayette Athletics by newspapers, radio and television stations. Student-athletes should act in a professional manner when speaking with the media always striving to display confidence and a positive attitude as well as courtesy to the individual media representative.

INTERVIEWS
Interviews conducted between the media and Lafayette student-athletes can be a rewarding experience for both parties. As a student-athlete’s career progresses, solid relationships can form between the student-athlete and media representatives which can be beneficial to both the student-athlete and the athletic program. Aside from interviews held after athletic contests, interviews conducted outside the playing arena should be arranged by the Office of Athletic Communications. If it is a long distance telephone interview, the Office of Athletic Communications will obtain a telephone number at which the student-athlete can contact the media representative, collect, at a predetermined time that is agreeable to both parties and which does not conflict with the student’s class schedule. The Office of Athletic Communications does not give out home telephone numbers of student-athletes to the media.

DOs and DON’Ts
Listed below are seven simple rules to follow in an interview situation:
1. Be prompt and available for all interviews. Contact the Office of Athletic Communications in advance if you cannot keep an appointment for an interview.
2. If you do not understand a question, ask for clarification before you attempt to answer.
3. Avoid any “off the record” comments: they do not always remain “off the record.”
4. If you are not familiar with a particular area or topic, just say “you are familiar with the topic to give a reasonable answer.”
5. Never speak unfavorably of any teammate, opposing player or team, Lafayette coach or Lafayette administrator or the College.
6. At all times, you must remember: “don’t say it is if you don’t want to see it in print.”
7. Maintaining a positive image is the most important part of an interview.
ATHLETIC COMMUNICATIONS
HOW TO POSITIVELY HANDLE A NEGATIVE QUESTION

QUESTION: “Do you think you should get more playing time?”
ANSWER: “Every player would like to play more, and I think my coach would be disappointed in me if I didn’t want to play more. I am sure I will get my opportunity, and when I do, I have to be ready.”

CONCLUSION
All students-athletes must remember, an interview conducted with poise and courtesy will enhance the image of the individual, his or her team, as well as the Department of Athletics and the College. Any student-athlete who wishes to discuss any topic of concern regarding publicity or dealing with the media is welcome to contact the Office of Athletic Communications at extension 5122.

SOCIAL NETWORKING
In light of the popularity of websites similar to Facebook and Twitter, the Lafayette College Athletic Department strives to educate all of our student-athletes on the potential pitfalls and dangers associated with these websites. All of the information on these pages are open to the public in virtue of being put on the world wide web which does not offer any privacy to the individual. Even with limited access to these pages there are still ways for computer predators to gain access to your pages. Personal information should not be given out on this page such as addresses or cell phone numbers. There is also a risk that future employers may view your personal page and not consider you for employment based upon their search results. If a Lafayette College’s varsity team wants to maintain a website it must be free of any alcohol or drug references and cleared through the College athletic administration. If there is evidence of behavior that is against Lafayette College and Athletic Department policy found on these websites, students are subject to the penalties prescribed for such.

THE LAFAYETTE COLLEGE MAROON CLUB
The Lafayette Maroon Club has existed since 1937 to promote the welfare of Lafayette College through the support of its athletic programs. Its Executive Committee consists of alumni, parents, coaches, faculty, friends, and administrators of the College. The Maroon Club also oversees all “Friends of” Committees for specific athletic programs. The Maroon Club’s mission is to enhance the student-athlete experience for all of Lafayette’s twenty-three Division I programs. This is done through monetary gifts from supporters of Lafayette Athletics.

A gift to the Maroon Club can be directed to the General Fund and/or to a specific athletic program. A gift to the General Fund supports the following four core elements of Lafayette’s twenty-three Division I athletic teams.

