New England College is a member of the National Collegiate Athletic Association (NCAA Division III), the North Atlantic Conference (NAC), the New England Hockey Conference (NEHC), the New England Wrestling Association (NEWA), the U.S. Collegiate Snowsport Association (USCSA), and the East Coast Rugby Conference (ECRC). Intercollegiate sports teams include men’s and women’s soccer, field hockey, women’s volleyball, men’s and women’s cross country, men’s and women’s basketball, men’s and women’s ice hockey, wrestling, men’s and women’s alpine skiing, baseball, softball, and men’s and women’s lacrosse, and men’s rugby.

*updated 10/2016
Student-Athlete Handbook

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Welcome from the Director of Athletics

On behalf of our coaches and staff, welcome to New England College, home of the Pilgrims, and our intercollegiate athletics program. We are a proud Division III member of the National Collegiate Athletic Association (NCAA), the North Atlantic Conference (NAC), the New England Hockey Conference (NEHC), the East Coast Rugby Conference (ECRC), and the U.S. Collegiate Snowsport Association (USCSA).

This is truly an exciting time for intercollegiate athletics at NEC. Our coaches and staff are committed to creating and maintaining a culture that is necessary for championship success and an exceptional student-athlete experience. We are focused on providing our student-athletes with the resources and support necessary to help you fully realize your potential for success.

Please understand the opportunity you have in front of you. It is both an honor and a privilege to play an intercollegiate sport. Value the experience of being a student-athlete, competing with your teammates for championships, while earning a degree at an outstanding institution.

Always keep in mind that you represent NEC and your team. Compete hard, play with sportsmanship, act with dignity both on and off the field, contribute in meaningful ways to the community, and dedicate yourself to your studies.

Finally, be sure to embrace the three tenets NEC Athletics is built upon: Pride, Integrity, and Respect. Good luck this season! GO PILGRIMS!

Sincerely,

Lou Izzi

Director of Athletics
Department Mission

The mission of the Department of Athletics is to develop exemplary student-athletes who strive for outstanding academic achievement, athletic excellence and team success, and contribute to the community in positive, meaningful ways. The department is committed to providing highly competitive athletic programs that allow student-athletes to reach their fullest potential through exceptional coaching, teaching and mentoring. All NEC athletics programs foster character and leadership development of student-athletes; are guided by the values of pride, integrity and respect; and promote high academic achievement, diversity, gender equity, unparalleled sportsmanship, and fair play.

NCAA Division III Philosophy Statement

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students’ academic programs. They seek to establish and maintain an environment in which athletic activities are conducted as an integral part of the student-athlete’s educational experience. They also seek to establish and maintain an environment that values cultural diversity and gender equity among student-athletes and athletics staff.

To achieve this end, Division III institutions:

1. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and its entertainment needs;
2. Award no athletically related financial aid to any student;
3. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
4. Encourage participation by maximizing the number and variety of athletics opportunities for their students;
5. Assure that the actions of coaches and administrators exhibit fairness, openness, and honesty in their relationships with student-athletes;
6. Assure that athletics participants are not treated differently from other members of the student body;
7. Assure that athletics programs support the institution’s educational mission by financing, staffing, and controlling the programs through the same general procedures as other departments of the institution;
8. Provide equitable athletics opportunities for males and females and give equal emphasis to men’s and women’s sports;
9. Support ethnic and gender diversity for all constituents;
10. Give primary emphasis to regional in-season competition and conference championships;
11. Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.
The Pilgrim Way

NEC Athletics is built on three principles: PRIDE, INTEGRITY, and RESPECT. Our student-athletes are expected to play with sportsmanship and represent the college and their teams with class and professionalism at all times, both on and off the field. Our student-athletes also are expected to contribute in meaningful ways to the community and to dedicate themselves to their studies.

Sponsored Sports

NEC offers the following 17 intercollegiate sports

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Cross Country</td>
<td>Men’s Basketball</td>
<td>Baseball</td>
</tr>
<tr>
<td>Women’s Cross Country</td>
<td>Women’s Basketball</td>
<td>Men’s Lacrosse</td>
</tr>
<tr>
<td>Field Hockey</td>
<td>Men’s Ice Hockey</td>
<td>Women’s Lacrosse</td>
</tr>
<tr>
<td>Men’s Rugby</td>
<td>Women’s Ice Hockey</td>
<td>Men’s Rugby</td>
</tr>
<tr>
<td>Men’s Soccer</td>
<td>Men’s Alpine Skiing</td>
<td>Softball</td>
</tr>
<tr>
<td>Women’s Soccer</td>
<td>Women’s Alpine Skiing</td>
<td></td>
</tr>
<tr>
<td>Women’s Volleyball</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

