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Welcome to California State University, East Bay  
Home of the Pioneers

Cal State East Bay is a NCAA Division II institution competing in the California Collegiate Athletic Association (CCAA) and sponsors the following 15 sports: baseball, men’s and women’s basketball, men’s and women’s cross country, men’s and women’s soccer, softball, men’s and women’s outdoor track, men’s and women’s golf and volleyball. Our women’s water polo competes in the Western Water Polo Association (WWPA). Our women’s swim team competes in the Pacific Collegiate Swim and Dive Conference (PCSC).

Since 1961, the Pioneers have won a total of six team national collegiate championships and seven individual national championships. Cal State East Bay has produced over 240 All-Americans and has won 80 conference championships in NCAA Divisions II and III, as well as in the National Association of Intercollegiate Athletics.

This handbook is to serve as a guide of your individual responsibilities while a student-athlete at this University. This handbook should serve as a supplement to your team’s handbook.

The athletic department maintains an “open-door policy” for all student-athletes, and we encourage you to contact not only members of the coaching staff for your sport, but also administrative staff if you have questions or concerns. Also, we have provided you with a directory of commonly used telephone numbers of Cal State East Bay staff, which is located on the inside back cover of the handbook.

We hope you will take full advantage of the opportunities offered at Cal State East Bay. With your academic and athletic experiences, the success you achieve and the memories you gain will play an instrumental role in your personal and professional growth.

MISSION

The California State University East Bay Athletic Department (Pioneer Athletics) strives to fulfill the educational mission of the university while providing unique opportunities for personal growth and success outside of the classroom. Pioneer Athletics has aligned itself with the eight shared strategic commitments set forth by Cal State East Bay, showcasing the partnership that exists between athletics and the university community. Pioneer Athletics maintains its focus on the academic and athletic success of our student-athletes, as well as, preparing this diverse population of students for meaningful lifework and to be socially responsible contributors to society.

VALUES

Pioneer Athletics values the university’s commitment to the education of its students on a local, regional and global stage. We value the university’s commitment to providing the resources necessary for athletics to consistently compete on the conference, regional and national level, academically and athletically. We value the positive environment and sportsmanship that is expected at Cal State East Bay athletic events, allowing all individuals to have an enjoyable and safe experience. We value the physical, emotional and social welfare of our student-athletes and support them to be successful on and off the field.
Expectations of Student-Athletes

The Athletic Department suggests you incorporate the following goals as part of your total development as a student-athlete:

- **Commitment to academic excellence.** Reach your maximum potential in the classroom as measured by above-average grades and, eventually, graduation from Cal State East Bay.

- **Commitment to athletic excellence.** Reach your maximum potential in athletics as measured by your personal improvement and competitive success.

- **Commitment to personal development.** Maintain an excellent level of fitness, health and physical preparedness for athletics participation.

- **Commitment to service.** Be actively involved in campus and community organizations and activities. Be an excellent “ambassador” for Cal State East Bay and our athletic programs in your public actions and comments.

**NCAA DIVISION II**

In Division II, we believe that a well-conducted intercollegiate athletics program, based on sound educational principles and practices, is a proper part of the educational mission of a university or college and that the educational well-being and academic success of the participating student-athlete is of primary concern. The emphasis for the student-athlete experience in Division II is a comprehensive program of learning and development in a personal setting.

There are six core attributes that serve as the foundation of what we stand for in Division II. These attributes include:

- **Learning:** multiple opportunities to broaden knowledge and skills
- **Balance:** emphasis on collective knowledge; integration of skills
- **Resourcefulness:** versatile skill set drawn from broad range of experiences
- **Sportsmanship:** respect for fairness, courtesy; ethical conduct toward others
- **Passion:** enthusiastic dedication and desire in effort
- **Service:** positive societal attitude through contributions to community

**Life in the Balance**

As an ongoing commitment to providing student-athletes with a university experience that balances academics, athletics and social pursuits, Division II has engaged in a “Life in the Balance” initiative that ensures alignment of athletics competition policies with the division’s six core attributes.
Cal State East Bay Student-Athlete Conduct Guidelines

Student athletes are among the most visible students on campus as well as in the community. Similarly, your conduct will be closely scrutinized as you compete on campus, as you travel and as you compete off-campus. Remember that if you do things in groups with other athletes your behavior invites judgments of athletes as a group. If you sit in class with other athletes, your behavior should reflect positively on the athletic department in general and your sport in particular. Your behavior has a definite impact on the reputation of the athletic department and the attitudes the campus community has towards you and your fellow athletes.

You will be looked upon as role models, particularly by young children, and it is important that your personal conduct be above reproach at all times. It is expected that you are a representative of Cal State East Bay as a student-athlete. While at the University, in the community or on road trips you will:

- Understand that participation in intercollegiate athletics is a privilege that carries considerable responsibility.
- Pledge to demonstrate good citizenship, a high degree of sportsmanship, honesty, and integrity on the field or court, on the campus, in the local community, and to otherwise represent the university in a manner that brings pride to me, my team and the university.
- Will make the attainment of an academic degree a high priority.
- Will be a responsible member of each class, which includes attending, being prepared, completing assignments, and participating at the level expected of all students in the class.
- Understand responsibility for any and all material pertaining to yourself posted on any and all social internet sites (i.e. Facebook, Twitter). Any inappropriate material found on any of these sites can result in athletic sanctions.
- Will abide by all sport-specific team rules, the rules and policies of the NCAA and the California Collegiate Athletic Association (CCAA).
- Understand that the use of alcohol or drugs as a student-athlete while involved in any team-related practices, competitions, banquets, travel or other activities is prohibited, regardless of age.
- Understand that hazing is illegal in the State of California. Cal State East Bay Athletics will not tolerate any form of hazing or any actions that produce public humiliation, physical or emotional discomfort. Any situation thought to be hazing will be fully investigated and if found to be a team activity, my team may be suspended from all competition for the remainder of the academic year.
- Will strive to perform to the best of your ability educationally and athletically.
- Abide by all team rules/training rules/travel rules as outlined by your coach. You must sign off in acknowledgement of receipt of team and department rules and regulations.
- Dress appropriately and remember that you are a representative of Cal State East Bay.
- Be courteous to, cooperative with, and patient with fans, officials, community, and media personnel.
- Refrain from use of inappropriate language, signs or symbols of unsportsmanlike conduct.

Failure to abide by these rules will be considered serious misconduct and could be grounds for dismissal from the team and/or cancellation of any athletically related aid. This includes student-athlete behavior as fans at events.

*Please be sure you have read and understand the entire Student Code of Conduct found in the Student Handbook. It gives the rights and responsibilities of all Cal State East Bay Students.
NCAA Conduct Code

The NCAA Presidents’ Commission has adopted and Cal State East Bay supports the following statement on student-athlete behavior:

Student-athletes enrolled at NCAA member institutions should reflect the high standards of honesty and integrity set by the Association for the conduct of intercollegiate athletics. As NCAA member institutions strive to fulfill their educational missions, they share a right and responsibility to preserve order and encourage ethical, responsible behavior through the formulation of standards of conduct for student-athletes and the designation of procedures by which those standards shall be enforced.