- **Common Support Programs**
  - Athletic Training Services
  - Strength and Conditioning
  - Maroon Club Bus
  - Equipment

- **Education**
  - Academic and Career Support
  - Health and Nutrition
  - Leadership Advancement
• Marketing and Promotion
  o GoLeopards.com
  o GameTracker

• Alumni and Student Outreach
  o Hall of Fame
  o Golf Outings

The “Friends of” Committees are organized under the umbrella of the Maroon Club. The mission of a Lafayette Friends program is to connect supporters with a specific athletic program, while building an active donor base to raise funds. A “Friends of” Committee also provides opportunities for the Maroon Club and the coaches to communicate their achievements, financial needs, and future direction to their supporters. The Friends programs also provide an opportunity to promote support of the Maroon Club General Fund. A gift to a specific varsity sport through its Friends program supplements the team’s operational budget in the following ways:

• Assistant Coach’s salaries
• Equipment Needs
• Recruiting
• Spring Break and Out of Region Travel
• Field Enhancements

IMPORTANT MAROON CLUB CONTACT INFORMATION

Director of Athletic Development
Josh Azer
azerj@lafayette.edu
610-330-3116

Director of Athletic Communications and Promotions
Scott D. Morse
morses@lafayette.edu
610-330-5122

President of Maroon Club
Paulo Coelho ’03
pacoelho@me.com

Vice President of Maroon Club
William Tucker ’81, P’07’10
btuk@aol.com
732-589-1580
STUDENT-ATHLETE OPPORTUNITY FUND

DISTRIBUTION:

The Student-Athlete Opportunity Fund is available to all Lafayette College student-athletes. The fund is divided into four applicable uses: Educational, Health and Safety, Personal/Family Emergency and Institutional/Academic. In each category, there are a variety of expenses that the SAOF can supplement.

The fund will be administered by the Deputy Director of Athletics. This position will approve all expenses covered by the SAOF.

To receive consideration for the use of the funds, a SAOF application form must be submitted to the Deputy Director of Athletics. After receiving the application, the Deputy AD will evaluate the total expense reimbursement requested along with the student-athlete’s financial profile. Understanding this is not an unlimited pool of money, allocation of funds will be determined on a case-by-case basis and not every application will be approved.

SUMMER SCHOOL:

Summer school tuition and housing for student-athletes may be paid using this fund. There is a separate application form to be submitted for summer school. To be awarded reimbursement for summer school, the financial need of the student-athlete and the necessity of the classes will be taken into consideration. Also, the funds will be dispersed throughout all sports – each student-athlete will have an equal opportunity to receive this assistance for the summer.

It is imperative that our department and student-athletes understand the limits of this fund. Its intention is to assist student-athletes with unmet needs while at college. This is not an endless fund and below is an outline of the variety of ways in which the athletic department uses this money. Please understand that each individual case is different and will be evaluated with that understanding.

USES OF THE SAOF:

- Medical bills not covered by the student-athletes’ insurance and the College’s secondary insurance fund.
  - Bills must be processed through the correct channels before a final decision is made.
  - Bills will be paid based on a student-athlete’s financial aid profile; i.e., if a student receives 50% aid, they will receive 50% of their bill paid.

- Insurance Premiums for Pell-eligible student-athletes or non-US citizens

- Emergency Needs
  - If a student-athlete has a family or personal emergency that requires travel home on a short notice, this fund can help to supplement those costs.

- SAAC
  - Many activities that SAAC coordinates are funded through the SAOF and benefit all student-athletes
• **Summer School**
  - Applications are distributed early in the Spring semester and **must** be returned for consideration. Decisions are made in March.
  - Summer school allocation is limited to funds available (typically 15-20 student-athletes per year).
  - Only one session of housing and tuition is paid per student-athlete, unless there is a very unique circumstance that warrants further consideration.
  - Courses taken at schools other than Lafayette will be reimbursed based on the value of a Lafayette course and course approval from the Registrar.

• **Other**
  - Please see the Deputy Director of Athletics if there are additional unmet needs that you feel could qualify for this fund.

**STUDENT-ATHLETE ADVISORY COMMITTEE**

The Lafayette College Student-Athlete Advisory Committee (SAAC) was officially organized in October, 1992 at the urging of the Athletic Administrative Staff and the student-athletes. The Committee is a leadership group comprised of elected representatives from each varsity team. The purpose of the SAAC is to generate loyalty, pride, enthusiasm, and a sense of camaraderie among fellow student-athletes and sports participants, as well as the student body, faculty, and administration.