NEC also offers the following:

<table>
<thead>
<tr>
<th>FALL</th>
<th>WINTER</th>
<th>SPRING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Club Rugby</td>
<td>JV Men’s Ice Hockey</td>
<td>Women’s Club Rugby</td>
</tr>
</tbody>
</table>
Conference Affiliations

The North Atlantic Conference (NAC) is the primary conference for all NEC sports except men’s and women’s ice hockey, men’s and women’s alpine skiing, and men’s rugby. NAC members include:

- Castleton University
- Colby-Sawyer College
- Green Mountain College
- Husson University
- Johnson State College
- Lyndon State College
- Maine-Maritime
- Maine-Farmington
- Thomas College

Castleton, Vermont
New London, New Hampshire
Poultney, Vermont
Bangor, Maine
Johnson, Vermont
Lyndonville, Vermont
Castine, Maine
Farmington, Maine
Waterville, Maine

The New England Hockey Conference (NEHC) is the conference for men’s and women’s ice hockey. NEHC members include:

- Babson (M)
- Castleton (M/W)
- UMass Boston (M/W)
- Manhattanville (W)
- Saint Anselm (M/W)
- Saint Michael’s (M/W)
- Univ. of New England (M/W)
- Salve Regina (W)
- Franklin Pierce (W)
- Nichols (W)
- Skidmore (M)

The U.S. Collegiate Snowsport Association (USCSA) is the conference for alpine skiing. Conference members include: Babson, Brown, Castleton, Clarkson, MIT, UConn, UMass Amherst, and Saint Anselm.

The East Coast Rugby Conference (ECRC) is the conference for men’s rugby. Conference members include: Albany, American International, Boston College, Fairfield, Middlebury, Northeastern, UConn, and UMass Amherst.
# NEC Athletics Staff Directory

## Administration
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## Recreation and Facilities
- **Kristi Kehoe**  
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  Facilities Operations  
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  Email: gward@nec.edu

## Fitness Center
- Phone: 603-428-2280
**Academics and Compliance**

**NCAA CERTIFICATION**
Prior to competing, each student-athlete is required to read the Summary of NCAA Regulations – Division III (http://www.ncaa.org/sites/default/files/DIII_Summary_of_NCAA_Regulations_2016_17_20160606.pdf) and complete the following NCAA forms:

1. **Student Athlete Statement and Drug Testing Consent – Division III** – contains a statement concerning eligibility, a Buckley Amendment consent, and affirms that the student-athlete is aware of the NCAA drug testing program.
2. **General Amateurism and Eligibility Form for International Student-Athletes** (International students only) – Qualifies international student-athletes for intercollegiate practice or competition and assess compliance with NCAA general amateurism and eligibility rules.

**ACADEMIC ELIGIBILITY**
Student-athletes must demonstrate satisfactory academic progress to participate in intercollegiate sports. New England College adheres to all conference and NCAA regulations, including the following institutional standards:

1. Student-athletes must be enrolled in a minimum of 12 credits per semester at all times. Part-time students are ineligible to practice or compete, unless they are in the final semester before graduation and receive documentation from the registrar’s office notating their status.
2. Freshman student-athletes must maintain a minimum 1.50 cumulative GPA to be eligible to practice or compete.
3. Returning or transfer students must maintain a minimum 2.00 cumulative GPA to be eligible to practice or compete.
4. Student-athletes must earn a minimum of 24 credits during the academic year, from the fall term through the summer term, to be eligible for intercollegiate sports participation the following year.
CLASS ATTENDANCE
New England College student-athletes are expected to attend all classes. Per NCAA bylaw 17.1.4.2, student-athletes are not permitted to miss class for practice activities in any segment and competition in the nontraditional segment. Student-athletes are permitted to miss class for athletics contests in the traditional segment; when a team is traveling to an away-from-home contest and a practice is in conjunction with the contest. Student-athletes must adequately notify their professors of contest dates that may conflict with class times by providing a class absence form distributed by their coaches that outlines athletic schedules, departure times, and other pertinent information. Student-athletes are responsible for any class work, assignments or exams that they may miss due to athletic contests.