It is imperative that student-athletes recognize the significance of their behavior as visible members of the campus and local communities. This same attention, however, also should inspire the institution to assure that its student-athletes receive the same treatment as students generally in disciplinary or criminal matters. Intercollegiate athletics cannot be viewed as a refuge where student-athletes are held to a lower standard of conduct than that imposed on the student body as a whole.

GAME ENVIRONMENT

Sportsmanship should be regarded as a mandatory subset of game environment. That is, an institution can exhibit great sportsmanship without having a great game environment. However, it is not possible to have a great game environment without sportsmanship.

Another way of thinking: Poor sportsmanship at athletics events can destroy the school’s front door to community, which is what the Division II community-engagement effort seeks to create.

As new audiences are drawn in through the athletics program, great care must be taken to make certain that the impressions are positive. The overall production of any athletics event is a reflection on the institution in general. Individuals attracted to an institution through community engagement may feel disappointed or even deceived if the experience at an athletic event is poor.

The game environment can be compromised through factors other than behavior. We should be equally concerned about whether the setting is comfortable and whether the event is lively and entertaining. Three tests come to mind: 1) Is it civil? 2) Is it comfortable? 3) Is it lively and entertaining?

*Student-athletes who do not conform to the stated expected behavior of this code could be subject to discipline. The discipline may range from a warning to dismissal from the team, or reduction/withdrawal of athletically related financial aid.*
Summary of NCAA Regulations-Division II

NCAA COMPLIANCE

Cal State East Bay is committed at all levels of the University to the principle of institutional control in its operation of the athletics program. The Compliance Office coordinates, monitors, and verifies compliance with all NCAA rules, regulations and requirements. The Compliance Office is dedicated to providing educational programs related to NCAA rules and regulations to all representatives of athletics interests. All individuals involved in CSUEB athletics are responsible for knowing the rules, abiding by the rules, and for reporting any possible violations to the Compliance Office.

EXTRA BENEFITS

Due to your athletic popularity in the community, you may be offered benefits (such as money, clothing, meals, gifts, transportation) that are not regularly available to other students. The term “extra benefit” refers to any special arrangement by an institutional employee, booster or anyone that the student-athlete is not legally dependent upon, that provides the student-athlete or the student-athlete’s relatives or friends a benefit not authorized by the NCAA. You should be aware that accepting an “extra benefit” is against NCAA rules and could cause you to lose eligibility and/or athletic aid. If you have any questions, please first ask your coach or the assistant athletic director - compliance. Violating NCAA rules will not only have an impact on you as a student-athlete, but also on the Athletic Department and University as well.

GAMBLING

NCAA rule strictly prohibit student-athletes from engaging in sports wagering activities.

- It is not permissible for you to place or accept a wager on any sport, at any level, in which the NCAA hosts a championship, in bowl subdivision football, and in emerging sports for women.
- Impermissible gambling occurs when you place a wager or accept a wager of money or anything of value for a chance to win something.
- Gambling prohibition includes sporting events at the professional, college, and amateur (e.g. high school, youth team) levels.
- It is not permissible for you to knowingly provide information concerning intercollegiate athletics competition to individuals involved in organized gambling activities.
- It is not permissible for you to accept any benefits from individuals (e.g. meals, presents, money), in exchange for supplying information or for attempting to alter the outcome of any contest.
- It is not permissible to enter an NCAA Tournament Bracket Challenge that requires an entry fee.
- It is not permissible to enter a Super Bowl pool that requires an entry fee.
- It is not permissible to participate in an online fantasy league that requires an entry fee.

COMMERCIAL ENDORSEMENTS

You will not be eligible for participation if you permit the use of your name or photograph to directly advertise, recommend or promote the sale or use of a commercial product or service through your use of such product or service. You must receive permission from the Assistant Athletic Director - Compliance to permit your photograph to be used for any purpose.
OUTSIDE COMPETITION/TRYOUTS

There are rules governing student-athlete participation in outside competition and tryouts. If you are a basketball player, you will become ineligible for any further intercollegiate competition in basketball if you participate in any organized basketball competition except while representing your institution during competition in accordance with the permissible playing season. However, there are no restrictions on participation in outside competition during the summer. If you are a student-athlete in a sport other than basketball, you will become ineligible for intercollegiate competition in your sport if, after enrollment and while you’re a member of your athletics team, you compete on any outside team in any non-collegiate, amateur competition during your sports playing season, including the non-championship segment.

If you participate in an individual sport (i.e., track, tennis, golf, swimming), you are permitted to participate in outside competition as long as you only represent yourself in the competition and not your institution. You are allowed to participate in a professional tryout as long as you do not miss class.

AGENTS

- Accepting any benefit from an agent is not permissible. It is also impermissible for your family and friends to accept benefits from agents.
- Agreeing to have an agent promote your athletic ability, verbally or in writing, before your eligibility is exhausted is not permissible.

IMPERMISSABLE FORMS OF PAYMENT

- Accepting payment or the promise of pay (e.g. cash, prizes, travel) for competing in a sport;
- Accepting gifts, money, impermissible meals, and loans of cars or money from Athletics Department staff, boosters, or fans.
- Receiving more than actual and necessary expenses to compete.
- Receiving any benefit that is not available to other students at CSUEB.
- Using your athletic skills for pay in any form.

There are exceptions to these rules that are applicable only to certain sports. Please feel free to contact the Assistant AD- Compliance if you have questions or would like additional information.
## PRACTICE & PLAYING SEASONS

### Countable vs. Non-Countable Activities

Student-athletes may not participate in countable athletically-related activities for more than:

<table>
<thead>
<tr>
<th>Championship-Season</th>
<th>Out-of-Season (during the academic year)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Four (4) hours per day</td>
<td>Two (2) hours per week –team activities and/or skill instruction</td>
</tr>
<tr>
<td>20 hours per week</td>
<td>Eight (8) hours per week</td>
</tr>
<tr>
<td><strong>At least One day off each week</strong></td>
<td><strong>At least TWO days off each week</strong></td>
</tr>
<tr>
<td>(Exceptions:</td>
<td></td>
</tr>
<tr>
<td>During preseason practice before the first contest or first day of classes, during vacation periods, and postseason.</td>
<td>No Missed class time for practice or competition.</td>
</tr>
</tbody>
</table>

### Non-Championship-Season (Beginning 8/1/17)  
(Fall Ball, Spring Ball)

- Four (4) hours per day
- 15 hours per week
- **At least Two days off each 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 an institution’s official vacation (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 (winter break).
- During participation in conference and postseason NCAA championships.

**Preseason (Cross Country, Soccer, and Volleyball, Golf)** - During the preseason practice period before the institution’s first day of classes or the first scheduled date of competition, whichever is earlier, student-athletes shall not engage in more than six hours of countable athletically related activities per day, only five of which may be devoted to physical activities (e.g., practice, weight training, conditioning). In addition, any session with physical activities shall not exceed three hours in length. Student-athletes must be provided with at least three continuous hours of recovery time between any session occurring that day. During this time, student-athletes may not attend any meetings or engage in other athletically related activities (e.g., weight lifting); however, time spent receiving medical treatment and eating meals may be included as part of the recovery time.