Committee members meet monthly, with the Director of Athletics or designee and other department and campus administrators to discuss student-athlete issues and concerns. Sessions are often valuable opportunities to exchange ideas, aid fellow student-athletes with support, get involved with community, and to help resolve problems that student-athletes may have. SAAC members represent their squads as well as the “ideal of the student-athlete” and have some influence in developing and fostering better student body support for the entire varsity athletic program. Officers are elected at the start of the spring semester and include a President, Vice-President, and a Secretary. The officers are responsible for running the meetings, notifying members of future meetings, preparing the agenda prior to each meeting and compiling meeting minutes for distribution to SACC members and department administrators.
OTHER

IMPORTANT PHONE NUMBERS

(All numbers are preceded by (610)-330-unless otherwise noted).

Kirby Sports Center...........................................................5470
Athletic Fax.........................................................................5702
Sherryta Freeman, Director of Athletics...............................5470
Andrew Foster, Associate Athletic Director
Facilities and Operations....................................................5472
Kaitlyn McKittrick, Deputy Director of Athletics...................5474
Scott Morse, Director of Communications............................5122
Matt Bayly, Head Athletic Trainer........................................5766
Strength Center....................................................................5526
Weinstein Natatorium............................................................5483
Academic Tutoring and Training Center...............................5098
Kamine Field House.............................................................258-4336

Coaching Staff:
Baseball..............................Joe Kinney..........................330-5476
Basketball (Men).................Fran O’Hanlon...............330-5475
Basketball (Women)..............Kia Damon....................330-5515
Cheerleading.......................Billie Weiss....................330-5740
Cross Country, Track & Field (M & W)....................Michele Curcio...330-5517
Fencing................................Natalie Kolosa.................330-5487
Field Hockey.......................Jennifer Stone...............330-5479
Football..............................John Garrett..................330-5485
Golf....................................Jim Hutnik...................330-5487
Lacrosse (Men)......................Pay Myers....................330-5940
Lacrosse (Women).................Alison Fisher.................330-5716
Soccer (Men)........................Dennis Bohn.................330-5494
Soccer (Women).....................Mick Statham..............330-5458
Softball..............................Caitlyn de la Haba......330-5764
Swimming & Diving...............James Daily..................330-5483
Tennis..............................Ralph Van Ormer........330-5480
Volleyball (Women)..............Terri Dadio Campbell..330-5473

Athletic Training Room..........................330-5491
Public Safety.............................330-5330
Bailey Health Center..................330-5001
Ticket Business Office..................330-5471
Athletic Equipment Room.................330-5492
LAFAYETTE COLLEGE SONGS

ALMA MATER
Words and music by Walter C. Stier, Class of 1884

We’ll gather by the twilight’s glow
In front of old Pardee,
In all the world no other scene,
So fair, so dear to me.
O Lafayette, O Lafayette,
To thee our voices raise!
While loyal lips and loyal heart
Unite to sing thy praise.

Chorus
We’ll gather by the twilight’s glow
In front of old Pardee,
In all the world no other scene,
So fair, so dear to me.
And future years shall not erase
These gems of mem’ry rare,
But oft we’ll live the scenes again,
Impressed so firmly there.
O Lafayette, O Lafayette,
O joyous college days!
E’re while these loyal hearts shall beat,
We’ve loyal lips to praise.
(Repeat chorus)

ON LAFAYETTE
Words and Music by Charles E. Straub, Class of 1912

Down the field we swing in perfect trim
Behind the team we’ve played to win
And as we swing we sing a marching song;
And the song we sing is on the theme
Of Lafayette and her team.
We’ll sing the chorus as we sing along.

Chorus
On, Lafayette! On, Lafayette!
On, on to greater deeds, Lafayette,
Give, Lafayette! Give, Lafayette!
Give, give the best that’s in you
And hope for vict’ry.
(shout) – FIGHT! Lafayette! (shout) FIGHT! Lafayette!
Fight the fight and keep your heads unbowed;
Win, you’re victorious!
Oh, Lafayette, of you we sing.
(shout) FIGHT!
MASCOT

The first time the nickname “Leopards” was used at Lafayette College, as far as can be determined, was October 7, 1927, in a sports story appearing in the student newspaper. There is no real explanation as to why the nickname was suddenly used or who decided upon “Leopards”. Mr. George Parkman, who then served as the Sports Editor of The Lafayette, the school newspaper, recalled that “a number of our opponents had animal nicknames and someone decided Lafayette should also have one.” Prior to that time, Lafayette teams had been referred to as “the Maroon”, based on the school colors, maroon and white.