SPORTS WAGERING
New England College supports the NCAA’s strict policy regarding sports wagering. Sports wagering includes placing, accepting or soliciting a wager (on a 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; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

Per NCAA bylaw 10.3,

(a) A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins ("point shaving") or who participates in any sports wagering activity involving the student-athlete's institution shall permanently lose all remaining regular-season and postseason eligibility in all sports.

(b) A student-athlete who participates in any sports wagering activity, through the Internet, a bookmaker or a parlay card, shall be ineligible for all regular-season and postseason competition for a minimum period of one year from the date of the institution's determination that a violation has occurred and shall be charged with a loss of a minimum of one season of eligibility. If the student-athlete is later determined to have been involved in a later violation of any portion of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

TOBACCO USE
New England College will not tolerate the tobacco use by student-athletes in athletics facilities, during practices and contests, and during team travel. Per NCAA bylaw 17.1.6.3.7, the use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition. Student-athletes who continue to abuse this policy may be subject to further suspension by the Director of Athletics.
HAZING

Hazing prevention in college athletics requires a collaborative approach among administrators, coaches, and student-athletes from every team. Student-athletes, coaches, and all others associated with athletics teams and events should promote civility in society by adhering to fundamental values such as respect, fairness, honesty, and responsibility.

Hazing is any conduct or method that willfully or recklessly endangers the mental or physical health of any student or other person, on or off campus. Any behavior or action by a student-athlete that endangers another individual’s mental or physical health and/or involves the forced consumption of alcohol and drugs is strictly prohibited and a violation of the Student Code of Conduct. Student-athletes and teams who participate in hazing incidents will face disciplinary action as determined by the Dean of Students and the Director of Athletics.

MEDICAL HARDSHIP WAIVER

A student-athlete may be granted an additional year of participation by the conference for reasons of hardship, which includes any incapacity resulting from a season-ending injury or illness that has occurred under the following conditions:

1. The injury or illness occurs before the completion of the first half of the traditional playing season
2. The injury or illness occurs when the student-athlete has not completed in more than one-third of the maximum contests or dates of competition limitation in the sport.

It is not necessary for the season-ending injury or illness to be the direct result of the student-athlete’s participation in the team’s organized practice or competition. The student-athlete must provide appropriate medical documentation to an NEC athletic trainer to support the waiver.

BANNED SUBSTANCES

New England College and the NCAA promote a drug-free athletics environment to protect the health of student-athletes and preserve fair competition. All student-athletes are required to sign the NCAA Division III Drug-Testing Consent prior to their first competition. By signing this consent, student-athletes agree to allow the NCAA to test for banned substances in relation to any participation in an NCAA championship.

Any student-athlete who fails a drug test administered by the NCAA while representing New England College at an NCAA championship will be subject to the NCAA Banned Substance Policy and the New England College Student Code of Conduct. If a student-athlete suspects that he or she may not pass a drug test at an NCAA championship, the student-athlete may disclose that to an athletics trainer prior to the championship. The College may withhold the student-athlete from the NCAA championship but the student-athlete may not be subject to NCAA or College sanctions.
ALCOHOL POLICY
The Athletic Department expects student-athletes to conform to college policy on drug and alcohol use and to be subject to college sanctions. Student-athletes are expected to abide by this policy as representatives of New England College. The Department does not permit use of alcohol or drugs by athletes, managers, trainers, coaches, or other staff when they are engaged in activities relating to their athletic roles: practices, contests, team trips, team meetings, all receptions including those sponsored by friends’ groups or parents, banquets, or locker room activities. Athletes who use alcohol or drugs in contravention to this policy are subject to suspension from the team by the Athletic Department. The Director of Athletics must approve any exception to this policy.

CODE OF CONDUCT
All student-athletes should read, comprehend, and adhere to the North Atlantic Conference Code of Sportsmanship and Ethics. The NAC code states:

The North Atlantic Conference (NAC) is committed to promoting good sportsmanship and developing and maintaining a safe and healthy environment for competition. We believe the opportunity to represent a NAC institution is a privilege, which is accompanied by the responsibility to act with dignity, integrity and respect at all times.

Individuals associated with a NAC member institution are expected to conduct themselves in such a manner that represents the highest level of honor, and to observe the tenets of good sportsmanship, honesty, fairness, dignity, civility and respect.

Integration of athletics, academics and accomplishment provide each of our institutions and its athletics participants a rewarding experience. The Conference expects the values of good sportsmanship on the part of student-athletes, coaches, administrators, spectators or any individuals associated with a member institution. The Code of Ethics is designed to foster an environment that encourages reasoned discourse, intellectual honesty, openness to constructive change and respect for the rights of all individuals.

