TABLE OF CONTENTS

Contents

LETTER FROM ATHLETIC DIRECTOR ........................................ 1

ATHLETIC PERSONNEL DIRECTORY ..................................... 2

NCAA ................................................................................. 3

  Fundamental Policy ....................................................... 3
  Principle of Student-Athlete Well-Being .......................... 3
  Principle of Sportsmanship & Ethical Conduct ................ 3

CAMERON UNIVERSITY ....................................................... 5

  Cameron University Mission Statement ......................... 5
  Core Values ................................................................. 5
  Athletics Mission Statement ......................................... 5
  Athletics Philosophy ................................................... 5

CONDUCT ............................................................................ 6

  Student-Athlete Conduct .............................................. 7
  Academic Offense ....................................................... 7
  Hazing ......................................................................... 7
  Sexual Harassment / Violence ...................................... 7
  Office of Equal Opportunity/Title IX .............................. 8

GENERAL INFORMATION .................................................. 10

  Student-Athlete Advisory Committee ......................... 10
  Electronic Social Networking Guidelines ..................... 10
  Working with the Media .............................................. 13
  Class Attendance ....................................................... 15
  Tutors ......................................................................... 15
  Study Hall ..................................................................... 15
  SAAC/CHAMPS Life Skills Room ................................. 15

ELIGIBILITY CERTIFICATION ........................................... 16

  Continuing Eligibility (Progress Toward Degree – (PTD)) 16
  Progress Toward Degree Procedures ............................. 16
  Grade Point Average (GPA) ......................................... 17
  Declaration of Major ................................................... 17
August 1, 2017

Dear Cameron University Student Athletes,

On behalf of the Cameron Athletic Staff, welcome to the 2017-18 Cameron University Sporting Season. It is my pleasure to serve as your Athletic Director and I look forward to meeting each of you.

My #1 goal is for you to obtain your degree. You are a student athlete, student first and athlete second. Every one of you is capable and has the ability to succeed academically. When the time comes for you to leave Cameron and if you do so without a degree, then you and I have failed. The easiest path to success is to align your #1 priority with my #1 goal.

Please don’t interpret the above statement as a lack of emphasis on winning. My philosophy is simple: be the best at everything you do; give your best effort every day; pay attention to the details; be responsible and be “above reproach”. Winning is a by-product of all those things. Let’s hang a championship banner, let’s hang multiple banners!

While at Cameron, I encourage you to experience the college life. No matter what your interests, please take the opportunity to get involved. I also encourage you to support your fellow student athletes. There are approximately 170 of you, all seeking excellence in the classroom and on the playing field. Please lend your support to one another. I want you to have a positive experience at Cameron and do your very best. The Aggie Athletic Staff will do our part in order for you to achieve your goals, but remember it is ultimately up to you to make it happen.

Thank you for choosing Cameron University. Please know my door is always open if you wish to seek advice, share a problem, celebrate a victory, or just to say hello. Have fun, play hard and remember you are special, you are a Cameron Aggie!

Sincerely,

[Signature]

James C. Jackson
Athletic Director
## CAMERON UNIVERSITY ATHLETICS 2017-18 DIRECTORY

**MAIN ATHLETIC PHONE (580) 581-2460**
**FAX (580) 581-5537**

### ATHLETIC OPERATIONS

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
<th>Email</th>
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<tbody>
<tr>
<td>Jim Jackson, Athletic Director</td>
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<tr>
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<td>530</td>
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### SPORTS INFORMATION

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Kenton Means, Director</td>
<td>581-2303</td>
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<tr>
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<td><a href="mailto:krista.pylant@cameron.edu">krista.pylant@cameron.edu</a></td>
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### ATHLETIC TRAINING

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<thead>
<tr>
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<tbody>
<tr>
<td>Athletic Trainer, TBA</td>
<td>581-2402</td>
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</tr>
<tr>
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### STRENGTH & CONDITIONING

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Adrianne Bishop, Head Coach</td>
<td>581-2461</td>
<td><a href="mailto:abishop@cameron.edu">abishop@cameron.edu</a></td>
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### BASEBALL

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Brady Huston, Head Coach</td>
<td>581-7959</td>
<td><a href="mailto:bhuston@cameron.edu">bhuston@cameron.edu</a></td>
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</tr>
<tr>
<td>TBA, Graduate Assistant</td>
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### BASKETBALL, MEN’S

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Andrew Brown, Head Coach</td>
<td>581-2405</td>
<td><a href="mailto:anbrown@cameron.edu">anbrown@cameron.edu</a></td>
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<tr>
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<tr>
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<td>581-7926</td>
<td><a href="mailto:garrett.white@cameron.edu">garrett.white@cameron.edu</a></td>
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### BASKETBALL, WOMEN’S

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Emma Andrews, Head Coach</td>
<td>581-2529</td>
<td><a href="mailto:eandrews@cameron.edu">eandrews@cameron.edu</a></td>
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<td><a href="mailto:jmay@cameron.edu">jmay@cameron.edu</a></td>
</tr>
<tr>
<td>TBA, Graduate Assistant</td>
<td>581-7926</td>
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### SPIRIT TEAM

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<thead>
<tr>
<th>Name</th>
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<tr>
<td>Stephanie Della Costa, Head Coach</td>
<td>581-2461</td>
<td><a href="mailto:sdellaco@cameron.edu">sdellaco@cameron.edu</a></td>
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### CROSS COUNTRY

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Zach Johnson, Head Coach</td>
<td>581-2479</td>
<td><a href="mailto:zjohnson@cameron.edu">zjohnson@cameron.edu</a></td>
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### GOLF, MEN’S

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<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Jerry Hrnciar, Head Coach</td>
<td>581-2468</td>
<td><a href="mailto:jerryh@cameron.edu">jerryh@cameron.edu</a></td>
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### GOLF, WOMEN’S

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Christi Williams, Head Coach</td>
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### SOFTBALL

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Dennis Furr, Head Coach</td>
<td>581-2528</td>
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</tr>
<tr>
<td>TBA, Graduate Assistant</td>
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### TENNIS, MEN’S & WOMEN’S

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<tr>
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<tbody>
<tr>
<td>Josh Cobble, Head Coach</td>
<td>581-2354</td>
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<tr>
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### VOLLEYBALL

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<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Tatiana Booth, Head Coach</td>
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<td><a href="mailto:tbooth@cameron.edu">tbooth@cameron.edu</a></td>
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<tr>
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</tr>
</tbody>
</table>
Fundamental Policy

The competitive athletics programs of member institutions are designed to be a vital part of the educational system. A basic purpose of this Association is to maintain intercollegiate athletics as an integral part of the educational program and the athlete as an integral part of the student body and, by so doing, retain a clear line of demarcation between intercollegiate athletics and professional sports.

Principle of Student-Athlete Well-Being

Intercollegiate athletics programs shall be conducted in a manner designed to protect and enhance the physical and educational well-being of student-athletes.

(a) **Overall Educational Experience**: It is the responsibility of each member institution to establish and maintain an environment in which a student-athlete’s activities are conducted as an integral part of the student-athlete’s educational experience.

(b) **Cultural Diversity and Gender Equity**: It is the responsibility of each member institution to establish and maintain an environment that values cultural diversity and gender equity among its student-athletes and intercollegiate athletics department staff.

(c) **Health and Safety**: It is the responsibility of each member institution to protect the health of and provide a safe environment for each of its participating student-athletes.

(d) **Student-Athlete/Coach Relationship**: It is the responsibility of each member institution to establish and maintain an environment that fosters a positive relationship between the student-athlete and coach.

(e) **Fairness, Openness and Honesty**: It is the responsibility of each member institution to ensure that coaches and administrators exhibit fairness, openness and honest in their relationships with student-athletes.

(f) **Student-Athlete Involvement**: It is the responsibility of each member institution to involve student-athletes in matters that affect their lives.

Principle of Sportsmanship & Ethical Conduct

For intercollegiate athletics to promote the character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values
should be manifested not only in athletics participation but also in the broad spectrum of activities affecting the athletics program. It is the responsibility of each institution to:

(a) Establish policies for sportsmanship and ethical conduct in intercollegiate athletics consistent with the educational mission and goals of the institution; and

(b) Educate, on a continuing basis, all constituencies about the policies in sportsmanship & ethical conduct.
Cameron University Mission Statement

Cameron University provides a diverse and dynamic student body access to quality educational opportunities; fosters a student-centered academic environment that combines innovative classroom teaching with experiential learning; prepares students for professional success, responsible citizenship. Life-long learning, and meaningful contributions to a rapidly changing world; and is a driving force in the cultural life and economic development of the region.

Core Values

1. Student learning as our top priority
2. Excellence in teaching, scholarship, service and mentoring
3. Leadership in our community and region
4. Shared governance
5. Diversity among our students, faculty and staff
6. Responsible stewardship of public and private resources the public trust and Cameron’s future

Athletics Mission Statement

Since it is a major purpose of the University to provide the opportunity for all students to develop to the fullest possible degree all desirable abilities and skill, it shall be the purpose of intercollegiate athletics to provide the opportunity for each student to attain proficiency in academics and athletics endeavors. The program shall be conducted in the realization that athletics is not an end in itself, but merely one of the contributing factors in the total education of the student.

Athletics Philosophy

Cameron University is a multi-purpose university recognizing that the educational process includes the development of the intellectual, cultural, social, physical, moral and occupational capacities of persons who participate in its programs and activities. The University desires to assist its students in acquiring skills, knowledge, values and attitudes that will enable them to lead creative, productive and self-fulfilling lives. Cameron realizes that intercollegiate athletic participation is an optional but important part of the educational process. All athletic programs comply with the same academic priorities and values as any other campus program. Student-athletes are selected and retained on the basis of both their academic qualifications and athletic ability. Student-athletes, whether or not they are receiving athletic financial assistance, are encouraged to achieve academic and athletic success. The University in turn has a responsibility to each student-athlete to provide the tools necessary to achieve that success. In addition, Cameron is committed to preparing student-athletes to be good citizens, leaders and contributors not only on campus but in their communities.
Cameron’s intercollegiate athletic programs compete in the National Collegiate Athletic Association (NCAA) Division II as a member of the Lone Star Conference. All athletic participation is conducted in accordance with the Constitution and Bylaws of the Lone Star Conference and the NCAA. Athletic departmental policy supports the principles of sportsmanship and ethical conduct as well as ensures adherence to all NCAA rules as they pertain to student-athletes, athletics staff and institutional staff. All student-athletes are subject to the academic standards set forth by institutional, conference and NCAA policies and rules.

Cameron strives to ensure their student-athletes achieve their athletic and academic potential by employing coaches who are educators committed to the educational mission and who are interested in the physical, emotional and social welfare of all team members, to include but not limited to gender issues, ethnic diversity and sexual orientation related issues. In addition, the University continues to move toward equal opportunity as provided by Title IX and the Office of Civil Rights guidelines, for all student-athletes and athletic staff.

Cameron University is committed to a philosophy of institutional control of athletics and the accountability for the academic and financial integrity of its programs through the strong leadership of the University President and administrative personnel. All transactions of funds and development of budgets in connection with intercollegiate athletics are channeled through the institution’s normal procedures. As a member of Division II, Cameron University believes that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the university’s educational mission and the educational welfare of our student-athletes are of primary concern.

The spirit squad members (cheerleaders, dancers and mascots) are recognized as student-athletes and as such will be governed by all applicable NCAA, LSC and intuitional rules, regulations and policies. Any deviation from the aforementioned practices shall be evaluated on a case-by-case basis.
Student-Athlete Conduct

As a representative of the Cameron University Athletic Department, you are expected to conduct yourself in a way that will represent the University, the Department, your program, teammates and coaches in a positive manner. You are expected to maintain a cooperative attitude with members of the Athletic Department, Cameron’s faculty and the students of this University. Any serious misconduct, on or off campus, will be dealt with accordingly. Consequences may be the reduction or cancellation of athletics financial aid.