**Championship Season (20 Hours Week/4hrs per day)**
- Time between the team's first officially recognized practice session and the last practice session or competition, whichever occurs later.
- Sports other than football and basketball may have their seasons separated into two distinct segments: non-championship and championship segment.
- Following the institution's final contest or date of competition in the segment that concludes with the NCAA championship, a student-athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive-calendar-day period. Between the end of the 14-consecutive-calendar-day break period or the end of the non-championship segment, and one week prior to the beginning of the institution's final examination period, a student-athlete's participation in weight training, conditioning, team activities and/or skill instruction shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities and/or skill instruction.
Out-of-Season (Eight 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 hours per week of countable athletically-related activities.
- A maximum of 2hrs/week devoted to team activities or skill instruction.
- Outside playing season, all CARA prohibited one week prior to beginning of final-examination period through conclusion of final examinations.

Winter Break

- The winter break shall be a seven-consecutive calendar-day period from December 20 through December 26. During the winter break, a student-athlete may not participate in any countable athletically related activities and may not participate in any voluntary athletically related activities on campus unless the facility is open to the general student-body.
- When December 20 falls on a Friday, Saturday or Sunday, the winter break shall be a seven-consecutive calendar-day period that begins on the following Monday. When December 20 falls on a Monday, the winter break shall be a seven-consecutive calendar-day period that begins on the following Tuesday.

<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 four hours per day).</td>
<td>Compliance meetings.</td>
</tr>
<tr>
<td>Athletics meetings initiated by a coach or required by a coach (Individual or Captain’s meetings)</td>
<td>Meetings with a coach initiated by the student-athlete.</td>
</tr>
<tr>
<td>Competition (and associated activities), regardless of their length, count as three hours. However, no countable athletically related activities may occur after the competition.</td>
<td>Drug/Alcohol educational meetings, Academic Meetings (with coach or advisor), Compliance meetings, sport psychology or CHAMPS/Life Skills meetings.</td>
</tr>
<tr>
<td>On-court or on-field activities called by any member of the coaching staff.</td>
<td>Voluntary weight training not conducted by a coach or staff.</td>
</tr>
<tr>
<td>Required weight-training and conditioning activities.</td>
<td>Voluntary sport-related activities (Ex. initiated by coach or staff).</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 (Ex. student host).</td>
</tr>
<tr>
<td>Discussion or review of game films.</td>
<td>Pre-game meals.</td>
</tr>
<tr>
<td>Tryouts – where the participant is competing with the team at a facility at the institution or a facility used during the practice and playing season.</td>
<td>Community engagement (Ex. adopting high school teams and events in conjunction with those teams).</td>
</tr>
<tr>
<td>“Voluntold” or “Voluntary-Mandatory” Activities – Activities where attendance is required, known or taken and have repercussions. (Ex. Captain’s Practices)</td>
<td>Field Prep and Breakdown</td>
</tr>
<tr>
<td>Team Retreats or Team Building Activities</td>
<td>End of season meetings provided the meeting does not include any athletically related activities (film, etc).</td>
</tr>
</tbody>
</table>

There may be additional rules that are applicable only to certain sports. Also, conferences and institutions may adopt more restrictive rules. Please feel free to contact the Assistant AD- Compliance if you have questions or would like additional information.
Ex. Golf – 4 Hours per day, 20 hours per week in a 60 –consecutive day period, Two Days off per week

TRANSFERS

If your circumstances and situation at Cal State East Bay change and you are interested in transferring to another institution, please remember a few things. First, you may not communicate with another institution’s coach until you have obtained written permission from the Athletic Department. Second, if the Athletic Director (or designee) does not grant a release you will be informed in writing within 14 consecutive calendar days from receipt of your written request that you shall be provided, on request, a hearing conducted by an institutional committee outside of the athletics department. The hearing shall be conducted within 30 consecutive calendar days of receiving your request for the hearing.

Cal State East Bay policy does not allow for the release of any student-athlete that is receiving athletic financial aid to institutions within the CCAA or West region. Student-athletes requesting releases to other in-state institutions will be decided on a case-by-case basis.

NCAA General Principle: If you transfer to an NCAA member institution from any collegiate institution, you are required to complete one full academic year of residence at the certifying institution before being eligible to compete for or to receive travel expenses from the member institution, unless you satisfy the applicable transfer requirements or receive an exception or waiver.

STUDENT HOST

When a prospective student-athlete (PSA) visits the University on an official visit, you may be asked to serve as the host for that prospect. NCAA rules allow CSUEB to provide you, as the host, with the following to help cover “entertainment costs” associated with the visit:

- A maximum of $30 per day to cover all actual costs of entertaining the prospect (and parents or legal guardians), exclusive of the cost of meals and admissions to on-campus athletic events. You may NOT use the money to purchase souvenirs (t-shirts, baseball caps, or other University mementos) for the prospect, nor may you give the money directly to the prospect. An additional $15 per day may be provided to the student host for each additional prospect the host entertains.
- Complimentary meals are permissible, provided the student host is accompanying the prospect during the prospect’s official visit.
- Complimentary admissions are permissible to campus athletics events, provided the admissions are used to accompany a prospect to the events during the prospect’s official visit.

Student hosts are responsible for their assigned PSA and the following are expectations of serving as such:

- Any behavior that violates Federal Law, State law, NCAA, CCAA and Cal State East Bay rules and regulations will be grounds for disciplinary action.
- Regardless of the age of the host and/or PSA, there shall be no use of alcohol and/or drugs during the visit.
- In addition, taking the PSA to any place or participating in any activity where the student host and PSA could place the Athletic Department and University in an unfavorable light is strictly prohibited.

Failure to abide by these policies will result in disciplinary action.
NCAA DRUG TESTING

The immediate and long-term risks involved with alcohol and drug abuse far outweigh any benefits you may briefly enjoy. By combining athletic activities with alcohol and drug abuse before competing, you are affecting not only yourself but your teammates as well.

Therefore, you are required to read and sign a statement indicating that you understand and are willing to comply with the NCAA drug policy. Failure to sign this form will make you ineligible for competition and forfeit your scholarship.

Selection for NCAA drug testing is made on a random basis and may occur at any period during the academic year. Also, specific individuals may be tested when reasonable suspicion exists of suspected drug use.

Please review the list of banned substances and consult with the head athletics trainer before taking supplements of any kind.

For the most current list of banned substances and NCAA drug testing policies visit:
Eligibility / Academics

SEASONS OF COMPETITION

You are allowed to compete in four seasons of competition as a university athlete. Any participation at a two-year or four-year school counts toward the four seasons. Any participation with a team against outside competition (including scrimmages) will count as a year of competition. You have 10 semesters (or equivalent) to complete your four seasons of competition.

GENERAL ACADEMIC ELIGIBILITY GUIDELINES

As a student-athlete you are required to meet certain academic criteria in order to remain eligible for competition. You must be enrolled full-time in at least 12 hours per semester. During the first week of classes a hold will be placed on your account and you will not be allowed to drop/add until first seeking permission from the Compliance Office.