Failure by any NEC student-athlete to conform to the following may result in disciplinary action by the conference or Director of Athletics:

1. Observing and supporting the rules of the game.
2. Promoting the spirit as well as the letter of the rules.
3. Placing fairness first as a goal in all competition.
4. Taking personal responsibility for high standards of play and conduct.
5. Showing civility toward competitors, coaches and officials.
6. Playing cleanly while playing hard.
7. Showing maturity and integrity in conduct on and off the field of play.
8. Being a gracious competitor and accepting both wins and losses with dignity.
The primary purpose of the Faculty Athletics Representative (FAR) is to promote academic integrity and institutional control of intercollegiate athletics, facilitate the integration of the athletics and academic components within the collegiate community, and to enhance the student-athlete experience. The FAR provides significant leadership in the governance of the intercollegiate athletics program by working collaboratively with the College President, the Dean of Students, the Director of Athletics, the athletics administrative staff, and coaches. The FAR also works closely with the Student-Athlete Advisory Committee (SAAC) to better understand the student-athlete experience and perspective.

Athletics

EQUIPMENT AND UNIFORMS
Student-athletes are responsible for all team equipment and uniforms that are issued to them. If any piece of equipment or uniform is lost or stolen, the student-athlete will be charged for the replacement at established prices. All equipment and uniforms must be returned within one week of the end of the season. Any student-athlete who leaves the team for any reason during the season must return all equipment and uniforms within 48 hours of leaving the team. Failure to adhere to this policy will result in a hold being placed on the student’s account, restricting transcript availability.

TEAM TRAVEL
The following are departmental guidelines regarding team trips:

1. Only student-athletes, coaches, trainers, team managers, and athletics staff are permitted to travel with the team. Any exception to this policy must be granted by the Director of Athletics.
2. The mode of transportation used will be determined by the distance to be traveled, the number in the travel party and road conditions. In general, teams traveling over two hours one-way with more than 25 in the traveling party will charter a bus. Final decisions regarding mode of transportation is subject to approval by the Director of Athletics.
3. No team shall travel unless an athletics department staff member accompanies them on the trip.
4. Only student-athletes who have received proper driver-certification are allowed to drive college vehicles and transport other students to away contests.
5. All student-athletes must travel with the team to and from away contests unless approval is granted by the head coach and Director of Athletics prior to the trip.
6. Coaches will provide the team with meal money for each trip or coordinate team meals.
7. All student-athletes must adhere to the team dress code established by the head coach.
8. Coaches will provide each team member with a travel itinerary for all overnight trips.
9. Student-athletes who will miss class due to a game must notify their instructor(s) well in advance and are responsible for making up any missed work, exams, and assignments.
10. Alcohol, smoking, tobacco use, and any illegal drugs are not permitted at any time during a team trip, including during travel or in hotels.

PLAYING TIME
All decisions relative to a student-athlete’s playing time are made at the discretion of the head coach.

PLAYER DISCIPLINE
Any student-athlete may be removed from the squad at the discretion of the head coach and/or the athletic director for conduct detrimental to the team and/or college.

PLAYER EJECTIONS
Any student-athlete who is ejected from a contest for any reason will be subject to all applicable conference and NCAA ejection rules. The Director of Athletics will review with the head coach any extreme incident involving players that may warrant further departmental course of action beyond what the conference or NCAA may enforce.

INCLEMENT WEATHER
New England College strives to provide a safe and risk-free environment for its student-athletes, coaches, staff, and spectators. In the event of inclement weather, potential hazardous travel conditions, or the College cancelling classes and campus activities, the Director of Athletics and/or Associate Director of Athletics, with input from the head coach, will determine the cancellation of practices and games. If it is determined that a practice can be held, student athletes will not be mandated by a coach to travel from outside the campus community in adverse conditions if the student-athlete does not feel comfortable driving or traveling to the practice facility.

SOCIAL MEDIA
Student-athletes should exercise responsible and respectful use of social media. Student-athletes should remember that they may be judged individually and as representatives of the College and their respective teams when information and/or comments are posted on a social media site. The malicious, harmful, or negligent use of social media by NEC student-athletes will not be tolerated and may result in discipline at the discretion of the Director of Athletics.