Any student-athlete charged with a crime (except traffic offenses or offenses not involving moral turpitude) will not participate on an athletics team while the charges are pending. If there is any question as to whether a student should continue to participate in a sport, which decision shall be made by the President, upon the recommendation of the Director of Athletics (AD). The student-athlete’s scholarship will be continued unless it is determined for the immediate health and safety of the University that the student-athlete should be suspended from the University and/or it is otherwise revoked or non-renewed in accordance with University policy or NCAA rules and regulations. If an immediate suspension from the University is ordered, the student-athlete is entitled to a hearing within 15 days to determine if that administrative action was appropriate. Student Athletes found to have consumed or be in possession of alcoholic beverages and/or illegal drugs, while representing the University on an away from home event, will be suspended immediately. Upon return to campus, the Athletics Director will meet with all involved parties and determine further action based on the departmental conduct and drug-testing policies.

Academic Offense

If a student-athlete (SA) is known to engage in an academic offense, the SA shall be held accountable by the actions taken by the instructor and/or institution. Such allegation(s) shall be reviewed by the AD, Faculty Athletics Representative (FAR), and the Director of Compliance (DC). Additionally a penalty maybe imposed by the AD which could include, a suspension of no less than 10% of the scheduled contests for that sport program’s championship season. If there are not enough contests remaining in the championship season to fulfill the suspension, the suspension shall carry over into the next year’s championship season. If the SA is known to commit a second academic offense, the SA could be dismissed from the team, never to be reinstated. Additionally a loss of athletic financial aid could be imposed by the AD.

Hazing

The University reserves the right to take disciplinary action against individual students and/or groups who are involved in hazing activities. Such disciplinary action may be taken independently of state or local prosecutorial actions regardless of the outcome of such prosecutorial actions. Hazing on the part of students, faculty, or staff is strictly forbidden, whether on or off campus. Please refer to the Cameron University student handbook for Oklahoma state statutes.

Sexual Harassment / Violence

The university is committed to providing an institutional environment where all persons may pursue their studies, careers, duties and activities in an atmosphere free of threat of
unwelcome and unwanted sexual actions. Cameron University prohibits the offenses of domestic violence, data violence, sexual assault, and stalking. It strongly condemns this type of misconduct, will not tolerate offenders, supports those who have been victimized, and takes action to prevent domestic violence, dating violence, sexual assault, and stalking.

For further policy and procedures, please consult the Cameron University’s Student Handbook

Office of Equal Opportunity/Title IX

One of the main functions of the Office of Equal Opportunity/Title IX is to provide a single location outside of the normal chain of command where students, faculty, staff and visitors can talk with someone about any possible discrimination issue, sexual harassment, improper treatment by others, and any other possible violations of Federal and State laws and University policies. Initial contact is confidential.

Cameron University Equal Opportunity Policy:

This institution in compliance with all applicable Federal and State laws and regulations does not discriminate on the basis of race, color, national origin, sexual orientation, genetic information, sex, age, religion, disability, political beliefs, or status as a veteran in any of its policies, practices or procedures. This includes but is not limited to admissions, employment, housing, financial aid, and educational services.

Contact Information:
Tom Russell, EOO/Title IX Coordinator
Howell Hall 210 (by appointment)
Phone: (580) 581-6712 (24hrs per day)
Email: tomr@cameron.edu

Student-Athlete Grievance Procedure

If a student-athlete (SA) wishes to appeal a penalty or suspension decision based on CU Athletics or Team Policy, the following procedures must be followed:

1. **Appeal to the Athletics Director** —if the SA protests a suspension or penalty by the coach or alleges any other violation of student rights related to athletics, the SA must request, in writing, a meeting with the AD. The AD shall meet with the SA within five business days from the date of receipt of the SA’s request. The AD must notify the SA, in writing, of the AD’s decision, within five business days from the date of the meeting. The notification will include the Intercollegiate Athletics Committee appeal procedures.

2. **Appeal to the Intercollegiate Athletics Committee (IAC)** —if, after meeting with the AD, the issue is not resolved, the SA may request a hearing before an appeals panel—the IAC. The committee make-up consist of the FAR, who will serve as the chair, along with three faculty members and two students from outside the athletics department. The AD is
an ex-officio, non-voting member and may be present during the hearing only if the SA will be allowed to meet in person as well. The SA must notify the FAR of the appeals request within ten calendar days of notification of the AD’s decision. Within 15 calendar days of such request, the IAC shall hold a hearing on behalf of the student-athlete. The FAR will arrange and notify all interested parties of the meeting time, date and location. The FAR will notify, in writing, all participants of the IAC’s decision within five calendar days of the hearing.

3. **The decision of the IAC will be final and binding upon the Athletics Department, Student-Athlete and all others.**
Student-Athlete Advisory Committee

The student-athlete advisory committee (SAAC) is composed of student-athletes assembled to provide insight on the student-athlete experience and to offer input on the rules, regulations and policies that affect student-athletes’ lives on the Cameron campus. Each sport will have two (2) representatives on the SAAC. Their function will be:

(a) to promote communication between athletics, administration and student-athletes;
(b) to disseminate information;
(c) to provide feedback and insight into athletics department issues;
(d) to generate a student-athlete voice within the athletics department formulation of policies;
(e) to build a sense of community within the athletics program involving all athletic teams;
(f) to solicit student-athlete responses to proposed conference and NCAA legislation;
(g) to organize community service efforts;
(h) to create a vehicle for student-athlete representation on campus-wide committees (e.g., student government); and,
(i) to promote a positive student-athlete image on campus.

Electronic Social Networking Guidelines

The National Student-Athlete Advisory Committee (SAAC) has developed the following guidelines to help your institution prevent problems that might emerge with improper usage of social networking websites.

As a student-athlete, I realize that because I am an ambassador to my institution, I am subject to a higher code of conduct than my student counterparts. Therefore, in order to preserve my electronic presence*, I am committed to:

1. Posting only appropriate personal information to my profile
   a. I will omit my phone number or address in my profile
   b. I will only list appropriate e-mail addresses and nicknames
   c. I will not include my schedule, spring break plans, or any other information that will allow potential stalkers to know my whereabouts

a. I will not take photos that would be considered inappropriate.  
b. If an inappropriate photo is taken, I will ask the photographer to refrain from posting the picture on the internet or, at the very least, to exclude me when tagging pictured individuals.  
c. I will frequently check my tagged photos. If I find an inappropriate photo tagged to my name, then I will un-tag it and ask the photographer to delete the picture from their album.  
d. I will set all personal photo albums to “visible to friends only.” This will help protect me from potential stalkers and will limit the exposure of any inappropriate photos that I may have unintentionally included in the posting process.

3. Monitoring postings  
a. I will ensure that the postings on my “wall” are appropriate  
b. I will not post any message that is considered inappropriate

4. Allowing only friends and acquaintances to join my group of friends.

5. Setting parameters so that only people I accept as friends may view my profile.

   a. I realize that a team is only as successful as its weakest link and therefore I am committed to ensuring that my team does not make choices that could result in team-affecting consequences, due to improper social networking website usage.  
   b. If I do not feel comfortable with confrontation, then I will discuss the issue with my coach or another teammate and have him or her resolve the issue.

7. Joining only appropriate groups.
   a. After joining an appropriate group, I will continually monitor it to ensure that the group name or focus does not become inappropriate.
   b. I will not create a group that is inappropriate

8. Using social networking sites in a way that is non-malicious.
   a. I will not use social networking sites in a way that will harm others, especially coaches or teammates.
   b. I will not use social networking sites to disrespect my opponents.

9. Staying up to date on new website features and making a consistent effort to ensure that these new evolutions do not compromise me or my institution.

10. Representing myself in a professional manner while using social networking sites.
    a. As a student-athlete, I realize that I am an ambassador to my institution, and because of this great responsibility, I must conduct myself in a proper manner while on these websites.
b. I realize that potential employers, graduate school program administrators, and others outside of my peer group may view my profile, and that what I post may have an effect on my future employment or professional reputation.

*Electronic presence refers to a student-athlete’s involvement in an electronic community.

**Inappropriate content is anything that is illegal, or that your institution and or athletic department may deem as inappropriate. This list may include but is not limited to: partial or total nudity, underage consumption of alcohol, hazing activities, tobacco use, obscene gestures, derogatory statements or vulgar language.
DEALING WITH THE MEDIA

You have a great many more opportunities to deal with the media than other students at the University. Because media interviews may be a new area of responsibility for many student athletes, the following tips may help you when dealing with the media:

1. You don’t have to answer every question.
2. Don’t let anyone put words in your mouth.
3. Never speak for someone else.
4. Never ‘bad mouth’ an opponent or game officials.
5. Be cooperative.
6. Don’t be defensive. Attitude is everything. Always remain calm.
7. Think before you answer.
8. Listen to the question carefully.
9. Personal appearance counts.
10. If you are unable to make an interview, contact your SID and head coach; don’t just not show up.

COMMON SENSE PRINCIPLES

1. Never lie to a reporter; you don’t have to answer every question.
2. Practice modesty in victory and self-control in defeat.
3. Never speak “off the record.” There is no such thing.
4. Never say, “No comment.” If you don’t want to answer a question, politely say that you are not sure if you are allowed to comment.
5. Never joke with a reporter.
6. Act professional at all times.
7. Never embarrass a reporter or ridicule a question.
8. Don’t spend too much time talking about a negative or a loss.
9. Support teammates and your school.

If you have any questions regarding the media, dealing with media representatives, proper interview techniques, or anything else regarding the media or sports information, please don’t hesitate to contact your SID.

Remember you not only represent yourself but also your fellow teammates, coaches, athletic program, department, boosters, alumni, students, faculty, staff, and all of Cameron University!

The Sports Information Director serves as the spokesman for the Cameron Aggie Athletic Department and is responsible for the Cameron Aggie website, social media, media guides/posters/schedule cards/etc., all official athletic press releases, and all athletic statistics.

Kenton Means
Director of Sports Information | Cameron University | Office: South Shepler 512
Phone: (580)581-2303 | Cell: (580) 583-2210 | Email: kemeans@cameron.edu
We commit to having an open discussion about Cameron Athletics. In turn, we ask that you be respectful, be open, exercise good judgment and be PASSIONATE! The world of social media operates just like the real one, so be sure to make the Golden Rule (treat others as you would like to be treated) your guide when joining in on the conversation. We encourage discussion and debate as long as it falls under mutual respect, and we also ask that you stay on topic as off topic comments only lead to confusion. Cameron Athletics has followers of all ages and backgrounds, so help us maintain an environment that is positive, respectful, and inclusive for ALL fans and followers of Cameron Athletics. Most importantly, show us your passion for Cameron Athletics and help others join in on the conversation by leading them to our social channels.

Be Social! That's the number one request that we have because we want to hear from you. Your thoughts and opinions matter and we are providing the tools so that you can engage and communicate with us directly. Our social channels are meant for all fans and they are devoted to constructing a sense of community amongst us.

TIPS FOR PERSONAL BEHAVIOR ON SOCIAL MEDIA

You are responsible for your actions.
Anything you post that can potentially tarnish the University’s image will ultimately be your responsibility. We do encourage you to participate in the online social media space, but urge you to do so properly, exercising sound judgment and common sense.

Be a “scout” for compliments and criticism.
Even if you are not an official online spokesperson for the department, you are one of our most vital assets for monitoring the social media landscape. If you come across positive or negative remarks about the department, its teams, coaches, staff and student-athletes online that you believe are important, please share them with the communications office.

Let the subject matter experts respond to negative posts.
You may come across negative or disparaging posts about the department, or see third parties trying to spark negative conversation, avoid the temptation to react yourself. Pass the post(s) along to the communications office and they will take the appropriate action.

Be conscious when mixing your business and personal lives.
Online, your personal and business personas are likely to intersect, but you must remember that fans, donors, teammates and media often have access to the online content you post. Keep this in mind when publishing information online that can be seen by more than friends and family, and know that information originally intended just for friends and family can be forwarded on.
Class Attendance

All student-athletes in the CU athletic program are expected to attend ALL classes. The only excused absences will be for athletic competition or illness. You are to report to your coach if you will miss class due to illness.

No class time shall be missed for practice activities except when a team is traveling to an away-from-home contest and the practice is in conjunction with the contest.

In team sports, no class time shall be missed for competition, travel time or warm-up associated with the competition conducted during the non-championship segment.