You must pass nine hours per semester to be eligible for the following semester (summer school, intersession, and transfer hours do NOT count towards the 9 hour rule). You must average 12 degree credits per term of attendance or successfully complete 24 degree credits in the previous two semesters. Additionally, you must maintain a cumulative GPA of 2.0 each semester. No More than 6 hours of summer classes can be used to satisfy the 24 hour rule. You must be considered to be in “Good Academic Standing” in order to maintain eligibility.

Although the above standards are NCAA eligibility minimums the Cal State East Bay policy to ensure progress toward degree in that our student-athletes are encouraged to enroll in 15 degree credits per semester and the applicable I/C course(s). You may count up to 6 I/C courses towards PTD during the first two years. You can take the I/C courses each semester in order to bolster GPA. Seniors may also take I/C during their final year after they have exhausted eligibility. If you voluntarily withdraw or are cut or dismissed from the team, you are required to withdraw from your I/C classes.

RECOMMENDATIONS FOR ACADEMIC SUCCESS AT CAL STATE EAST BAY

Student-athletes are one of the most visible groups in the university community due to their public exposure via the competitive arena and the media. Consequently, what you do and the way in which you do it are often subject to scrutiny by other members of the campus community. You are, therefore, placed in a position which requires exemplary behavior, particularly in the classroom.

Basic courtesy and your responsibility as a representative of the athletic department require that you:

- Treat instructors and classmates with courtesy and respect
- Arrive at class on time and do not leave early
- Be prepared for class and turn in assignments when due.
- Be attentive in taking notes and be an active participant in class discussions
- Notify your instructor in advance what competition necessitates missing an examination or assignment deadline
CLASS ATTENDANCE

It is the responsibility of the student-athlete to make arrangements with an instructor to cover missed material. This needs to be done PRIOR to any absences due to athletic competition. At the beginning of each semester, you will be provided with a letter to give to each professor listing the dates that you will miss due to participation in intercollegiate athletics.

As a student-athlete, it is YOUR responsibility to remind your professors if you will miss class due to a competition at least one week prior to the missed class and be willing to turn in assignments in advance if asked to do so. Most professors are willing to work with you if you have to miss class. Communicate with your professor to develop a plan in order to stay current in the classroom. It is your responsibility to get class notes and missed assignments and to turn coursework in on time or before you leave. You are not allowed to miss class in order to attend practice. Academic commitments take precedence over practice activities. If needed, work with your coach to structure a class schedule with as few conflicts as possible.

STUDY HALLS

Study hall hours are established by each coach. For more information please contact the coach of your particular sport.

PROGRESS REPORTS

Each semester, the Athletics Academic Advisor and Head Coaches will work together to monitor academic progress. Hand-delivered progress reports and progress reports sent out to professors directly will be used to track your progress in each class.

I/C CLASSES

Student athletes who are dismissed or voluntarily withdraw from their intercollegiate team are required to withdraw from their teams I/C class. Failure to do so may result in a grade of “F” or “WU” (Withdrawal Unauthorized).

The “WU” grade (Withdrawal Unauthorized) indicates that a student enrolled in a course, but did not withdraw from the course and also failed to complete course requirements. It is used when, in the opinion of the instructor, completed assignments or course activities, or both, were insufficient to make normal evaluation of academic performance possible. The "WU" is counted in the grade point average as an "F" grade. When assigning the “WU” grade, the instructor shall report the last known date of attendance by the student.
ACADEMIC ADVISING

The purpose of Athletic Academic Advising is to assist all student-athletes in realizing their academic potential by providing support and continuously monitoring their academic athletic eligibility and progress toward degree, all the while instilling in student-athletes the tools to become academically competent and autonomous as they pursue their degrees. The Athletic Academic Advisor is not your Major/Faculty Advisor. It is the athletic department policy that each head coach is directly responsible for overseeing the academic progress of each student-athlete involved in his or her program.

Cal State East Bay student-athletes are expected to strive for excellence in the classroom, in competition, and in their community. In support of that, Pioneer Athletics is dedicated to the academic welfare of our student-athletes. Below are the primary roles of East Bay Academic Advising:

- Develop strategies to support each student-athlete in pursuit of his/her academic and educational goals.
- Provide individual advising and counseling which promotes timely graduation.
- Provide assistance to student-athletes registration, NCAA eligibility monitoring, tutorial support, career-related matters, and regularly scheduled study hall.
- Assist in the recruitment, retention and graduation rates of student-athletes.
- Foster positive relationships with campus and community constituents.
- Provide a variety of academic resources to both our athletes and our coaches.
- Meet with recruits and their families to answer questions about East Bay's academic requirements.
- Assist student-athletes in the choosing of an academic major by the beginning of their fifth semester.

Student-Athlete Academic Expectations Agreement

In order to ensure athletic eligibility, remain in good standing with the University, and receive continuing support from our staff, student-athletes should adhere to the following expectations:

- Student-athletes are expected to maintain contact with the academic advisor either through regularly scheduled meetings or when they have an academic concern.
- If assigned to study hall, student-athletes are expected to complete all required hours unless excused by their head coach, and are expected to utilize study hall time in a responsible manner.
- Aside from absences due to competition, student-athletes are expected to attend all classes, lectures, discussions, and labs.
- Student-athletes are expected to make appropriate arrangements with instructors to make up missed tests and other assignments due to athletic travel and prior to leaving.
- Student-athletes are expected to seek out their instructors for extra help when necessary.
- The NCAA mandates student-athletes must be enrolled in a minimum of 12 credits at all times during the fall and spring semesters.
- The NCAA also requires student-athletes earn a minimum of 24 credits per year, with a maximum of nine credits to be earned during the summer term.
- Student-athletes are expected to maintain a minimum 2.0 GPA at all times.

Going to class, completing assignments, and maintaining a proactive approach, are the keys for a successful college experience.
ACADEMIC Dishonesty

Cal State East Bay University is a community of learning whose effectiveness requires an environment of mutual trust and integrity expected at any institution. As members of this community, students, faculty, and staff members share the responsibility of maintaining this environment. Academic dishonesty violates it. Although not all forms of academic dishonesty are listed here, it can be said, in general, that submitting any work for academic credit that is not one’s own is dishonest. This not only violates the mutual trust between faculty and students but also undermines the validity of the University’s evaluation of students and takes unfair advantage of fellow students. Further, it is the responsibility of any student who observes such dishonest conduct to call it to the attention of a Cal State East Bay faculty member or administrator. Examples of academic dishonesty include, but are not limited to:

- Copying from another student.
- Copying from a book or class notes during a closed-book exam (unless one has explicit permission from the instructor).
- Submitting materials authorized by or editorially revised by another person, but represented as the student’s own work.
- Copying a passage or text directly from a published source without appropriately citing or recognizing the source.
- Taking a test or doing an assignment or other academic work for another student.
- Tampering with another student’s work.
- Securing or supplying in advance a copy of an examination without the knowledge or consent of the instructor.
- Colluding with another student or students to engage in an act of academic dishonesty.