While there is no NCAA legislation prohibiting coaches from “friending” current student-athletes and monitoring their social media sites, NEC coaches are prohibited from requiring student-athletes to accept “friend” or “follow” requests via Facebook, Twitter, or any other form of social media.
OUT-OF-SEASON WORKOUTS
Student-athletes are encouraged to maintain their fitness levels outside of their playing seasons. Individual workouts required or supervised by a member of the coaching staff are prohibited by the NCAA. The college’s designated strength and conditioning coach may monitor out-of-season workouts for student-athletes as long as the workouts are individual and voluntary. Student-athletes are not obligated or cannot be required to report the results of workouts to their coaches.

STUDENT-ATHLETE TEAM EVALUATIONS
New England College strives to provide an exceptional student-athlete experience. The athletics department is continually evaluating the student-athlete experience and searching for ways to improve the process. At the conclusion of each team’s competitive season, all student-athletes are asked to complete an end-of-the-season team evaluation. The evaluation is sent via email from the Director of Athletics in the format of a survey and is completely anonymous. Each athlete has the opportunity at the end of the evaluation to comment on any aspect of their experience.

FUNDRAISING
Fundraising efforts must be coordinated and approved by the Director of Athletics and, when necessary, by the Office of Institutional Advancement. The College will not be responsible for any fundraising efforts which produce a net loss.

Per NCAA bylaw 12.1.1.1.2, funds generated through a student-athlete’s participation in a fundraising event involving an athletically-related activity (e.g., swim-a-thon), or in direct appeal (e.g., letter writing), are considered unearned funds and must be deposited into the general team or institutional fund and cannot be designated for any specific student-athlete.

AWARDS BANQUET
At the conclusion of the spring sports season, the Athletics Department hosts an awards ceremony for all NEC student-athletes. The awards ceremony honors all notable athletic accomplishments (conference players of the year, rookies of the year, All-Americans, and conference championship teams), graduating seniors, and NEC major award recipients. The NEC major awards include the male and female rookies of the year, the male and female senior scholar athlete, and the male and female athletes of the year. The NEC athletes of the year are selected by the Student Athlete Advisory Council (SAAC)
CHAMPIONSHIP TEAM AWARDS
NEC varsity teams that win a conference championship and advance to the NCAA tournament may receive a specified amount per participant to purchase an item of the team’s choice as recognition for its accomplishment. The Director of Athletics will determine the per participant amount on an annual basis. Teams that reach the NCAA final four or win a national championship will be presented with rings or watches.

SPORTS INFORMATION
Sports Information is the outlet for all athletics department media communications. The Sports Information Director works in concert with the coaching staff to effectively reach the media, the college community, alumni, and family and friends of NEC Athletics. The Sports Information department provides:

1. Game coverage for all home events
2. Statistical compilation and historical data
3. Information to both local media outlets and those media from the home town of NEC athletes
4. Continual updates of rosters, schedules, and team news on
   a. NEC web site: http://athletics.nec.edu/
   c. Twitter: https://twitter.com/NEC_Athletics
   d. YouTube: https://www.youtube.com/user/NECPilgrimNation?feature=mhee
   e. Instagram: https://instagram.com/nec_athletics/

Interview Requests
There may be times when members of the media will request an interview with student athletes. Professionalism and courtesy to members of the media is expected at all times. The Sports Information Director coordinates all interview requests, including post-game requests. Student-athletes should be available to any such request as soon as possible following the completion of a contest.

Blogging Requests
There may be times when the Sports Information Director requests that student-athletes blog their experiences for internal, external, and conference-wide promotion. NEC student-athletes should participate in this activity, if asked, to promote NEC Athletics in a positive manner.
SPORTS MEDICINE
The athletic trainers are responsible for the prevention, evaluation, management, and rehabilitation of athletic injuries for varsity and junior varsity athletes at New England College. The training room is located on the lower level of Bridges.

INSURANCE REQUIREMENT
All individuals who participate on a NEC athletic team must have Health Insurance. This may either be their own personal insurance carrier (i.e. Blue Cross) or they may purchase school insurance. An Insurance Information Form providing specific insurance information including company name, policy number, and company address must be signed and maintained on file in the Athletic Training Room.

RISK OF INJURY WAIVER
All individuals must sign a risk of injury waiver prior to participation.