Make every effort to notify professors before missed class for competition. You need to find out in the first week of class if there will be a problem with you missing class for competition. If so, you need to drop that class and add another. Most professors will work with you if you make every effort to be in class, turn in assignments and take tests.

Tutors

Tutors can be made available to student-athletes requesting help in achieving their academic goals. Requests must be made with your Head Coach. Head Coach will notify Director of Compliance of your request. Please take advantage of all tutorial labs offered in many academic fields. Please be aware you are responsible for completing all assignments yourself. Tutors may not complete any assignment, test and/or research for you. The Compliance Office must be informed of any and all individual tutoring arrangements.

Study Hall

Study Hall guidelines of each sport will be determined by the head coach.

SAAC/CHAMPS Life Skills Room

The SAAC/CHAMPS Life Skills room contains resource/educational material for all student-athletes. The room also houses two desktop computers for student-athlete use. All work must be saved to some form of removable media for printing. Please follow posted rules for use of the room:

- No food allowed. Food may be consumed in the Black and Gold room or in the lobby
- If using a computer, please sign in
- Please throw all trash away…leave the room the way you found it
- Please use the room for studying, not socializing.
Prior to competition, the Director of Compliance (DC) will meet with your team to explain NCAA documents you are required to sign before you can practice and/or compete.

The Faculty Athletic Representative (FAR) is the eligibility certification officer and will complete all NCAA, Conference and Institutional eligibility reports.

Any question pertaining to your initial, transfer or continuing eligibility may be directed to your coach, the DC or the FAR.

**Continuing Eligibility (Progress Toward Degree – (PTD))**

You trigger PTD if you:

(a) Have one academic year in residence at Cameron;
(b) Used a season of competition at Cameron or;
(c) A midyear transfer (not enrollee) to Cameron.

Once you trigger PTD, you are responsible for:

**Effective August 01, 2016**

SA’s must:

- earn 9 credit hours term-to-term
- earn a minimum of 18 credit hours during the fall/spring terms
- earn a minimum of 24 hours annually
- earn a minimum 2.0 GPA.

**Progress Toward Degree Procedures**

1. All student athletes should have an academic advisor for their specific degree program. This information will be kept on file…(possibly CA Online). Those students that have not yet declared a major may use the Faculty Athletic Representative (FAR, Dr. Keith Vitense, SC 225I) as their academic advisor until they declare a major.

2. If a student wishes to change their degree plan (major), all paperwork must be completed prior to the end of the semester for current courses to count toward their major. For a student to change their major, they must first see the FAR.

3. At their earliest opportunity, all student athletes should enroll in courses for the next semester. This shall be done in conjunction with their academic advisor. All student athletes shall be enrolled in a minimum of twelve (12) credit hours.

4. Approximately six weeks prior to the beginning of the semester the schedules for all student athletes who are in at least their fifth semester of full-time college enrollment
shall be reviewed by the Admissions Office (Zoe Durant or her designee) to determine which courses will apply for degree credit.

5. A report will be sent to the FAR for each enrollment examined by the Admissions Office detailing any courses that a student is enrolled in that do not meet the Progress Toward Degree criteria.

6. At the end of the semester, the FAR will report the number of hours completed towards the designated degree by each student athlete subject to the specific degree requirements.

**Grade Point Average (GPA)**

SA’s must earn a minimum retention GPA of 2.0 to remain eligible once PTD has been triggered.

Refer to the Cameron University student handbook for Cameron GPA requirements.

**Declaration of Major**

The NCAA requires a student-athlete to designate a specific program of studies (major) leading toward a baccalaureate degree by your 5th semester of collegiate enrollment.

**Summer School Hours**

You may enroll in as many summer hours as you want. However, if you need to use these hours towards continuing eligibility requirements, no more than 6 credit hours may count. Furthermore, those courses must be transferable degree credit as accepted by Cameron University should you choose to take at another institution.
Full-time Enrollment

You must maintain full-time enrollment (12 hours) in order to be eligible for practice and competition. Should you drop below 12 hours, you are no longer a member of your team and may not participate in any countable athletically-related activities.

Student-Athlete Drop/Add Procedures

According to NCAA Bylaws 14.1.1 and 14.1.6.1, a student-athlete is no longer eligible to compete, participate, or practice if enrollment falls below full time status. At Cameron University, full-time enrollment is twelve (12) hours.

To remain eligible for practice and competition, you must be enrolled in 12 hours after any changes to your schedule.

To ensure that NCAA requirements are being met, the following drop/add procedures are in place at CU.

1. Pick up a ‘Drop and Add’ slip and fill it out. These forms are available at several places on campus, including the Athletics Office, Enrollment (2nd floor, North Shepler), the office of the Faculty Athletic Representative (FAR, Dr. Keith Vitense, Sciences Center, 225I), and the office for most of your department chairs.

2. You must discuss any proposed changes to your schedule with your head coach. Because these changes may affect scholarship awards, practice times, and several other factors that the FAR may not be aware of, we require a coach’s notification for any changes to your schedule.

3. In addition, if your schedule change will drop you below 12 hours, you will need to obtain a letter from your coach on University letterhead documenting the fact that s/he is aware that you will no longer be eligible for practice or competition as long as you are enrolled for less than 12 hours. An e-mail from the Head Coach will suffice. This may also affect the ‘satisfactory progress’ requirements for your eligibility next year. If you drop below 12 hours, you must complete the process with Dr. Vitense.

4. **If the university is beyond the automatic drop deadline, you must have a grade assigned by your instructor(s).** This date will change each semester – if you are not sure of the date check with your coach or the FAR. Even though it is not required, you should notify your instructor if you do drop his/her course before the automatic drop deadline. This is a courtesy that they appreciate. Also, it is good practice if you are dropping the course to complete the paperwork as soon as practical, as there is no guarantee that everyone you need to contact will be available at the last minute!

5. Bring the completed drop/add slip to the office of the FAR (SC, 225H) to complete your drop/add procedure. In most cases, the change can be accomplished at this time; however in some cases (usually because of an overload) you may have to take your drop/add slip to the Registrar’s office on the 2nd floor of North Shepler.

**Remember**, according to Bylaw 17.1.5.6.1, you may not miss class time for practice!
A student-athlete shall not be eligible to participate in intercollegiate athletics if he/she receives financial aid that exceeds the value of a full grant-in-aid. A full grant-in-aid is financial assistance that consists of tuition & fees, room & board, and course-related books. If you exceed your individual limits, then you are ineligible for practice, competition and athletic aid. All aid must be administered through the Cameron Financial Aid office. If you receive aid from outside sources, please see the Compliance Coordinator.

**Aid Not Administered by Institution**

Any student-athlete who receives financial aid other than that administered by the student-athlete’s institution shall not be eligible for intercollegiate athletics competition, unless it is specifically approved under NCAA’s rules of Amateurism or the aid is:

(a) Received from one on whom the student-athlete is naturally or legally dependent;
(b) Awarded solely on bases having no relationship to athletics ability;
(c) Award through an established and continuing program to aid students, of which athletics participation shall not be the major criterion (e.g., National Merit Scholarship), under the conditions listed in **Bylaw 15.2.5.3**; or
(d) Award through an established and continuing program for recognition of outstanding high-school graduates, of which athletics participation may be a major criterion (e.g., honorary high school award), under the conditions listed in **Bylaw 15.2.5.4**.

**Athletic Scholarships**

Cameron guidelines for athletics aid provide you must be a student-athlete in regular attendance as an undergraduate or graduate with eligibility remaining. The scholarship can be for one academic year or semester. It is not a four-year scholarship. The Head Coach makes all scholarship decisions, consistent with NCAA rules.

Cameron Athletic scholarships may cover tuition, books, room and/or board. Fees for online classes ARE NOT covered by an athletic scholarship. Other fees, (i.e., special fees, work shop fees etc.) may or may not be covered under your athletic scholarship. Please consult with your head coach concerning any fee you may have a question about.

**Conduct Removal Policy**

Please be advised should a student-athlete be removed from housing for misconduct and he/she is receiving a room and/or board scholarship, that portion of the scholarship will be cancelled. The student athlete will not be allowed to receive the remainder of the award for that term or subsequent term in an academic year via an off-campus stipend. The room and/or board portion of the scholarship may be re-instated once the student-athlete is allowed to move back on campus.

If you receive a book scholarship, the last day to charge books is:
Flex Scholarship

Flex dollars can only be used to purchase meals on campus. This award may carry over from fall to spring; however, any funds not used by the end of spring term will NOT carry over to the summer term or subsequent fall term.

Reduction and Cancellation of Athletics Aid during the Term of the Award

Your scholarship may be canceled or reduced during the period of the award for any of the following reasons:

(a) You render yourself ineligible for intercollegiate competition;
(b) You fraudulently misrepresent any information on an application, letter of intent or financial aid agreement;
(c) You engage in serious misconduct that warrants substantial disciplinary penalty by the University’s regular disciplinary authority;
(d) You exceed the NCAA limits for financial aid;
(e) You voluntarily withdraw from your sport at any time for personal reasons.

If your athletics aid is cancelled or reduced during the term of the award, you will receive a letter from the Director of Financial Aid notifying you of your right to appeal along with policies and procedures for the appeal. A committee that is independent from the Athletics Department will hear your appeal.

Reduction or Cancellation Not Permitted.

Institutional financial aid based in any degree on athletics ability may not be increased, decreased or canceled during the period of its award:

(a) On the basis of a student’s athletics ability, performance or contribution to a team’s success;
(b) Because of an injury, illness or physical or mental medical condition;
(c) For any other athletics reason.

Renewals, Reductions and Non-renewals of Athletics Aid after the Term of the Award

After the term of the award, NCAA rules permit the head coach to cancel or reduce aid for any reason. If your head coach does not renew, reduces or cancels your athletic aid, you will receive a letter from the Director of Financial Aid notifying you of your right to appeal along with policies and procedures for the appeal. A committee that is independent from the Athletics Department will hear your appeal.

Athletic Scholarship Appeal

The Director of Financial Aid shall send a notification letter via certified mail within 14 consecutive calendar days from the date a student-athlete has been notified of the decision to
reduce or cancel aid during the period of the award or the reduction or nonrenewal of aid for the following academic year. The notification shall inform the student-athlete that in accordance with NCAA rules and institutional policy, the student-athlete shall have the opportunity to appeal the decision of the athletic department. Furthermore, the notification of the hearing opportunity shall include the procedures by which the student-athlete can appeal. The institution shall conduct the hearing within 30 consecutive days of receiving a student-athlete’s request for the hearing. The Financial Aid Appeals Committee, independent of the athletic department, shall conduct the hearing.

Procedures for filing an appeal are the following:

1. Student-athlete must notify, in writing, their request to appeal within 14 consecutive calendar days of receipt of notification,
2. The Director of Financial Aid shall set the hearing date, to be within 30 days of the student-athlete’s hearing request,
3. The Student-athlete must submit all documentation (letter explaining the situation and any documents that will assist the committee in making a decision) to the Director of Financial Aid seven calendar days prior to the hearing date.

The Director of Financial Aid shall notify the Director of Athletics (or his/her designee) of the student-athlete’s request for an appeal and the hearing date. The Director of Financial Aid shall request all documentation relevant to the reduction, cancellation or nonrenewal of athletics aid from the athletic department to be submitted seven calendar days prior to the hearing date. Once all documentation has been received from the athletic department and the student-athlete, the Director of Financial Aid will review all documentation to ensure that all issues are covered by both parties. The Director will contact the student-athlete or athletic department if any additional information is needed. An appeals packet, with documentation from both parties, will be sent to each committee member for review. The committee shall meet to discuss and decide the outcome of the appeal. The appeals committee may request the presence of both parties for further questioning, if needed. Once a decision is made, the Director of Financial Aid will contact the student-athlete and the athletic department of the decision. All decisions of the committee are final.
Sports Wagering

Sports wagering includes placing, accepting or soliciting a wager (on a staff members or student-athlete’s own behalf or on 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.

Wager

A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

Sports Wagering Activities

The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

(a) Staff members of an institutions’ athletics department;

(b) Non-athletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletics representative, individual to whom athletics reports);

(c) Staff members of a conference office; and

(d) Student-athletes.