You must notify your head coach and athletics academic advisor if you are accused of academic dishonesty as soon as possible. Where there is clear indication of such dishonesty, a faculty member or administrator has the responsibility to apply appropriate sanctions. The dean, department chairperson, or designee will use standards and procedures of the university and/or department in which the course is offered to investigate alleged violations. The dean, department chairperson, or student disciplinary officer will impose the sanctions. Possible sanctions for a violation of academic integrity include, but are not limited to, disciplinary probation, suspension, and dismissal from the University. Cal State East Bay’s Academic Dishonesty Policy describes academically unethical behavior in detail.

Major Declaration

All student-athletes entering their fifth semester of enrollment must declare a major to be eligible. After a major is declared, only credit hours taken toward a major or minor may be used to satisfy the 24 hour requirement. (This includes transfer students who have not yet completed an academic year in residence or utilized one season of eligibility in a sport at their current institution). Prior to changing majors, it is imperative that student-athletes consult with the Athletic Academic Advisor. Changing majors may affect the determination of your NCAA eligibility. Changing your major can be highly impactful on your NCAA eligibility. Ask first.

Dropping/Withdrawing from Classes

Student-athletes must be enrolled full-time at all times in order to practice or compete. A student-athlete shall no longer be considered enrolled in a minimum full-time program of studies after dropping below twelve units. It is the student-athlete’s responsibility to ensure minimum course/unit enrollments. Prior to dropping any classes, the student-athlete must receive approval from the Athletic Academic Advisor and head coach.
Financial Aid & Scholarships

FINANCIAL AID

The bylaws of the NCAA permit member intuitions to aid athletes up to this extent:

- Award a scholarship for tuition/fees, room, board, and required course-related books.
- Provide approved employment by which the recipient may earn his/her actual expenses, for tuition/fees room, board, and required course-related books. Any other financial aid promised or awarded to an athlete, or prospective athlete, is a violation of NCAA rules.

You are not eligible if you receive financial aid other than the financial aid that your institution distributes. However, it is permissible to receive:

- Money from anyone on whom you are naturally or legally dependent;
- Financial aid that has been awarded to you on a basis other than athletics ability; or
- Financial aid from an entity outside your institution that meets the requirements specified in the NCAA Division II Manual.

OTHER AID AND SCHOLARSHIPS

It is very important that the athletic department is informed of all scholarships and forms of financial aid that you have applied for. Many forms of financial aid will count against both your individual limit and the team financial aid limits. Please note that some scholarships offered by the institution may replace, or be replaced, by any part of your athletic scholarship. In such cases you will be informed of such action by the Office of Financial Aid.

ATHLETIC SCHOLARSHIPS

Financial aid awards cannot be applied to your student account until the Office of Financial Aid has received a signed scholarship contract. You must also be in good academic standing and have met the Satisfactory Academic Progress (SAP) requirements set forth by the Office of Financial Aid. These requirements may differ from the NCAA eligibility standards and can be found online at: http://www.csueastbay.edu/students/files/pdf/satisfactory-academic-progress-policy.pdf

Athletic scholarships may consist only of tuition/fees, books, room and board. Scholarship awards are annual awards. If your scholarship is not renewed, you will be notified by your coach and by the Office of Financial Aid by July 1.

Tuition for classes not located on the Main campus, may not be covered by a tuition scholarship. Any additional fees (online class, off-campus, certification fees) are your responsibility as well.

ATHLETICS SCHOLARSHIP REDUCTION OR CANCELLATION

A student-athlete’s athletics scholarship may be reduced or cancelled if:

- You render yourself ineligible;
- You misrepresent any information on an application, financial aid agreement, or Letter of Intent;
You engage in serious misconduct warranting substantial disciplinary penalty from CSUEB’s regular student disciplinary authority; or
You voluntarily withdraw from the team.

SCHOLARSHIP APPEALS

Student-athletes whose scholarships are reduced or canceled will be notified in writing by July 1 by the Office of Financial Aid and within 14 days a student athlete has the opportunity for a hearing/appeal. This notification will include instructions regarding the appeal process. All appeals will be reviewed by The Office of Financial Aid’s Financial Aid Appeals Committee. Students who appeal will receive written notification regarding the outcome of their appeal from the Office of Financial Aid. The institution shall conduct the hearing/appeal process within 30 days of receiving the request from the student-athlete.

STUDENT ATHLETE EMPLOYMENT

A student-athlete is permitted to earn a legitimate employment income at any time, as long as the following requirements are met:

- You are not receiving compensation because of the publicity, reputation, fame or personal following you have obtained because of your athletics ability;
- You are only compensated for the work you actually perform and the hours you actually work;
- Your rate of pay is proportionate to the rate of pay that other individuals are being paid for similar work in the locale in which the work is being performed;
- You are not being paid in advance of the work you perform;
- You are receiving the same benefits as all other similarly situated employees. For instance, it is not permissible for your employer to provide you with transportation if transportation is not available to all employees.
- If you are an international student-athlete, you may not work off-campus.
- You are to document all employment with the Compliance staff.

Notification of Employment and Record Keeping: Student-athletes planning to work during the academic year and/or vacation periods should notify the Compliance Office in advance, as paperwork must be completed by the student-athlete and the employer before employment may begin. The employer and student-athlete will make available for review and inspection, by an authorized representative of the NCAA, or CCAA, copies of all documents, earnings statements and other records related to the employment.

Student-athletes should keep records of all employment (e.g., time sheets, pay stubs) as the Compliance Office may request such documentation to ensure compliance with NCAA and CSUEB rules.
Discipline Policies

All disciplinary problems, both on and off campus, can result in sanctions against the student-athlete. These sanctions can range from reprimand to loss of scholarship, and failure by the student-athlete to report the problem will result in more severe consequences. The Director of Athletics will be notified by Head Coaches of student-athlete misconduct, and documentation will be kept of the misconduct and the penalty.

The Cal State East Bay Student Handbook spells out the policies and procedures for disciplinary action for misconduct on campus, at official institutional events, and in student housing. Student-athletes, however, are bound not only by these policies but also by those provided by the Athletic Department and by their coaches.

Cal State East Bay believes each and every student-athlete should conduct themselves in a respectful manner representative of the institution. Athletic Department administration and Coaches shall have the power to implement rules, regulations, and policies to define and ensure proper behavior. Such rules will be used to establish reasonable conduct. Furthermore, coaches and their staff are responsible for communicating Athletic Department rules and expectations to student-athletes. When a student-athlete’s conduct falls below those minimum standards established, then the coaches and their staff shall have the power to impose punishment necessary to maintain team discipline, cohesion, and safety. However, the Athletic Department shall have superseding authority to impose more stringent punishment when deemed necessary.

CRIMINAL INFRACTIONS

A Cal State East Bay student-athlete is expected to adhere to all campus, city, county, state and federal laws as well as all CCAA and NCAA rules and regulations, Cal State East Bay campus community and Student Affairs rules, regulations, policies and procedures.