INJURIES
1. All injuries must be reported to the Athletic Trainers as soon as possible
2. An injury requiring treatment outside of the Athletic Training Room or Health Services must be determined by the Athletic Trainers or Health Services.
3. All athletes are responsible for the payment of medical bills. The athlete’s insurance (private or school) is billed as the primary (first) insurance. If an athlete receives a denial notice from their insurance company then the Athletic Department insurance is activated. If the athlete seeks medical treatment without the Athletic Trainer’s knowledge (unless it is an Emergency Situation), the medical bills occurred may not be covered by the NEC Athletic Department.

ATHLETIC TRAINER COVERAGE
All Athletic Trainer coverage is coordinated by the Head Athletic Trainer. Coverage is based on the level of contact and incident of injury within each sport. Priority will be given to teams that are in-season and home contests.

Home Coverage
Athletic Trainers are available before and after every practice and home contests. Coverage begins approximately one hour before the athletes need to be ready. Coverage concludes when all athletes have been treated and the athletic training room is cleaned.

Away Coverage
NEC Athletic Trainers travel with collision sports (men’s ice hockey and men’s lacrosse) to all away contests. NEC Athletic Trainers also will travel with teams to playoff contests when available. If an athletic trainer cannot travel with a team, a trainer will contact the opposing school the day before the contest, or the day of the contest, to inform their trainers of the services and treatments needed by NEC athletes.
CONCUSSION PROTOCOL
The New England College Athletic Training staff has established specific protocols to prevent, treat and care for head injuries sustained by student-athletes. Head trauma can cause potentially serious and long term complications. All student-athletes are required to participate in pre-season Impact Test concussion screenings. Any head injury sustained by an NEC student-athlete must be reported immediately to the Athletic Training staff for evaluation. An athlete will not be allowed to return to full practice and competition until the athlete is cleared by the athletic trainer or team physician.

The team physician, in conjunction with the athletic training staff, will follow a specific concussion protocol with all head injuries. At no point will an athlete be permitted to engage in any athletic activity unless they are symptom-free. The concussion protocol outlines specific steps that will be followed for return to play:

CONCUSSION PROGRESSION
- Each step requires a minimum of 24 hours
- If symptoms return at any time, the process will begin again at step #1

1. Complete rest until symptom free
2. Light aerobic exercise (bike)
3. Sport specific training
4. Non-contact training
5. Full contact – return to full drills

STUDENT-ATHLETE HOST RESPONSIBILITIES
There will be times when coaches ask current student-athletes to host prospective athletes on an overnight visit to campus. NEC student-athletes should understand their importance in the recruiting process and always conduct themselves appropriately. Failure by a student-athlete to meet the following may result in disciplinary action by the Director of Athletics.

- Student-athlete hosts are responsible for reviewing NCAA and NEC recruiting policies before hosting a prospective student-athlete
- Student-athlete hosts must always maintain contact with the prospect for the duration of the visit.
- Student-athlete hosts must contact the head coach immediately should an incident, question or concern arise during the visit
- New Hampshire’s drinking age is 21; it is against the law to serve alcohol to anyone who is under 21 years of age.
- Student-athlete hosts will not entertain a prospective student with any illegal or inappropriate activities.
STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)
The Student Athlete Advisory Committee (SAAC) is as an integral part of athletics at New England College. All NEC teams are represented on the SAAC. The SAAC focuses on citizenship, community involvement and providing a student-athlete “voice” within the athletic department and throughout the NEC campus. The SAAC provides valuable guidance and advice to the Director of Athletics on important policies, procedures, and NCAA Legislation.

Members of the NEC SAAC have the opportunity to address issues affecting student-athletes on campus; furthermore, members have the opportunity to offer input on issues which may be national in scope.

The campus committee is meant to serve as a local student-athlete voice in addressing issues of student-athlete welfare at their respective institutions. Campus committees can facilitate better communication among student-athletes from various athletics teams to address issues common to all.

The campus SAAC may also serve as a conduit of communication among student-athletes, coaches and athletics administrators on issues to improve the student-athlete experience and promote growth and education through sports participation. Concerns can be voiced and solutions offered regarding any issue that may be relevant to NCAA student-athletes.

The primary functions of the NEC SAAC include:

• Promote communication between athletics administration and student-athletes.
• Disseminate information.
• Provide feedback and insight into athletics department issues.
• Generate a student-athlete voice within the campus athletics department formulation of policies.
• Build a sense of community within the athletics program involving all athletics teams.
• Solicit student-athlete responses to proposed conference and NCAA legislation.
• Organize community service efforts.
• Create a vehicle for student-athlete representation on campus-wide committees (e.g., student government).
• Promote a positive student-athlete image on campus.