Scope of Application

The prohibition against sports wagering applies to any sport or institutional practice or competition (intercollegiate, amateur or professional) in a sport in which the Association conducts championship competition.
Amateurism

Only an amateur student-athlete is eligible for intercollegiate athletics participation in a particular sport. An individual loses amateur status and shall not be eligible if the individual, AFTER initial full-time enrollment:

(a) uses his or her athletic skill (directly or indirectly) for pay in any form in that sport;
(b) accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
(c) signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
(d) receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletic skill;
(e) competes on any professional athletic team and knows (or had reason to know) that the team is a professional athletic team, even if no pay or remuneration for expenses was received; or
(f) enters into a professional draft¹ or an agreement with an agent.

[This provision applies prior to & subsequent to full-time enrollment.]

In addition, SUBSEQUENT to becoming a student-athlete, an individual shall not be eligible for participation in intercollegiate athletics if the individual:

(a) accepts any remuneration for or permits the use of his or her name or picture to advertise, recommend or promote directly the sale or use of a commercial product or service of any kind, or
(b) receives remuneration for endorsing a commercial product or service through the individual’s use of such product or service.

¹ Exception – Professional Basketball Draft: A student-athlete in the sport of Basketball may enter a draft one time during his/her collegiate career without jeopardizing eligibility in that sport, provided the student-athlete declares his/her intentions to return to school within 30 days after the draft.
Outside Competition, Sports Other than Basketball

A student-athlete becomes ineligible for intercollegiate competition in his or her sport (other than basketball) if, after enrollment in college and during any year in which the student-athlete is a member of an intercollegiate squad or team, he or she competes or has competed as a member of any outside team in any non-collegiate, amateur competition (e.g., tournament play, exhibition games or other activity) during the institution’s intercollegiate season in the sport.

- **Competition between Seasons**
  If an institution conducts separate fall and spring practice or playing seasons in a sport, it is permissible for a student-athlete to participate in that sport on an outside team during the period between the two seasons without affecting his or her eligibility.

- **Competition as Individual/Not Representing Institution**
  It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete’s sport, provided the student athlete
  
  (a) Is academically and athletically eligible for outside competition;
  (b) Represents only himself/herself in the completion; and
  (c) Does not engage in such competition as a member of or receive expenses from an outside team.

Please see director of compliance for proper paperwork before competing unattached.

Outside Competition, Basketball

A student-athlete who participates in any organized basketball competition except while representing the institution in intercollegiate competition becomes ineligible for any further intercollegiate competition in basketball.

Additional Applications of Outside-Competition Regulations, Basketball

- **Organized Basketball Competition**
  Outside basketball competition, including competition involving teams with fewer than five players shall be considered “organized” if any one of the following conditions exists:
  
  (a) Teams are regularly formed, or team rosters are predetermined;
  (b) Competition is scheduled and publicized in advance;
  (c) Official score is kept;
  (d) Individual or team standings are maintained;
  (e) Official timer or game officials are used;
  (f) Team uniforms are used;
  (g) Admission is charged;
  (h) A team is privately or commercially sponsored; or
(i) Competition is either directly or indirectly sponsored, promoted or administered by an individual, an organization or any other agency.

Exceptions to Outside-Competition Regulations

The following exceptions to the outside competition regulations are permitted.

- **In All Sports:**
  - (a) **High School Alumni Game.** A student-athlete may compete in one game a year involving players from the student-athlete’s former high school and its alumni team. In sports other than basketball, this game must take place during an official vacation period of the institution’s academic year.
  
  - (b) **Olympic Games.** A student-athlete may participate in the official Olympic Games, in final tryouts that directly qualify competitors for the Olympic Games and in officially recognized competition directly qualifying participants for final Olympic Games tryouts.
  
  - (c) **Official Pan American Games Tryouts and Competition.** A student-athlete may participate in official Pan American Games tryouts and competition, including junior level tryouts and competition.
  
  - (d) **U.S. National Teams.** A student-athlete may participate in official tryouts and competition involving national teams sponsored by the appropriate national governing bodies of the U.S. Olympic Committee (or, for the student-athletes representing another nation, the equivalent organization of that nation or, for student-athletes competing in a non-Olympic sport, the equivalent organization of that sport).
  
  - (e) **Official World Championships, World University Games, World Youth Championships and World Cup Tryouts and Competition.** A student-athlete may participate in official World Championships, World University Games, World Youth Championships and World Cup tryouts and competition, including junior level tryouts and competition.
  
  - (f) **Multisport Events.** A student-athlete may participate in officially recognized state and national multisport events.

- **Additional Exceptions for Basketball Only:**
  
  - (a) **Summer Competition.** There are no restrictions on the participation of student-athletes in outside basketball competition during the summer.
  
  - (b) **Puerto Rico Superior Basketball League.** A student-athlete who is a resident of Puerto Rico may participate in the Superior Basketball League of Puerto Rico.
  
  - (c) **United States vs. U.S. National Teams.** A student-athlete may participate in the United States against U.S. national teams.

Alcohol/Drugs/Tobacco

All student-athletes participating in the Cameron Athletic programs will expected to be committed to their respective teams by staying in the best physical condition possible. The use or abuse of alcohol/drugs/tobacco does not allow you the ability to physically meet the
demands of athletic competition at a **CHAMPIONSHIP** level. Cameron University and the National Center for Drug Free Sport believe that:

(a) Testing is a necessary and effective drug-use prevention tool to develop athletes who are committed to success on and off the field.

(b) Athletics participation is a privilege, and athletes cannot be allowed to abuse drugs at their expense, the expense of their teammates or at the expense of their sport.

All student-athletes must sign the NCAA Drug Testing Consent Form before being allowed to practice or compete in intercollegiate athletics. (See list of NCAA banned substances) All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out a supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. **ULTIMATELY,** student-athletes are responsible for anything they ingest. You may contact The National Center for Drug Free Sport at [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec) for more information.

Cameron University conducts institutional drug-testing separate from NCAA testing. All student-athletes must sign a Cameron University Drug-Testing Consent Form before being allowed to practice or compete in intercollegiate athletics (see Cameron University Drug Testing Policy).

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses any type of tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition. (Bylaw 17.1.8)

**Employment**

Student-athletes who are employed on or off campus are subject to the following NCAA guidelines:

(a) All compensation is only for work actually performed;

(b) All compensation is at a rate commensurate with the going rate of that locality for similar services; and

(c) The employer shall not use the reputation of a student-athlete employee to promote the sale of the employer’s products or services.

Student-Athletic who wish to give private lessons, must see DC to complete necessary and required paperwork.
Defining Countable Athletically Related Activities

1. **What are the daily and weekly time limitations on countable athletically related activities?**

Students may not participate in countable athletically related activities for more than:

- **In Season**
  - 4 hours per day
  - 8 hours per week
- **Out-of Season (during academic year)**
  - 20 hours per week

The daily and weekly hour limitations **DO NOT** apply to the following time periods:

- During preseason practice prior to the first day of classes or the first scheduled contest, whichever is earlier.
- During the institution’s term time, official vacation period (e.g., Thanksgiving, spring break), as listed in the institution’s official calendar, and during the academic year between terms when classes are not in session.

2. **Are student-athletes required to have a day off from countable athletically related activities?**

During the academic year, student-athletes shall not engage in any countable athletically related activities on **one day per week during the playing season** and **two days per week outside of the playing season**. The required day(s) off may occur on any day of the week and may change from week to week. A “week” is defined as any seven consecutive days, determined at the institution’s discretion.

Below are partial lists of common activities that count and do not count against daily and weekly time limits:

<table>
<thead>
<tr>
<th>Countable* Athletically Related Activities</th>
<th>Non-countable Athletically Related Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practices (not more than 4 hours per day)</td>
<td>Compliance meetings</td>
</tr>
<tr>
<td>Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings)</td>
<td>Meetings with coach initiated by the student-athlete (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Competition (and associated activities, regardless of their length, count as 3 hours). <strong>NOTE:</strong> No countable athletically related activities may occur after the competition.</td>
<td>Drug/alcohol educational meetings or CHAMPS/ Life skills meetings.</td>
</tr>
<tr>
<td>Field, floor or on-court activity.</td>
<td>Study hall, tutoring, or academic meetings.</td>
</tr>
<tr>
<td>Setting up offensive and defensive alignment.</td>
<td>Student-athlete advisory committee/Captain’s Council meetings.</td>
</tr>
<tr>
<td>On-court or on-field activities called by any member of the team and confined primarily to members of that team.</td>
<td>Voluntary weight training not conducted by a coach or staff member.</td>
</tr>
<tr>
<td>Countable* Athletically Related Activities</td>
<td>Non-countable Athletically Related Activities</td>
</tr>
<tr>
<td>------------------------------------------</td>
<td>---------------------------------------------</td>
</tr>
<tr>
<td>Required weight-training and conditioning activities.</td>
<td>Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).</td>
</tr>
<tr>
<td>Required participation in camps/clinics.</td>
<td>Traveling to/from the site of competition (as long as no countable activities occur).</td>
</tr>
<tr>
<td>Visiting the competition site in the sports of cross country, golf, and skiing.</td>
<td>Training room activities (e.g. treatment taping.) rehabilitation activities and medical examinations.</td>
</tr>
<tr>
<td>Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.</td>
<td>Recruiting activities (e.g., student host).</td>
</tr>
<tr>
<td>Discussion or review of game films.</td>
<td>Training table meals.</td>
</tr>
<tr>
<td>Participation in a physical activity class for student-athletes only and taught by a member of the athletics staff (e.g., coach).</td>
<td>Attending banquets (e.g., awards or post-season banquet).</td>
</tr>
<tr>
<td></td>
<td>Fund-raising activities or public relations/promotional activities and community service projects.</td>
</tr>
</tbody>
</table>

*Conferences and institutions may adopt more restrictive rules. Contact the institution’s compliance officer for answers to questions or for additional information.*
Participation in Countable Athletically Related Activities Out of the Season

What is the difference between in-season and out-of-season?

*In-Season (20 hours)*
- Time between the team’s first officially recognized practice session and the last practice session or competition, whichever occurs later.
- May have seasons separated into two distinct segments: championship segment and non-championship segment.
- During the in-season period (e.g., championship and non-championship segments), a student-athlete may participate in a maximum of 20 hours per week of countable athletically related activities.

*Out-of-Season (8 hours)*
- The remaining days during the academic year not included in the in-season period.
- A student-athlete may participate in a maximum of eight (8) hours per week of countable athletically related activities and may not participate in any countable athletically related activities two days per week during the out-of-season period.
- Participation in up to two (2) hours of individual skill instruction or team activities, or a combination of the two.

Outside the playing season (during the academic year), student-athletes are limited to no more than eight (8) hours per week of certain countable athletically related activities. Those activities are shown below:

<table>
<thead>
<tr>
<th>Permissible Countable Athletically Related Activities During the Out-of-Season Period</th>
<th>Non-permissible Activities During the Out-of-Season Period</th>
</tr>
</thead>
<tbody>
<tr>
<td>Required weight training and conditioning activities supervised by an athletics department staff member.</td>
<td>Conditioning drills may not simulate offensive or defensive alignments.</td>
</tr>
<tr>
<td>Participation in up to 2 hours per week of skill-instruction, team activities or a combination of both provided no more than four (4) student-athletes from the same team are involved. However, baseball and softball may have 6 at the same time.</td>
<td>No equipment related to the sport may be used during conditioning activities.</td>
</tr>
<tr>
<td>Any voluntary athletically related activity in which the student-athlete chooses to participate (does not count in the 8 hours) (e.g., initiated by student-athlete, no attendance taken, or no coach present).</td>
<td>No participation in any other countable athletically related activity that may have been permissible during conditioning activities.</td>
</tr>
<tr>
<td>Participation in a physical fitness class conducted by a member of the athletics department class.</td>
<td>No required participation in any countable athletically related activities during any institutional vacation period (e.g., Christmas break, summer) that occur outside the declared playing and practice season (i.e., in-season).</td>
</tr>
</tbody>
</table>
Pass List-Home Contests

Each student-athlete will receive 4 complimentary admissions in their respective sport. These will be administered through a pass list. Coaches are responsible for turning in their team’s pass list to the Game Administrator 1 HOUR prior to game time. Non-qualifiers may not receive comp admissions.