Upon occasion, activities of students result in violation of the law, and in such cases, university officials shall be prepared to apprise students of source(s) of legal counsel and may offer other assistance. Students are required to disclose any criminal charges or violations to their respective coaches within 48 hours of the incident, incarceration, or the levy of formal criminal charges. Coaches in turn will notify Athletic Department personnel: Athletic Director and Assistant AD-Compliance. Such disclosures will remain confidential among the coach, student, and Athletic Department personnel. Cal State East Bay has a vital interest in the character of its students and considers any off campus behavior to be a reflection of a student’s character and his/her fitness to be a member of the student body. As such, the University may choose to conduct disciplinary proceedings and impose sanctions in response to grave misconduct which demonstrates flagrant disregard for the campus community. The University’s action shall be independent of civil or criminal proceedings pending in State or Federal Court.

While a student-athlete has a charge pending in court or through the Cal State East Bay student judicial process, or has been arrested for a criminal offense and the filing of charges appear imminent, the student-athlete will be subject to any Cal State East Bay policies and, depending on the violation, may not be permitted to practice and/or compete until the charges have been resolved.
DRUG AND ALCOHOL POLICIES

While students 21 and older are not prohibited from consuming alcoholic beverages on or off campus, no minors are to be present where alcohol is present.

The following are considered serious offenses and may be grounds for suspension from the University: use, possession, distribution, being under the influence of, or sale of illegal drugs, drug paraphernalia, or unauthorized prescription drugs; the misuse of any type of drug or hallucinogenic agent.

Issues with drugs and/or alcohol could result in athletic department sanctions such as suspension from all team activities, drug and alcohol counseling, suspension of competition(s), revocation of athletically related financial aid, and dismissal from the team.

Please refer to your team’s policies regarding drug and alcohol use for additional information about disciplinary action and penalties.

NCAA RULES RELATED TO TOBACCO (Bylaws 11.1.5 & 17.1.9)

The use of Tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of the practice or competition and may result in team suspension or dismissal. The use of tobacco products by coaches and game officials also is prohibited. At NCAA championships, tobacco use by any individual on the field of play - as well as during other championship activities such as banquets, autograph sessions, press conferences and post-game interviews is prohibited. Violations of this policy shall be dealt with by the appropriate sports committee in accordance with the misconduct provisions of NCAA Bylaw 31.1.8. Further, in the sport of baseball, dugouts are considered to be on the “field of play.”
HAZING

It is common among organized groups/teams to have organized initiation activities that are required for entry into the group/team or to sustain membership within that group/team. Initiation practices, however, can often go beyond their intended boundaries, resulting in hazing incidents.

Hazing is any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person.

Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities.

Hazing creates an environment/climate in which dignity and respect are absent. Hazing applies to events hosted either on or off-campus and can occur with or without the student athlete’s consent.

Hazing Policy: The CSUEB athletic department has determined that any form of hazing undertaken or perpetrated by a member or members of an athletic team against other members of that team or those seeking membership on or participation with that team, either on or off-campus, is a violation of human rights and dignity, and is prohibited.

It is understood that a “rite of passage” is an integral and valuable aspect of welcoming new players to a team. Serious consideration and planning must occur to make these activities free of hazing. An initiation process that does not include any type of hazing activities is permissible under certain conditions.

Initiation rites and rituals within a team must be approved by the coach of the sport and the coach must clear the activity with the athletic director. The coach and the players share the responsibility for conducting approved initiation activities strictly in accordance with authorizations and University policy.

Hazing infractions will subject the participants and supporters of the hazing activity to discipline.

Depending on the severity of the action, athletes engaging in hazing activities can expect to receive disciplinary sanctions ranging from a letter of reprimand, suspension from all team activities to loss of athletic scholarship and expulsion from the team.

Additional discipline may be imposed by the University, up to and including expulsion from the University. In cases of criminal violations, the matter will be reported to proper civil authorities. Violations of this policy are subject to a zero-tolerance standard.
Miscellaneous Policies

COMPLIMENTARY TICKET POLICY

NCAA regulations permit member institutions to provide up to “four complimentary admissions per home contest to a student-athlete in the sport in which the individual participates.”

Complimentary admissions shall be provided only through a pass list for individuals designated by the student-athlete. “Hard tickets” shall not be used. Student-athletes may not sell, barter, exchange, or trade complimentary admission for any items of value; student-athletes may not purchase tickets to athletic events and sell the tickets at a price greater than their face value (“no scalping”). Any of these illegal activities will render the student-athlete ineligible for intercollegiate athletic participation.

As a student, you receive free admission to all other athletic events by using your student I.D.

SOCIAL NETWORKING SITES

Student-athletes must represent Cal State East Bay in a positive light in every aspect. Should you choose to belong to any social network site (i.e. Facebook, Twitter etc.) be advised that coaches and administrators frequently view the sites. If anything is found that represents Cal State East Bay in a negative fashion it will be grounds for penalty and/or dismissal. More importantly, 60% of employers ADMIT to checking social network sites when screening applicants.

TRAVEL

All travel taken at Cal State East Bay related to your athletic games and practices will be governed by the established guidelines of the NCAA. Once again, a reminder that when you are traveling, you are an ambassador for CSUEB, and your actions are a direct reflection of the University.

While at Cal State East Bay, the majority of the team travel will be by van or bus. Transportation will be provided by the athletic department and only certified drivers will be allowed to operate any team vehicle. During travel to and from athletic competition, meals and lodging will be provided according to NCAA regulations. If it is necessary to travel by means other than travel provided by the athletic department, you are only permitted to be transported by a parent/legal guardian or spouse.
Sports Information/Talking to the Media

Visit our website, eastbaypioneers.com, for coverage of your teams and information on academic advising and compliance & eligibility. There’s also a staff directory with contact info for the entire department.

- All student-athletes (returners and newcomers) are asked to fill out the biography form at eastbaypioneers.com/athlete bio (eastbaypioneers.com/golf bio for golfers). This is where we get the information for your profile on the website, so the more details you include, the better it will be.
- Please contact the Sports Information Director if you notice errors on the website or a mistake in a press release, game story, or box score.
- We aim to produce a high volume of video content, so you may be asked throughout the season to do interviews on camera. This is never mandatory, but it’s a great way for students and fans to get to know our athletes.
- Interviewing with the Sports Information or Marketing staff is not the same as interviewing with the media – our job is to represent you and your team in the best possible way.

Media Interaction

- All media requests should come through the Sports Information office. Do not agree to a telephone or personal interview unless arrangements have been coordinated by the Sports Information office.
- We don’t generally have problems with this, but our school newspaper, The Pioneer, is the worst culprit. It’s okay to interview with The Pioneer, but remember they’re journalists and it’s NOT their job to represent you in the best possible way. They have a habit of taking quotes out of context.
- Here are a few general tips for giving interviews and dealing with the media:
  - You are never obligated to answer a question if you do not feel comfortable with it.
  - Due to NCAA rules, you are not allowed to comment on officials or referees.
  - Remember whenever you talk to the media (or post anything on the Internet), you represent yourself, your family, your team, and the University. Don’t say anything you wouldn’t want your coach or parents to see in the next day’s newspaper. Be respectful of your opponents. Be a polite winner and a gracious loser. Don’t throw teammates or coaches under the bus or second-guess their decisions.
  - Feel free to contact the Sports Information Director if you are uncomfortable with an interview process.