Host Families

Individuals outside the institution are not allowed to serve as” sponsors” or “host families” for student-athletes unless that program exists for all students. For more information, please see Director of Compliance.

Boosters

An institutional employee or booster may not provide a student-athlete with extra benefits or services, including, but not limited to:

a) a loan of money,
b) a guarantee of bond,
c) an automobile or the use of an automobile,
d) transportation that is not generally available to the student body,
e) signing or cosigning a loan note.

Apparel/Equipment

A student-athlete may not accept athletics equipment, supplies or clothing (e.g., tennis racquets, golf clubs, balls, shirts) from a manufacturer or commercial enterprise.

Occasional Meals

- A student-athlete or the entire team in a sport may receive an occasional meal in the locale of the institution on infrequent and special occasions from an institutional staff member. Departmental policy defines “occasional” as once per month.
- A student-athlete or the entire team in a sport may receive an occasional family home email from a booster provided the meal is in the individual’s home (as opposed to a restaurant) and may be catered.
- Team members may receive an occasional meal from relatives or legal guardians of a student-athlete at any location.

Discount, Credits, Free or Reduced Cost Services

- A student-athlete may not receive a special discount, payment arrangement or credit on a purchase or a service from an institutional employee or booster.
- A booster may not provide a student-athlete with professional services without a charge or at a reduced cost unless it is provided on the same basis to the general student body.
A student-athlete may not receive services from a commercial agency without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services also are available to the student body in general. Commercial agencies include, but are not limited to movie theatres, restaurants, car dealers etc…
Departmental Policies & Procedures
Transfer Policy

The Cameron Athletic department **WILL NOT** approve transfer request to attend schools that are members of the Lone Star Conference. Student-athletes have the right to appeal any denial of transfer to a committee, independent of the athletics department. This committee has the final approval or denial of all appeals. Once a transfer release has been denied, the student-athlete will be notified within 14 days of the appeal policy and procedures.

Transfer Request Procedures

The process associated with the transfer from Cameron University to another 4-year institution requires written permission to contact from Cameron.

Requesting “Permission to Contact“

If a student-athlete decides to pursue an interest in transferring, the student-athlete must first contact his/her coach about this decision. Once this contact has taken place, the student-athlete may request, in writing, a “permission to contact” letter from the DC. The DC will review request with AD and HC. Subsequently the DC will notify in writing, the SA of the decision. If the request is denied the DC will inform the SA of the appeal procedure.

Please note that a student-athlete who chooses to “shop for a better deal” cannot expect that his/her scholarship will be renewed if a better deal is not found.

Transferring Within the Lone Star Conference

Cameron University **WILL NOT** approve the use of the one-time transfer exception to the residency requirement for transfer to any of the member schools of the Lone Star Conference, unless there are extenuating circumstances. An appeal is available through the Intercollegiate Athletics Committee.

Transferring Outside the Lone Star Conference

Cameron University reserves the right to deny permission to contact and/or deny a transfer release.

If Cameron University denies permission to contact and/or transfer in response to an institution’s request, the student-athlete may submit a written request for permission to contact and/or transfer to the Athletic Director. The letter must contain:

- Specific reason(s) for leaving Cameron University
- Name of the institution(s) the student-athlete would like to transfer to.

If the student-athlete’s written request is denied, he/she will be notified by the Athletic Director (or designee) in writing of their right to appeal.

Transfer Appeal Policy and Procedures

**Policy:**

If the Athletic Director (AD) denies a student-athlete’s written request to transfer and/or permission for other institutions to contact the student-athlete, the Director of Compliance (DC) will send written notification of the AD’s decision to the student-athlete. This notification, along with appeal procedures, will be sent within 14 consecutive calendar days
from receipt of the student-athlete’s written request to transfer/permission to contact. A copy of the decision will be sent to the chair of the Intercollegiate Athletics Committee (IAC) who will rule on the appeal.

Procedure:

To request an appeal hearing, the student-athlete must contact the chair of the IAC via e-mail, phone call or written request. The request to appeal must be submitted within 14 days after notification of the Athletic Director’s decision.

The chair of the IAC will set a date for an appeal hearing within 30 days of receipt of the student-athlete’s request to appeal. The IAC is comprised of three faculty members, two students, the AD in an ex-officio capacity and the Faculty Athletic Representative who will serve as chair. The committee will convene on the hearing date and give each party the opportunity to present their case, either in person or by providing written documentation. The committee will determine whether to uphold the Athletic Director’s decision or to approve the transfer request. The chair of the IAC will notify the student-athlete of the committee’s decision within 14 days of the date of the appeal hearing. All decisions of the IAC are final.

**Academic Success Plan**

Coaches are given the responsibility to ensure academic success of every student athlete in their respective program. The Cameron University Athletic Department’s GPA Goal is a combined 3.0. We will continue to strive to achieve that goal and once obtained, we will strive to maintain our achievement.

**Athletic Programs:** Baseball, Men/Women’s Basketball, Cross Country, Men/ Women’s Golf, Softball, Spirit, Men/Women’s Tennis, and Volleyball. Each Head Coach will define the academic expectations of their program and student athletes within their “Team Rules” document, which is distributed at the first team meeting in the fall.

**Team GPA < 2.5:** Program coaching staff will issue each team member a bi-weekly attendance/grade check form. Each player will be responsible for presenting to his/her professors the form in order to obtain daily attendance and grade information. The form will be turned into the coaching staff at a bi-weekly academic meeting defined by the coaching staff. Only student athletes with a 3.0 or better will be exempt from this requirement.

Coaching staff will be responsible for contacting, either in person, telephone, or by email professors whose attendance and grade information have not been obtained. Documentation of each contact will be included with the attendance/grade check packet.
A weekly academic meeting with each team member and a member of the respective coaching staff will be arranged by the coaching staff in order to discuss concerns, successes, needs, etc.

A bi-weekly meeting with the coaching staff, which will include the Head Coach, will be conducted by the Athletic Director or the Associate Athletic Director in the absence of the Athletic Director in order to discuss academic team performance.

Mandatory team or individual study hall, which includes all team members with the exception of team members with a 3.0 GPA or better, will be conducted by the respective program. All first-year student athletes are required to attend. Transfer student athletes’ incoming GPA may be utilized. It is the coaching staff’s responsibility to secure a room for mandatory study hall. Documentation of attendance will be required and turned into the Athletic Director at each bi-weekly meeting. Each team member shall be required to attend study hall for a minimum of six hours per week (Sun-Sat). Coaching staff will determine times and locations.

In the event a student athlete misses a class or a scheduled study hall as deemed unexcused by the Athletic Director it shall be noted. If a second violation occurs, a meeting with the student athlete, coaching staff and the Athletic Director will be mandatory before the student athlete will be allowed to participate in practices or competition. If a third violation should occur, the student athlete will be suspended from competition and practice for a period of two weeks and will be followed by a mandatory meeting with the coaching staff and Athletic Director until the student athlete will be allowed to return to the team. Additional violations and the student athlete will be dismissed from the team, which may result in all athletic financial aid being terminated. If dismissed, the student athlete will no longer be considered a part of the Cameron University Athletics Department.

Exhausted: For student athletes having exhausted their NCAA eligibility

Eligibility: after their athletic season, regardless of GPA, continued academic progress is expected. If class attendance diminishes, a meeting with the student athlete, coaching staff and Athletic Director shall be mandatory. If the student athlete continues to miss class could result in all athletic financial aid being terminated.

Appeal Process: Student Athletes have the right to appeal any decision from the Athletic Director as is written in the 2017-2018 Cameron University Student-Athlete Handbook under the Student-Athlete Grievance Procedure section.
Any student athlete is eligible for tutoring services offered by the university and the athletic department. A student athlete must make an initial request for tutoring through their perspective head coach.
Cameron Athletics Student-Athlete Pregnancy Policy

Cameron Athletics is committed to the personal health and development of all our student-athletes and to the educational mission of the University. We seek to provide an environment that respects all pregnancy and parenting decisions and encourages all affected student-athletes to work toward degree completion. In response to and in support of the NCAA’s student-athlete pregnancy guidelines, the Athletics Department of Cameron University has adopted the following student-athlete policy.

Privacy & Care

If a student-athlete suspects she is pregnant, she should contact the athletic training staff immediately. The student-athlete must be under the care of an OBGYN of her own choosing. The CU athletics training staff can recommend an OBGYN at the request of the student-athlete. The student-athlete, athletics training staff, team physician, and the student-athlete’s OBGYN will evaluate the potential risk to the student-athlete and the likelihood of maintaining a viable pregnancy in connection with continued athletics participation. A student-athletes’ right to privacy is the same for pregnancy as it is for any other personal medical issue. As such, all medical information pertaining to pregnancy will remain confidential unless the student-athlete gives permission to release the information. The athletic training staff will encourage the student-athlete to discuss her pregnancy with her coach but the decision to inform a coach will remain at the discretion of the athlete.

If a student-athlete chooses to compete while pregnant, she will be made aware of the potential risks of her particular sport and exercise in general by her OBGYN, the athletic training staff and/or CU’s team physician. She will be instructed to discontinue exercise if she experiences any of the following: feeling over-exerted, vaginal bleeding, shortness of breath before exercise, dizziness, headache, chest pain, gastrocnemius pain or swelling, pre-term labor, decreased fetal movement, amniotic fluid leakage, or muscle weakness.

Informed Consent

Once a pregnancy is confirmed, the student-athlete must allow the CU medical staff a limited release of medical information, allowing the results of any subsequent pregnancy-related testing to be shared with the athletics training staff and team physician so that determination can be made regarding the student-athlete’s ability to continue sports participation. As recommended by NCAA guideline 3b, documentation outlining the student-athlete’s medical condition, potential risks of athletics participation during pregnancy, and the student athlete’s understanding of these risks will be included in the medical record.

Return to Play

Post-delivery student-athletes, or student-athletes whose pregnancies do not reach full-term, must be evaluated by their OBGYN and the team physician prior to returning to athletic activity. The attending OBGYN will provide guidelines and recommendations for all continued participation in athletics and return to play decisions. The athletic training staff will work in conjunction with the OBGYN and team physician to ensure the student-athlete’s safe return to
athletics should the student-athlete decide to do so. Clearance for individuals to return to activity is solely the responsibility of the team physician or that physician’s designated representative.

**Exemption**

The NCAA permits a one-year extension of the five-year period of eligibility for a female student-athlete for reasons of pregnancy.

**Scholarship & Financial Aid**

A student-athletes pregnancy will be treated as any other temporary health condition regarding receipt of institutional grants-in-aid. Continued membership of the team sport is determined by academic performance and NCAA eligibility standing, sport contract, and team obligations and responsibilities. In accordance with NCAA bylaw 15.3.4, CU will not terminate or reduce a student-athlete’s athletics aid during the term of the award as a result of pregnancy. Therefore, during pregnancy, a student-athlete may choose to discontinue athletic participation without jeopardizing her athletic scholarship for the length of the award period. However, voluntary withdrawal of the student-athlete may result in loss of financial aid in subsequent award periods.

**Insurance Coverage**

Cameron University does not cover pregnancy nor will CU assume any financial responsibility for any claim related to the pregnancy including but not limited to: diagnosis, imaging, prenatal care, delivery or termination. All medical costs associated with diagnosing pregnancy, care of pregnancy, and/or termination of the pregnancy are solely the responsibility of the student-athlete.
Athletic Training Policies and Procedures

The following is a summary of the Cameron University medical policies and procedures for student-athletes. Each student-athlete will adhere to the policies and procedures throughout their athletic tenure. We hope this summary will answer some of the questions concerning the health care provided for Cameron student-athletes and the financial responsibility of the CU athletic department, the student-athlete, and their parent/guardian.

Cameron University Athletic Training Team

▪ TBD - , Head Athletic Trainer
  Adrianne Bishop, Assistant Athletic Trainer
  Amanda Watkins, Graduate Assistant Athletic Trainer

▪ Team Physicians:
  Daniel Constance, MD Internal Medicine/sports Medicine
  Wayne Johnson, MDPC Orthopedic Surgeon
  Brett Barnes, MD Internal Medicine/Orthopedic Surgeon
  Dan Horton, MD General Practitioner
  Michael Ramos, MD General Practitioner
  Jarek Pascoviak, MD General Practitioner
  Juan Lopez, DDS Dentist
  Rick Swales, OD Optometrist

▪ Outsource Services:
  CU Wellness Center
  Physical Therapy Solutions
  Comanche County Memorial Hospital General Medicine/Diagnostic Testing
  Southwestern Medical Center General Medicine/Diagnostic Testing
  The Imaging Center MRI/Testing

▪ Services Provided:
  Prevention of Athletic Injuries/Illness
  Recognition and Evaluation of Athletic Injuries/Illness
  Rehabilitation and Treatment of Athletic Injuries/Illness
  Patient Education

▪ All rehabilitation and/or treatment prescribed by a Cameron team physician will be carried out in the Cameron Athletic Training Room, unless otherwise noted by the physician.

▪ The Cameron Athletic Training Team will make the final determination regarding the student-athlete’s medical status and ability to participate in practice and/or competition.
PRE- PARTICIPATION PHYSICAL EXAMINATION

Initial Department Physical Examination

All student-athletes must undergo an initial complete physical examination their first year at the University. A student-athlete shall not be allowed to participate in any scheduled practices, scrimmages, or competition until the initial physical examination has been completed. The Team Physician shall conduct the initial department physical examinations for each team. The Head Athletic Trainer will determine the site, date, and time.

Annual Medical Update

In each year subsequent to the one in which the initial physical examination was completed, each student must complete a medical update prior to participation in any practice session or University athletic contest.

a. The medical update shall include an interview with the Head Athletic Trainer.
b. If the Head Trainer or the student-athlete believes a further medical evaluation to be advisable, an appropriate medical referral will be arranged.

Non-Departmental Physical Examination

Any student-athlete who desires to participate in any sport (i.e. walk-on, etc.) who does not complete a physical examination scheduled by the athletic department must perform the following BEFORE permission to participate will be granted.

a. Obtain a physical examination form from the Head Athletic Trainer.
b. Have athletic training staff review physical form.
c. Schedule an appointment with a physician to complete the physical.
d. Walk-ons joining the athletic teams after the scheduled department physical examinations will be required to pay for their own physical.
e. Return the physical form to the Head Athletic Trainer.
f. If the student-athlete has had surgery within the last 8 months, a written release from the surgeon is required before practice can begin.
g. Complete all other necessary forms as assigned by the athletic department.

Extra Costs of Physical Examination

Any costs (i.e. office visit, radiology, laboratory work, surgery, hospital expense) necessary to complete any of the physical examinations listed above shall be the financial responsibility of the student/athlete and/or his or her parents or guardians. No such costs shall be incurred during the Department physical examination or annual update without first discussing the reason for such costs with the financially responsible person(s).
Review of Forms by Athletic Training Staff

All physical forms will be reviewed by the athletic training staff BEFORE the athlete is seen by a physician. If this procedure is not followed any chronic injury will be treated as a pre-existing injury and the associated policy followed.

Concussion Evaluation

All new student-athletes except cross county, golf and tennis are required to have a baseline concussion evaluation. All athletes that have a history of concussions are required to get annual concussion evaluations no matter what sport.

PRE-EXISTING INJURIES AND/OR ILLNESSES

Previous Injury or Illness

The University shall not be responsible for medical care relating to any injury, defect, or illness that existed prior to the student-athlete’s participation in athletics at the University. Further:

   a. If, during the pre-season physical examination, any pre-existing injury, defect, or illness is discovered, the student-athlete shall not be permitted to participate in any athletic activities until cleared by the Team Physician, in writing, to participate.

   b. The Department shall not pay the cost to treat any injury or illness incurred and/or pre-existing prior to reporting for any athletic program on the date set by the Head Coach; and all medical tests and referrals that must be completed by the student-athlete as a result of any such previous and/or preexisting injury or illness must be the responsibility of the athlete and/or his or her parents or guardians.

   c. Failure of a student-athlete to report any pre-existing medical condition at the time of either the initial medical examination to the annual medical update shall relieve the Department and hold the University harmless of any injury, re-injury, or recurrence of the pre-existing condition or conditions exacerbated by the pre-existing conditions.

NON-ATHLETIC RELATED INJURIES AND ILLNESSES

The CU athletic program does not assume financial responsibility for non-athletic injuries or illnesses and prescriptions, we will assist the student-athlete in arranging appointments with the appropriate physicians or other providers whenever possible.

Injuries that occur outside of intercollegiate athletics such as in intramural activities, ROTC, physical education classes, dormitory or household accidents, and motor vehicle accidents are the sole responsibility of you and your insurance carrier.

Dental Services

Dental services can only be covered by Cameron Athletics for injuries that occur as a direct result of participation in intercollegiate athletics at CU. All dental injuries must be reported to the Athletic Training Department within 24 hours of the injury occurrence. Cameron University will NOT provide routine or preventative dental care. Athletic trainers may refer student-athletes to a dentist for personal dental problems.
Vision Services
CU can provide payment for all medical expenses incurred from eye injuries sustained during intercollegiate athletics participation at Cameron. When possible, the emergency treatment associated with eye injuries will be provided by CU’s designated team ophthalmologist.

Other excluded conditions and/or care
The following list of services/care is not covered and CU will not be financially responsible. This list is not necessarily an all inclusive list.

- Routine dermatology care
- Routine care of diabetes or diabetic conditions
- Extended allergy/asthma care
- Gynecological care
- Chiropractic care
- Recurring prescription or over-the-counter medications

MEDICAL REFERRAL POLICY

Reporting Injuries/Illnesses
Student-athletes must report all injuries or illnesses to the Athletic Trainer immediately. Any student-athlete who does not report an injury to the supervising Athletic Trainer and/or goes to a physician on his/her own accord will be financially responsible for all associated costs for the treatment of the injury. The student-athlete will not be allowed to participate again until a medical release has been given to the Cameron Athletic Training Staff from the attending physician.

Medical Referral
If determined necessary; the Athletic Trainer will refer the student-athlete to a Cameron team physician. The student-athlete must take a Medical Referral Form.

Second Medical Opinion
Cameron University will adhere to the request of a student-athlete to obtain a second opinion. However, the physician giving the second opinion must be approved by the Head Athletic Trainer. The student-athlete must obtain a Second Opinion Form and a medical referral form from the Athletic Trainer. After the appointment the student-athlete must submit to the Athletic Trainer a copy of the physician’s report including a diagnosis, treatment protocol, and a statement regarding medical status (full return, no practice, etc.).

If the student-athlete chooses to obtain any further medical opinions, the CU athletic department cannot deny the request, but it is the financial responsibility of the student-athlete and their parent/guardian to pay for ALL expenses incurred by that opinion (i.e., office visit, X-ray, MRI, CT scan, hospital, lab tests, etc.)
Participation Status

The CU team physicians or designated physician have the final authority in determining the participation status of the student-athlete. The option to seek a second medical opinion for the student-athlete is authorized ONLY for the determination of injury severity and insurance requirement, NOT participation status. The CU team physicians or designated physician have the right to withhold a student-athlete from competition or practice based upon the best interest of the student-athlete and status of the injury. A second medical opinion WILL NOT clear a student-athlete for participation.

Insurance

Primary Insurance

Cameron student-athletes are REQUIRED to obtain their own primary insurance coverage. Cameron may provide options that you may purchase for primary coverage. Please be aware that “accident only” policies only cover injuries that occur from accidents, illnesses are not covered, and many physicians do not accept “accident only” policies. A minimum of $3,000 of accident coverage is required.

Cameron University will not cover any co-pays and or deductibles required by student-athlete’s primary insurance. Proof of primary insurance shall be given to the Head Athletic Trainer before participation in intercollegiate athletics at Cameron University. This includes completion of the student-athlete insurance information sheet and a copy of the front and back of his/her insurance card.

Secondary Insurance

The Cameron Athletic Department provides a secondary insurance policy for its student-athletes. This policy requires the student-athlete’s family or personal insurance be filed first. This excess medical policy covers the injured athlete and is an accident-only policy.

Filing Insurance Procedure

It is the sole responsibility of the student-athlete to insure that proper procedures are followed regarding the handling of all medical and insurance related documentation. When expenses are incurred during the course of injury evaluation, treatment, and/or management, it is the responsibility of the student-athletic to meet all financial obligations.

Note: Cameron University will not cover any co-pays and/or deductibles required by a student-athlete’s primary insurance

To facilitate the recovery of the greatest amount of the expense as possible, the student-athlete must follow course of actions outlined below. This should prevent the student-athlete and/or parents or guardians from being responsible for any out of pocket expenses, less applicable deductibles and co-pays’. If proper procedure is not followed Cameron University will not be financially responsible for any expenses.

a. Immediately inform activity supervisor (coach) of injury.

b. Inform Head Athletic Trainer of the injury.
c. If referred to physician by Head Athletic Trainer, follow medical referral procedures by bringing Medical Referral Packet which includes:
   a) Medical Referral Form
   b) Primary Insurance Information
   c) Secondary Information Form as noted above.

d. Cover all financial obligations to physician since **Cameron University will not cover any co-pays and/or deductibles required by a student-athletes’ primary insurance.**

e. A copy of all bills from every provider (doctor, hospital, etc.) and the explanation of benefits (EOB) will be given to the Head Athletic Trainer for record keeping purposes

f. After primary insurance has been filed all claims, itemized bills and EOB’s (Explanation of Benefits) for medical care should be forwarded to the University-retained secondary insurance provider so that excess charges may be filed. This is normally forwarded by the medical provider but follow-up by the student-athlete is advised.

g. If an issue arises, schedule a time with the Head Athletic Trainer so that you may receive assistance in resolving the issue.

**Time Restraint**

Cameron University Athletic Training Department will assist that student-athlete in the insurance claims if requested. However, after 104 weeks after initial physician appointment or other services, CU will no longer be responsible for any financial obligations.
Athletic Training Room Rules

1. It is the sole responsibility of the student-athlete to report all injuries to a member of the Sports Medicine staff to insure proper and expedient care.

2. Unless otherwise directed, self-treatment will not be tolerated in the Athletic Training Room. Please see a Sports Medicine Staff member for proper care and application of all treatments.

3. Be respectful to the people and the equipment.

4. Athletes are never allowed in the Athletic Training Room without the appropriate Sports Medicine Staff member due to liability issues.

5. The athletic training room is a coeducational facility. Minimum dress of shirts and shorts is required at all times unless removal is necessary for medical treatment.

6. Inappropriate joking or language may result in the removal from the Athletic Training room

7. Respect what is asked by the Sports Medicine Staff and do as directed.

8. No food or drinks are allowed in the Athletic Training Room unless approved by a Sports Medicine Staff member

9. Please refrain from shouting or yelling when in the Athletic Training Room. Loud noise creates confusion. Appropriate behavior and conduct will be enforced by the Sports Medicine Staff.

10. Other university apparel will not be permitted in the Athletic Training Room. Athletes will be asked to change before treatment is provided, no excuses.
CONCUSSION MANAGEMENT GUIDELINES

1. Cameron University (CU) will require student-athletes to sign a statement in which student-athletes accept the responsibility for reporting their injuries and illnesses to the sports medicine staff, including signs and symptoms of concussions. During the review and signing process student-athletes will be provided with educational material on concussions.

2. CU sports medicine staff members shall be empowered to determine management and return-to-play of any ill or injured student-athlete, as he or she deems appropriate.

3. CU shall have on file a written concussion management plan that specifically outlines the roles of athletics healthcare staff (e.g., physician, certified athletic trainer, physician assistant, neuropsychologist).
   a. CU coaches will receive a copy of the concussion management plan and a fact sheet on concussions in sport.
   b. CU shall record a baseline assessment for each student-athlete in the sports of baseball, basketball, cheerleading, softball, and volleyball at a minimum. In addition, a baseline assessment will be recorded for student-athletes with a known history of concussion. The same baseline assessment tools should be used post-injury at appropriate time intervals.