Social Media Use

- @CSUEBathletics is the department’s handle for all social media.
- You are encouraged to be active on social media. Every student-athlete has his or her own network of friends and family, and you can help publicize your teams and increase the department’s following:
  - Share and retweet our stories, photos, and videos with your own network.
  - Encourage your family and friends to follow/like us on social media and visit our website.
  - Post your own photos and videos to give fans a glimpse of road trips, practices, meals, etc.
  - Social media can have a positive impact on your student-athlete experience, and it’s a great way to connect with people who follow you and your team. But be aware that everything you put on the Internet stays there forever. Anything can be captured with a screenshot. As a student-athlete, you are more of a target and you have more to lose. Think before you hit “Send” – the wrong photo or tweet can negatively impact your standing at the University, your eligibility in the NCAA, and your job opportunities in the future.
Athletic Training Room Regulations

The following is a general list of Athletic Training Room regulations:

- The Athletic Training Room is a health care facility. Please act accordingly.
- Report all injuries immediately no matter how significant to the Athletic Training Staff.
- Hours of operation
  Monday – Friday - Athletic Training Room hours will be adjusted based on team practice schedules.
  Saturday & Sunday: Hours will be set according to practice and/or games times. Athletic Training Room will open 1 hour prior to practice/game and remain open 45 minutes post practice/game.
- Morning treatments/rehabilitation will be scheduled by Athletic Trainer assigned to your team.
- Any athlete that feels they will not be able to compete in practice/game as a result of an injury or illness needs to contact designated athletic trainer and report to the Athletic Training Room before 10:00am on the day of the practice/game.
- If need should arise for medical care after hours, athletes should first contact the athletic trainer assigned to their team. If unable to contact athletic trainer then should contact head coach.
- All athletes should shower prior to reporting to the Athletic Training Room after practice or games.
- All student-athletes must sign-in to receive treatment in athletic training room
- Athletic shoes should be removed when entering the athletic training room.
- Respect all athletic training staff members and students. There will be zero tolerance for inappropriate behavior.
- Do not remove anything from the athletic training room.
- First come, first serve. Allow yourself enough time for your treatment/rehab as established by your athletic trainer. You cannot miss or be late to practice because you were in the athletic training room.
- The athletic training room is not a lounge. If you are not receiving treatment or completing rehabilitation exit the Athletic Training Room to allow other athletes to be worked with.
- Absolutely no food or drinks are allowed in the athletic training room.
- No tobacco is permitted in the athletic training room.
- Responsible, professional, appropriate behavior is demanded in the athletic training room..
- You are responsible for all equipment checked out to you. Once your season has been completed or you no longer need the equipment return it to the athletic training room.
- Appropriate attire will be worn at all times in the athletic training room.
- Student athletes must see a Cal State East Bay University team physician prior to seeing another physician or healthcare provider.
- Any student athlete who sees a medical provider must bring doctors notes with diagnosis and medical release from that provider before they are allowed to return to competition.

CLEARANCE FOR PARTICIPATION

All athletes competing at Cal State East Bay University must be cleared each year through a pre-participation physical exam (PPE). Each student-athlete will be required to get a physical from his/her own healthcare provider prior to arriving on campus or through a physician on campus during the preseason clearance process. The provider can be a Physician (MD or DO), Physician Assistant, or Nurse Practitioner. The NCAA does not accept physicals from Chiropractor's or other healthcare...
providers. All physicals need to be completed on Cal State East Bay forms. Failure to follow this policy will result in the forms not to be accepted and the athlete will not be cleared to compete.

PPE forms can be found in Athletic Training Room and also on the athletic website.

REFERRAL POLICY

- The student-athlete must report all injuries or illnesses to their coach and supervising Athletic Trainer for his/her sport immediately.
- If determined necessary, the Athletic Training Staff will refer the student-athlete to a Cal State East Bay team physician.
- All non-athletic related injury and/or illness will be the responsibility of the student-athlete. The injury/illness must be reported to your coach and designated athletic trainer.
- Any student-athlete that does not report an injury to the supervising Certified Athletic Trainer and/or goes to a physician on his/her own accord will be considered medically ineligible to participate (practice or competition) until written clearance is obtained from that physician. The student-athlete will not be allowed to participate until documentation is provided to CSUEB training staff or team physician.
- Head Coaches, assistant coaches, student coaches, managers, or any other Cal State East Bay personnel shall not be permitted to schedule appointments for any student-athlete without first consulting the supervising Athletic Trainer for their sport. Any referrals without following proper procedures will result in the student-athlete being held responsible for payments. In the event of an athletic related emergency, or the athletic training staff is unavailable, any Cal State East Bay personnel should provide the student-athlete access to a medical facility of choice.
- The student-athlete will be responsible for payment of any fees resulting from missed appointments, including dental, eye exams, physical therapy, or any other medical problem.
- In particular instances the team physicians shall delegate other physicians to assist or act on express authority. However, the team physicians shall be kept informed of all injuries and or illnesses and have the final authority with regard to all medical disqualifications, treatment, medical hardships, and return of the student-athlete to full participation.

SECOND OPINION

If a student-athlete chooses to have a second opinion regarding an athletic related injury/illness, the student-athlete must notify the supervising Certified Athletic Trainer. After the appointment the student athlete must submit to the Certified Athletic Trainer a copy of the physicians report including a diagnosis, treatment protocol, and a statement regarding medical status (full return, no practice, etc.). Costs of a second opinion are the responsibility of the student athlete. Contact information will be required so Cal State East Bay Team Physicians can contact the second physicians.

- Athletic Training Services, including
  - Evaluation of acute and chronic injuries
  - Prevention of injuries
  - Treatment of acute and chronic injuries
  - Rehabilitation of injuries
- On campus orthopedic clinic by Team Orthopedic Surgeon
Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) was created to facilitate greater interaction between the athletics administration and the student-athlete. Membership is composed of two representatives from each athletic team.

The purpose of the committee is as follows:

- To provide a communication link between student-athletes and the athletic administration.
- To provide positive relationships between student-athletes, the staff and faculty of the University, and Cal State East Bay athletic department administration.
- To give the student-athletes a voice on programs designed to serve their needs.
- To actively encourage more involvement of the student-athlete in campus and community projects.
- To encourage communication, unity and support between and amongst teams.
- To design and implement programs which will encourage academic achievement, health promotion, social responsibility and general awareness.

Committee members have an opportunity for input in the NCAA proposed legislation changes as well as department policies and procedures. Leadership opportunities are available for members of the council through local and national training sessions.
Campus Resources

Student Health & Counseling Services (SHCS) is a fully accredited outpatient clinic staffed by Board Certified Physicians, and licensed Nurse Practitioners, Nurses, and Counselors. Student Health & Counseling Services offers basic medical care for most illnesses and injuries and various elective services.