   The baseline assessment should consist of the use of:
   1. Standardized Assessment of Concussion (SAC) test
   2. Balance Error Scoring System (BESS) Test
   c. When a student-athlete shows any signs, symptoms or behaviors consistent with a concussion, the athlete will be removed from practice or competition, by either a member of the coaching staff or sports medicine staff. If removed by a coaching staff member, the coach will refer the student-athlete for evaluation by a member of the sports medicine staff.
      - During competitions, on the field of play injuries will be under the purview of the official and playing rules of the sport. CU staff will follow such rules and attend to medical situations as they arise.
      - Visiting sport team members evaluated by CU sports medicine staff will be managed in the same manner as CU student-athletes.
   d. A student-athlete diagnosed with a concussion will be withheld from the competition or practice and not return to activity for the remainder of that day. Student-athletes that sustain a concussion outside of their sport will be managed in the same manner as those sustained during sport activity.
   e. The student-athlete will receive serial monitoring for deterioration. Athletes will be provided with home instructions upon discharge; preferably with a roommate, guardian, or someone that can follow the instructions.
f. The student-athlete will be monitored for recurrence of symptoms both from physical exertion and also mental exertion, such as reading, phone texting, computer games, watching film, athletic meetings, working on a computer, classroom work, or taking a test. Academic advisors and professors may be notified of student-athlete’s concussion, with permission for release of information from the student-athlete.

g. The student-athlete will be evaluated by a team physician as outlined within the concussion management plan. Once asymptomatic and post-exertion assessments are within normal baseline limits, return to play shall follow a medically supervised stepwise process.

h. Final authority for Return-to-Play shall reside with a certified athletic trainer, team physician or the physician’s designee as noted in the concussion management flowchart.

4. CU will document the incident, evaluation, continued management, and clearance of the student-athlete with a concussion.

5. Athletics staff, student-athletes and officials will continue to emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted.
What is a concussion?
A concussion is a type of traumatic brain injury. It follows a force to the head or body and leads to a change in brain function. It is not typically accompanied by loss of consciousness.

How can I keep myself safe?

1. **Know the symptoms.**
   - You may experience ...
     - Headache or head pressure
     - Nausea
     - Balance problems or dizziness
     - Double or blurry vision
     - Sensitivity to light or noise
     - Feeling sluggish, hazy or foggy
     - Confusion, concentration or memory problems

2. **Speak up.**
   - If you think you have a concussion, stop playing and talk to your coach, athletic trainer or team physician immediately.

3. **Take time to recover.**
   - Follow your team physician and athletic trainer’s directions during concussion recovery. If left unmanaged, there may be serious consequences.
   - Once you’ve recovered from a concussion, talk with your physician about the risks and benefits of continuing to participate in your sport.

How can I be a good teammate?

1. **Know the symptoms.**
   - You may notice that a teammate …
     - Appears dazed or stunned
     - Forgets an instruction
     - Is confused about an assignment or position
     - Is unsure of the game, score or opponent
     - Appears less coordinated
     - Answers questions slowly
     - Loses consciousness

2. **Encourage teammates to be safe.**
   - If you think one of your teammates has a concussion, tell your coach, athletic trainer or team physician immediately.
   - Help create a culture of safety by encouraging your teammates to report any concussion symptoms.

3. **Support your injured teammates.**
   - If one of your teammates has a concussion, let him or her know you and the team support playing it safe and following medical advice during recovery.
   - Being unable to practice or join team activities can be isolating. Make sure your teammates know they’re not alone.

No two concussions are the same. New symptoms can appear hours or days after the initial impact. If you are unsure if you have a concussion, talk to your athletic trainer or team physician immediately.
What happens if I get a concussion and keep practicing or competing?

• Due to brain vulnerability after a concussion, an athlete may be more likely to suffer another concussion while symptomatic from the first one.
• In rare cases, repeat head trauma can result in brain swelling, permanent brain damage or even death.
• Continuing to play after a concussion increases the chance of sustaining other injuries too, not just concussion.
• Athletes with concussion have reduced concentration and slowed reaction time. This means that you won’t be performing at your best.
• Athletes who delay reporting concussion take longer to recover fully.

What do I need to know about repetitive head impacts?

• Repetitive head impacts mean that an individual has been exposed to repeated impact forces to the head. These forces may or may not meet the threshold of a concussion.
• Research is ongoing but emerging data suggest that repetitive head impact also may be harmful and place a student-athlete at an increased risk of neurological complications later in life.

Did you know?

• NCAA rules require that team physicians and athletic trainers manage your concussion and injury recovery independent of coaching staff, or other non-medical, influence.
• We’re learning more about concussion every day. To find out more about the largest concussion study ever conducted, which is being led by the NCAA and U.S. Department of Defense, visit ncaa.org/concussion.

What are the long-term effects of a concussion?

• We don’t fully understand the long-term effects of a concussion, but ongoing studies raise concerns.
• Athletes who have had multiple concussions may have an increased risk of degenerative brain disease and cognitive and emotional difficulties later in life.
Weight Room Expectations

1. Respect everyone.
2. Give your best.
3. Have fun, but come ready to work hard.
4. Be on time*
5. Leave the weight room better than you found it.
6. Music needs to be clean (filter on in Pandora or a clean list if in Spotify).
7. Cell phones stay in your bag or coach’s office unless you’ve asked to use it as a stopwatch or it’s plugged in for music.
8. Wear appropriate clothing & shoes**
9. Athletic weight room only to be used when a coach is present for an organized lift or set open gym time.

* Late (up to 10min)
  - 1st offense: 30 up-downs for the individual, 10 for the team
  - 2nd offense: 50 up-downs for the individual, 25 for the team
  - 3rd offense: 300 yd. shuttle/2 full-court shuttles with up-downs (50 total) with coach @ 6:00am

Miss (anything after 10min)
  - 1st offense: 300 yd. shuttle/2 full-court shuttles with up-downs (50 total) with coach at 6:00am
  - 2nd offense: 300 yd. shuttle/2 full-court shuttles with up-downs (50 total) + 50yd bear crawls with coach at 6:00am
  - 3rd offense: suspension for next 3 lifts

** Shorts need to cover everything when your knee is pulled fully to your chest (VB an exception ONLY when practice is directly before or after); No cut-off shirts; No vulgar language or images
Sickle Cell

Sickle Cell Management

NCAA Division II legislation has been adopted that requires institutions, as part of the medical examination required before athletics participation, to include one of the following:

a) A sickle cell solubility test
b) Documented results of a prior test
c) The student-athlete declines the test and signs a written release.

This legislation is applicable to **ALL** student-athletes including transfers, walk-ons, and student-athletes trying out for a team.

Policy

Cameron University is committed to protecting the health of our student-athletes and providing a safe environment in which they may study, practice, and compete.

a) No student-athlete or prospective student-athlete shall participate in any Cameron University sponsored tryout, practice, conditioning, or competition activity without having on file, in the Athletic Training office, documentation of the result of a sickle cell screening test or a written release and waiver of liability. Student-athletes or prospective student-athletes who do not have proof of a sickle cell test or who have not signed a written release and waiver of liability will not be released for participation in any athletics activity.

b) The student-athlete or prospective student-athlete’s sickle cell status shall be communicated to all relevant parties, including, but not limited to:
   i. The student-athlete or prospective student-athlete,
   ii. Parent or guardian if student-athlete or prospective student-athlete is a minor,
   iii. All Athletic Training staff,
   iv. All Cameron University team physicians,
   v. Head and Assistant Coaches for the team on which the student-athlete or prospective student-athlete competes,
   vi. The Athletics Director and Associate Athletics Director,
   vii. Other institutional administrators, as needed.

c) A student-athlete or prospective student-athlete who has a positive test for sickle cell trait will be allowed to return or initiate Cameron University sponsored athletics activities upon completion of a counseling session with a Cameron University team physician and/or athletic training staff.
Procedures:
In order to demonstrate compliance with NCAA legislation, Cameron University student-athletes must submit the sickle cell screening results to the Cameron University Athletic Training Department. There are several methods available to meet this requirement:

a) Contact your state government’s newborn screening department to request a copy of your newborn screening results (all states are required by the US Department of Health and Human Services to test all newborn children for several different types of diseases including sickle cell.)

b) Contact your pediatrician and request a copy of your newborn screening results.

c) Arrange a test though your personal physician and submit results to the Cameron Athletic Training Department.

d) Arrange testing through the university; however, it may take up to 5 business days for test results, and during that time you will not be allowed to participate with your team.
What is sickle cell trait?

Sickle cell trait is not a disease. Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time.

Do you know if you have sickle cell trait?

People at high risk for having sickle cell trait are those whose ancestors come from Africa, South or Central America, India, Saudi Arabia and Caribbean and Mediterranean countries.

How can I prevent a collapse?

- Know your sickle cell trait status.
- Engage in a slow and gradual preseason conditioning regimen.
- Build up your intensity slowly while training.
- Set your own pace. Use adequate rest and recovery between repetitions, especially during “gassers” and intense station or “mat” drills.
- Avoid pushing with all-out exertion longer than two to three minutes without a rest interval or a breather.
- If you experience symptoms such as muscle pain, abnormal weakness, undue fatigue or breathlessness, stop the activity immediately and notify your athletic trainer and/or coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.
- During intense exercise, red blood cells containing the sickle hemoglobin can change shape from round to quarter-moon, or “sickle.”
- Sickled red cells may accumulate in the bloodstream during intense exercise, blocking normal blood flow to the tissues and muscles.
- During intense exercise, athletes with sickle cell trait have experienced significant physical distress, collapsed and even died.
- Heat, dehydration, altitude and asthma can increase the risk for and worsen complications associated with sickle cell trait, even when exercise is not intense.
- Athletes with sickle cell trait should not be excluded from participation as precautions can be put into place.

Sickle cell trait occurs in about 8 percent of the U.S. African-American population, and between one in 2,000 to one in 10,000 in the Caucasian population.

Most U.S. states test at birth, but most athletes with sickle cell trait don’t know they have it.

The NCAA recommends that athletics departments confirm the sickle cell trait status in all student-athletes.

Knowledge of sickle cell trait status can be a gateway to education and simple precautions that may prevent collapse among athletes with sickle cell trait, allowing you to thrive in your sport.

For more information and resources, visit www.NCAA.org/health-safety
Institutional Drug Test

Purpose and Scope

Cameron University seeks to maintain an educational environment that is conducive to high academic and safety standards for its students. The abuse and misuse of drugs and alcohol are major problems for all segments of contemporary American society. Student athletes occupy a special position in the University community. They must maintain a high degree of physical fitness and alertness to ensure maximum personal safety and to enable them to perform to their best capacity in athletic endeavors. Through participation in athletics, students using illegal drugs pose a threat to their own health and safety, as well as to that of other students. In addition, because athletes are often viewed as role models by their peers, they must adhere rigorously to the highest standards of ethical behavior in their chosen sports. The intent and purpose of this policy and the resulting substance abuse program are not punitive, they are educational and preventive. The goals of the program are threefold: (1) to provide for the health and safety of all student athletes; (2) to undermine the effects of peer pressure by providing a legitimate reason for student athletes to refuse to use illegal drugs; and (3) to encourage student athletes who use drugs to participate in drug treatment programs. The program is designed to ensure that student athletes remain drug free, so they may continue as student athletes at Cameron and benefit from the mental and physical health associated with participation in intercollegiate athletics.

Cameron University also seeks to maintain a high level of moral and team spirit among its student athletes. Student athletes devote significant amounts of time and energy to improving and maintaining their respective skills. Each athletic team depends upon team members to be physically fit and available to participate at all intercollegiate competitions. NCAA rules subject many athletes to random drug testing at NCAA competitions and prohibit participation by those who test positive for many drugs. If a student athlete is barred from competition at an NCAA event, the entire team suffers the loss of the team member’s skill. An ongoing program of deterrence regarding the use of illegal drugs can reasonably be anticipated to limit this type of risk to the CU athletic teams, and will thereby better ensure the confidence of each team in the reliability of its members.

Definitions

(a) Athletic Director - The CU employee responsible for overseeing all athletic programs of CU. In the event of the absence of the Athletic Director, then this term shall be deemed to include such other person as may be designated by the Athletic Director for such purpose or by the University administration, when deemed appropriate.

(b) Banned Substance - A substance defined by this policy as being banned from use by student athletes.

c) Chain-of-Custody Form - A preprinted form provided by the testing laboratory that records all contact with the provided specimen. The form is initiated by the collector and donor then follows with the specimen until the results are certified by the testing scientist and forwarded to the MRO for final certification.
(d) **Illicit or Illegal Drugs** - For purposes of this policy, the term *illicit or illegal drugs* will mean the following listed drugs, in the cut-off concentration listed adjacent to the name of the drug:

<table>
<thead>
<tr>
<th>Metabolite</th>
<th>Cut-Off Concentration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Phencyclidine</td>
<td>25 ng/ml</td>
</tr>
<tr>
<td>Benzodiazepines</td>
<td>300 ng/ml</td>
</tr>
<tr>
<td>Cocaine</td>
<td>300 ng/ml</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>1,000 ng/ml</td>
</tr>
<tr>
<td>Tetrhydrocannabinol</td>
<td>50 ng/ml</td>
</tr>
<tr>
<td>Opiates</td>
<td>300 ng/ml</td>
</tr>
<tr>
<td>Barbiturates</td>
<td>300 ng/ml</td>
</tr>
</tbody>
</table>

(e) **Illicit or Illegal Substance** - A drug classified by the Drug Enforcement Administration (DEA) as being available only by prescription from a physician or classified as being controlled and having no therapeutic use.

(f) **Medical Review Officer (MRO)** - A licensed physician trained and certified in the process and interpretation of drug testing results.

(g) **Quantitative Levels** - The measurement levels of a specific chemicals in the urine reported usually in nanograms per milliliter (ng/ml).

(h) **Second Positive Result** - A Second Positive Result will occur as a result of a positive result regarding a test performed on a urine sample subsequent to the test of the first urine sample, or in the event of a deemed failure pursuant to sections 4.06 or 4.07.

(i) **Student Athlete** - For the purpose of the Policy, the term *student athlete* shall be as defined by Cameron University.

**POLICY**

**General Statement of Policy**: It is the policy of CU to prohibit the use of illegal drugs and abuse of alcohol by student athletes, and to thereby (1) promote the physical safety and mental health of the student athletes and other students with whom they come into contact through participation in the Athletic Program, and (2) promote the morale and team spirit of the CU athletic teams by decreasing the risk that a team member may be banned from competition as a result of a last minute drug test performed pursuant to NCAA rules.

**NCAA Compliance**: It is also the policy of CU to comply with NCAA rules prohibiting the use of illegal drugs and abuse of alcohol by all participants in NCAA activities.

**Drug Testing**: As a corollary to the above policy statement, it is the policy of CU to randomly test student athletes throughout each academic year. Test results will be analyzed by duly licensed testing facilities, qualified to perform drug tests by the laws of the State of Oklahoma. The cost of all testing, with the exception of retests performed as a result of challenges, shall be borne by CU.
Violation of Policy: Any student athlete who violates the CU policy prohibiting use of illegal drugs or abuse of alcohol as determined by the procedures set forth below will forfeit his or her right to participate in the CU Athletic Program.

PROCEDURES

Informed Consent for Testing: At the beginning of each academic year, or prior to participating in any athletic practice or competition, each student athlete and the parent/guardian/custodian of any student athlete who is under age eighteen (18) will complete and sign the Informed Consent Agreement (Exhibit A). A student may not participate in any practice or competition until the referenced form is properly executed and on file with the Athletic Director.

Random Selection of Student Athlete for Testing: At the beginning of each academic year, the Athletic Director will prepare a list of CU student athletes. The list will be sent to Comanche County Memorial Hospital, who will establish and maintain a computer generated random selection program or random number table pursuant to which names of student athletes will be selected for random drug testing. Any student not present upon the date selected for testing will be tested as soon as is reasonably practicable, as determined by the Athletic Director.

Scheduling: Random urine sample (UA) tests will be conducted on a continuing basis throughout each academic year. Athletes may be tested on multiple occasions, depending upon the name generation of the random computer selection program.

Notification: Immediately prior to each drug test, a written testing notification will be delivered to each student athlete selected for testing. The notification will state the exact date, time and facility with respect to which the selected student athlete is to report.

Disclosure of Ingested Medications: Student athletes will disclose to the Athletic Training office any and all medication utilized at any time. Because some types of medication may pose a risk of injury, the discovery of such a substance in the course of a test will not be excused unless the student athlete has made appropriate disclosures to the Athletic Training office immediately upon ingestion and prior to testing.

Failure to Consent or Submit to Testing: Any student athlete who: (a) does not consent to drug testing as provided in this Policy, (b) does not cooperate with the testing agency, (c) fails to submit to drug testing, (d) fails to appear for a scheduled drug test in a timely manner; (e) fails to submit a urine sample during specified assigned times, or who submits or attempts to submit (f) false signatures, persons or samples relating to the drug test, or otherwise attempts to manipulate urine specimens or drug test results, will automatically be deemed to have experienced a First Positive Test result. A student athlete who is unable to provide an adequate urine specimen at the testing time will be viewed as refusing to test and subject to the provisions of this Policy in that regard, unless a special collection is approved by the Athletic Director. In the event a special collection is approved, the Athletic Director may arrange for the special collection to be performed at a specified location.

Failure to Complete Counseling Obligations: In the event of a positive test result, whether by reason of actual testing or as a result of deemed failure as provided by section 4.06, any student athlete who fails to attend a required evaluation with a counselor, fails to complete requirements established by a counselor, fails to submit to further drug tests which may be required or actual
positive results on such further drug tests, or failure to complete educational requirements set forth by the counselor shall constitute a Second Positive Result.

**Effect of Negative Results:** Unless a student athlete has been deemed to have a Positive Test Result by reason of paragraph 4.06 above, a negative test result will conclude the procedures under this Policy as to the student athlete tested for purposes of the test performed.

(a) **Notification.** Within 24 hours, the Athletic Director will verbally notify the student athlete, the head coach, and the parent of the student athlete (if under 18 years old) of the positive result. A written notification will be forwarded to the student athlete within three working days, confirming the positive result.

(b) **Suspension.** The student athlete will immediately be suspended from the next twenty percent (20%) of all remaining competitions set or subsequently scheduled for the academic year (exclusive of scrimmages). In the event less than five (5) games remain in the academic year, the suspension shall extend through the end of the next semester in which competitions are scheduled.

(c) **Counseling.** The Athletic Director will then schedule an appointment with a state certified Drug/Alcohol counselor for assessment and evaluation. The cost of assessment and evaluation, and any treatment or requirements made by the Drug/Alcohol counselor shall be borne by the student athlete.

(d) **Reinstatement.** Upon completion of the twenty percent (20%) suspension and the requirements of the Drug/Alcohol Counselor, the student athlete will be reinstated and authorized to compete in interscholastic competitions.

**Second Positive Test Result:** Whenever a drug test result indicates the presence of illegal drugs or banned substances in the urine of a tested student athlete, or whenever a student athlete is deemed to have had a Second Positive Test Result pursuant to section 4.08, the following will occur:

(a) **Notification.** Within 24 hours, the Athletic Director will verbally notify the student athlete, the head coach, and the parent of the student athlete (if under 18 years old) of the positive results. A written notification will be forwarded to the student athlete within three working days, confirming the positive result.

(b) **Permanent Suspension.** The student athlete will be permanently barred from any athletic practice or competition activities at CU.

(c) **Financial Aid and University Property.** All financial aid pertaining to athletic activities will be canceled effective the date a student athlete incurs a Second Positive Result. All property of CU will be immediately returned by the student athlete to the head coach or other appropriate University personnel.

**Challenges:** If the student athlete or his or her parent/guardian/custodian wishes to contest the results of any actual urine sample test, the person or persons who wish to assert a challenge must submit a written notice to the Athletic Director requesting that the sample be retested. The challenge must be submitted in writing within five working days following the date of the first notification (whether verbal or written) to the student athlete of positive test results. The Athletic Director will notify the laboratory regarding the retest, and the laboratory will arrange for the
split portion of the specimen to be submitted to another licensed and qualified laboratory for purposes of conducting a second test. The cost of any retest performed as a result of a challenge shall be borne by the individual requesting the challenge.

**Confidentiality of Results:** All drug test results will be considered confidential information and will be handled accordingly. All persons to whom results will be reported will be required to sign a Confidentiality Statement (Exhibit B).

**Testing Facility Requirements:** At a minimum, a testing facility must be capable of providing the following services:

(a) **Collection of Urine Specimens.** A testing facility will oversee the collection of urine specimens described above. Chain of Custody forms will be completed by the testing facility which meet the criteria of this Policy and that of the testing laboratory. Students will be given as much privacy as reasonably practicable with respect to obtaining urine specimens.

(b) **Testing of Urine Specimens.** The testing facility will have all specimens tested for the specified illicit, illegal or banned substances listed above by a qualified laboratory certified by the appropriate licensing agency following applicable governmental regulations. The testing laboratory must be capable of testing for the drug classes listed, substances or their metabolites in collected urine specimens.

(c) **Medical Review Officer (MRO) Services.** The Vendor will provide MRO services by a licensed physician who is certified by the Medial Review Officer Certification Council (MROCC) or the American Association of Medical Review Officer as having proven by examination to have had the appropriate medical training to interpret and evaluate drug tests and thus qualified for certification as a Medical Review Officer. The MRO must demonstrate a willingness to abide by the procedure for a random urine drug testing as set forth in this Policy, and to report findings to the Athletic Director in a timely and confidential manner. All results will be kept on file for a period of seven years.

(d) **Reporting of Random Urine Test Results byVendor.** The MRO will certify all urine drug screens as negative or positive and report by telephone positive findings in a confidential manner to the Athletic Director. The MRO will also notify the Athletic Director, by phone, that a drug test returned positive, giving only the dates of the collection and reporting.

(e) **Statistical Reporting and Confidentiality of Urine Drug Test Results.** The Vendor, testing laboratory, or MRO may not release any statistics on the rate of positive drug tests to any person, organization, news publication or media without expressed written consent of Cameron University. However, the Vendor will provide the Building Principal with a quarterly report showing the number of tests performed, rate of positive and negative tests, and what substances were found in the positive urine specimens.

(f) **Repeat Testing Analysis.** The MRO may use quantitative results to determine if positive results on repeat testing indicate a recent use of illicit or banned substances or the natural decline of levels of the illicit or banned substances from the body. If the MRO feels the quantitative levels determined to be above the established cutoffs do not reflect current use but natural decay, then a negative result may be reported.
**Alcohol Related Incidents:** Any student athlete arrested as a result of alcohol or illicit drug behavior or violation of laws, while he/she is affiliated with any CU Athletic program during academic year (including any weekends, holiday, or school breaks), will be subject to the following sanctions:

(a) The Athletic Director will determine whether the student athlete will continue to participate while charges are adjudicated.

(b) The Student athlete will follow the same procedure as is applied when a student athlete incurs a First Positive Result, as set forth above, except that an automatic suspension will not apply prior to determine of guilt.

(c) In the event a student athlete is found guilty in a court of law, whether by reason of conviction or plea, the suspension described in section 4.08(b) or 4.10(b) above shall apply.

(d) A subsequent violation shall have the same effect as a Second Positive Result, defined above.

**Student Athlete/Personal Vehicle**

All student-athletes will travel in University approved vehicles unless they provide written documentation from a parent or legal guardian acknowledging the student-athlete will be traveling in their personal vehicle to and or from team competition
“AGGIE’S FIGHT”

We’ll fight to the end
Cameron Aggies,
Fight for our honored name.
We’ll back you all the way you know,
For spirit is in our fame.
So here’s to the Cameron Aggies,
Here’s to the Black and Gold.
Yes FIGHT, FIGHT,
Cameron Aggies
All the way!

Cameron Pride
Cameron University’s Alma Mater

Music by Gene Smith
Lyrics by Surenay Casswell

Give us truth to light the darkness and
visions to pursue and faith to meet the
challenge of a world we must renew.

Cameron pride, Cameron pride, broader than the plains,
for your guidance and your promise our praise and thanks to you.