The following services are provided:

- Appointments & Urgent Care
- Counseling
- Health Education
- HIV Testing
- Laboratory
- Massage Therapy
- Men’s Health
- Orthopedics
- Pharmacy
- Physical Therapy
- Psychiatry
- Radiology
- Smoking Cessation
- Women’s Health

**Scheduling Visits**

To schedule an appointment, you may go to the SHCS front desk, call, or visit csueastbay.edu/MyPioneerHealth

**Emergency Information**

In a medical or psychiatric emergency, please call 9-1-1, UPD at (510) 885-3791, or go to the nearest emergency room.

**Student Health and Counseling Services Hours:**

- **Monday - Wednesday & Friday**
  - 8:30am - 5:00pm
- **Thursday**
  - 10:00am - 5:00pm

Massage Therapy Services:
- Tuesdays, Wednesdays, and Thursdays at RAW

Contact:
- Phone: (510) 885-3735
- Email: shcs@csueastbay.edu
- After Hours Cancellations: (510) 885-4651
CSUEB Pioneer Bookstore (510) 885-3507
The University Bookstore offers a wide range of merchandise and services in addition to textbooks for classes.

University Police Department (UPD) and Crime Prevention (510) 885-3791  csueastbay.edu/upd
As a part of the University's educational mission, the University Police Department attempts to teach members of the University community how to reduce their chances of being "victimized." For this reason, the department has a formally trained Crime Prevention Officer. We also offer online crime prevention tips.

The University's Crime Prevention Program is based upon the dual concepts of eliminating or minimizing criminal opportunities, whenever possible, and encouraging students and employees to be responsible for their own security and the security of others. Crime prevention classes are provided at no charge and are flexibly scheduled to meet the needs of the community. The service is highlighted by the following on-going programs available to our staff, faculty, and students.

Academic Advising and Career Education (510) 885-3621  csueastbay.edu/aace
Academic Advising and Career Education (AACE) is a one-stop center for both academic advising and career development assistance.

University Library (510) 885-3664  library.csueastbay.edu
The University Library is a great resource for all students. At the library you will find computer labs and printers available for student use, rooms that you may reserve for study time or group work, and free Wi-fi so that you can work from personal devices.

Student Center for Academic Achievement (SCAA) (510)885-3674  library.csueastbay.edu/scaa/
The SCAA provides tutoring and learning support services. These services include workshops on Academic Skills and Writing Skills Test Preparation.

The CSUEB SCAA has also joined the Western eTutoring consortium to provide undergraduate tutorial support for subjects not currently available at the SCAA, and also to support the CSUEB online learning community. The Western eTutoring Consortium is comprised of universities and colleges that provide tutors for various subjects and make them available to all the schools in the group. eTutoring is both synchronous (real time where you can talk directly to a tutor) and asynchronous (where you can leave a question or a paper for a tutor response). Among the courses currently available through eTutoring are:

- Accounting
- Biology
- Calculus
- Chemistry
- Economics
- Engineering (Circuits & Digital Systems)
- Math
- Microsoft Office
- Physics
- Psychology (Intro)
- Spanish
- Statistics
- Web Development
- Writing (Asynchronous) ~ eQuestions & Writing Lab only
Recreation and Wellness Center (RAW)  (510)885-4749  csueastbay.edu/cruu

The RAW boasts 54,000 square feet of fitness, recreation, education, and administrative space complete with state-of-the-art equipment. In partnership with Student Health and Counseling Services, Health and Wellness Services, the RAW also hosts the Wellness Center, a health education resource for students.

The RAW Center hosts a number of recreation programs including intramural sports, group exercise, and personal training. Currently enrolled CSUEB students may use the RAW Center at no additional cost. Faculty, staff, alumni, community members and other affiliates can enjoy the RAW Center by purchasing an affordable membership.

Associated Students, Inc. (ASI)
ASI, CSUEB’s student body government, is the official student voice on campus, as well as on local, state, and national issues. There are several student positions representing the four academic schools on the Hayward and Concord campuses. ASI Board of Directors meetings are held regularly and are open to all students. A variety of campus committee positions are also open to students interested in developing their leadership skills.

University Unions
Meeting rooms, food services, the Diversity Center, and ASI offices are located in the University Union. Message boards are available for individual and group postings, items for sale, rooms for rent and events on campus.
The University Union complex also includes a US Bank and ATM cash machines.

ASI Diversity Center coordination and support of a variety of special programs that The ASI Diversity Center offers guidance, support, and leadership opportunities that focus on creating mature, aware, and socially responsible individuals who advocate and dialogue for equity and social justice plus positive community building that honors and celebrate diversity. The Diversity Center is located on the 1st floor of the New University Union.

Greek Life
Greek Life represents a large part of campus life at CSUEB. Greek fraternities and sororities promote scholarship, provide numerous leadership opportunities, and participate in a wide variety of community service activities throughout the year. Greek organizations also provide members with the opportunity to develop lifelong friendships that enhance their college experience. CSUEB Greek organizations include nationally affiliated organizations as well as local and regional groups.
# ATHLETIC DIRECTORY

## Athletic Administration and Staff

<table>
<thead>
<tr>
<th>Member</th>
<th>Position</th>
<th>Phone</th>
<th>Email</th>
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</thead>
<tbody>
<tr>
<td>Jason Carmichael</td>
<td>Director of Athletics</td>
<td>510-885-3039</td>
<td><a href="mailto:jason.carmichael@csueastbay.edu">jason.carmichael@csueastbay.edu</a></td>
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<tr>
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<td><a href="mailto:ken.parsons@csueastbay.edu">ken.parsons@csueastbay.edu</a></td>
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</table>
Campus Resources

Admissions (510) 885-2784 csueastbay.edu/admissions
Accessibility Services (510) 885-3868

Academic Advising and Career Education (510)885-3621 csueastbay.edu/aace

Athletics Office (510)885-3038 eastbaypioneers.com

Athletics Training
Pioneer Gym (510)885-3055
Pioneer Fieldhouse (510)885-3035

Emergency 911

Financial Aid (510)885-2784

GE Academic Advising (510)885-2941

Housing and Residential Life (510)885-7444 csueastbay.edu/housing

Library (510)885-3664 library.csueastbay.edu

Pioneer Bookstore (510)885-3507

Recreation and Wellness Center (510)885-4749 csueastbay.edu/cruu

Registrar and Student Records (510)885-2784

Student Affairs (510)885-3646 csueastbay.edu/sa

Student Financial Services (510)885-3767

Student Health and Counseling Services (510)885-3735 csueastbay.edu/mypioneerhealth

University Police (510)885-3791 csueastbay.edu/upd

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Cal State East Bay Student-Athlete Handbook

By signing this form you affirm that you have received a copy of the 2017-2018 Cal State East Bay Student-Athlete Handbook and agree to abide by the rules and regulations of the Cal State East Bay Athletic Department and your team. Also, you agree to provide members of the athletics department staff access to any of your records needed in determining your NCAA and CSUEB eligibility (i.e. academic, medical, housing, etc.) Failure to sign this signature page will result in you being withheld from all athletic participation (practice and competition).

_______________________________________  ____________________
Student-Athlete Signature                        Date

_______________________________________  ____________________
Student-Athlete Printed Name                      Sport(s)