STUDENT-ATHLETE HANDBOOK
2017-18
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“ECU is where the next generation of doctors, dentists, nurses, teachers, business leaders, artists, performers, athletes, and educated citizens are preparing to change their communities, North Carolina, and the world.”

- Chancellor Stanton
Dear Pirates,

Welcome to the 2017-18 academic year at East Carolina University. I am excited as we begin a new year of academic, athletic, and personal success. Noted author, John Maxwell once stated, “I can’t raise the bar for others if I haven’t raised the bar for myself”. I encourage you to raise your bar and take yourself places you’ve never been.

You will be expected to uphold high standards of integrity and behavior that will reflect positively on yourselves, your families, your coaches, teammates and East Carolina University.

Together, we will follow our Pirate Creed that reads:

WE ARE UNDAUNTED...
- In our PASSION
- In our SERVICE
- In building LEADERS
- In winning CHAMPIONSHIPS

Effective organization and time management skills are directly linked to success. Your responsibilities as a student and as an athlete will test your multi-tasking abilities. Pirate Nation believes you have the discipline, commitment, passion, and determination to master these challenges in order to be successful.

We hope this handbook will assist you throughout the academic year by outlining a number of resources and policies. Please seek assistance from your coaches or our staff if you have any questions. Our primary goal is to provide you with the best experience possible.

I wish you the best in the upcoming academic year. You have our department’s full support in your endeavors and we look forward to watching you and celebrating your success.

WE ARE UNDAUNTED!

Jeff Compher
Director of Athletics
EXECUTIVE LEADERSHIP TEAM (SPORT ADMINISTRATORS)

Jeff Compher
Director of Athletics
Football, Men's & Women's Basketball, Baseball

Phillip Wood
Sr. Associate AD
Executive Director of Pirate Club
Men's & Women's Golf

Shelley Vinegar
SWA/Senior Associate AD
External Operations
Volleyball, Soccer, Women's Basketball

Lee Workman
Senior Associate AD
Administration/CFO
Men's & Women's Tennis, Men's & Women's Swim & Dive

Mike Hanley
Senior Associate AD
Student Services
Women's Lacrosse, Men's & Women's Track/XC

JJ McLamb
Senior Associate AD
Internal Operations
Softball, Football
HEAD COACHES

Amanda Barnes
Women’s Lacrosse

Rob Donnenwirth
Soccer

Cliff Godwin
Baseball

Shawn Heinchon
Men’s Tennis

Matthew Jabs
Men’s & Women’s Swim & Dive

Curt Kraft
Men’s & Women’s Track/XC

Jeff Lebo
Men’s Basketball

Heather Macy
Women’s Basketball

Andrew Sapp
Men’s Golf

Scottie Montgomery
Football

Tom Morris
Women’s Tennis

Courtney Oliver
Softball

Julie Torbett
Volleyball

Kevin Williams
Women’s Golf
MENTAL HEALTH FACT SHEET

Important Phone Numbers:
- ECU Counseling Services 252-328-6661 137 Umstead Hall
  Hours: M-F 8am-5pm; after 5pm call 328-6661 select #2 and a crisis counselor will answer your call
- Anonymous online screen: http://www.mentalhealthscreening.org/screening/EASTCAROLINA
- Real Crisis Center: 252-758-4357 24 hour hotline; realcrisis.org

Depression Red Flags:
- Low or sad moods, often with crying episodes
- Feeling worthless, helpless, and hopeless
- Decrease in energy and activity levels, with feelings of fatigue or tiredness
- Social withdrawal or avoidance
- Intent to commit suicide
- Irritability or anger
- Eating and sleeping disturbances
- Decrease in concentration, interest and motivation
- Negative thinking/thoughts of death or suicide

Eating Disorder Red Flags:
- Unnecessary dieting
- Ritualistic eating habits
- Excessive use of bathroom or disappearing after eating
- Social withdrawal
- Changes in behavior
- Avoidance of eating and eating situations
- Self-critical about body weight, shape, or size
- Unusual weighing behavior
- Depression and insomnia

Anxiety Disorder Red Flags:
- Excessive worry, fear or dread
- Changes in appetite
- Pounding heart, sweating, shaking or trembling
- A feeling of being out of control
- Disruption of everyday life
- Sleep disturbances – especially falling asleep
- General uneasiness
- Impaired concentration
- Fear that one is dying or going crazy
MENTAL HEALTH & SUICIDE PREVENTION (RESOURCES)

National Resources

NCAA Health and Safety
http://www.ncaa.org/health-and-safety/medical-conditions/mental-health
National Institute of Mental Health
www.nimh.nih.gov/index.shtml
Anxiety and Depression Association of America
www.adaa.org
American Psychiatric Association: Athletes and Mental Health
www.psychiatry.org/athletes
National Suicide Prevention Lifeline and Chat services
www.suicidepreventionlifeline.org
Suicide Prevention Resource Center
www.sprc.org
You Matter
www.youmatter.suicidepreventionlifeline.org
American Foundation for Suicide Prevention
www.afsp.org
HelpGuide
www.helpguide.org/home-pages/suicide-prevention

Campus Resources

Center for Counseling and Student Development
www.ecu.edu/counselingcenter
Student Health Services
www.ecu.edu/cs-studentaffairs/studenthealth/
Dean of Students Office
www.ecu.edu/deanofstudents/
ECU Cares
www.ecu.edu/cs-studentaffairs/dos/person-of-concern

Community Resources

9-1-1 Emergency Services
www.pittcountync.gov/depts/emergserv
Vidant Hospital Emergency Department
https://www.vidanthealth.com/vidant/ServicesDetail.aspx?id=125
Trillium
Real Crisis Intervention
http://realcrisis.org/
The ECU Department of Athletics supports only those activities which are constructive, educational, and that contribute to the intellectual and personal development of the student-athlete.

As a student-athlete, your actions (positive or negative) are subject to review by law enforcement, your coaching staff, the Department of Athletics, East Carolina University, the American Athletic Conference, and/or the NCAA. ECU and the Department of Athletics defines hazing as any act, whether physical, mental, emotional, or psychological, which subjects another person voluntarily or involuntarily to anything that may abuse, mistreat, degrade, humilliate, harass, or intimidate him/her, or which may in any fashion compromise his/her inherent dignity as a person. In addition, any requirements by a team member which compels another team member to participate in any activity which is against University policy or state/federal law, will be defined as hazing.

Instances of hazing can be considered either misdemeanors or felonies according to North Carolina State law.

Actions and activities that are prohibited include, but are not limited to, the following:
- Forced consumption of substances not intended for normal eating or drinking
- Forced shaving of one's body parts
- Cyberbullying (use of social media)
- Physical and sexual abuse to include but not limited to handcuffing or tying to a building, structure, or other
- Discriminating against sexual orientation/ gender/ political affiliation, race, or religion
- Performance of chores or tasks for others including the requirement of carrying items such as water bottles, equipment, clothing, etc.
- Assigned or endorsed pranks, such as borrowing or stealing items, painting property or objects, or harassing other individual groups
- Verbal or cruel harassment, including yelling and screaming
- Any activity that interferes with one's ability to study or complete one's course of study
- Forcing, encouraging, or pressuring the wearing of apparel in public which is conspicuous, not normally good state, or designed to humilliate the individuals wearing it

Allegations of hazing will be thoroughly investigated and violations will result in disciplinary actions which may include separation from the University and athletic participation. All potential cases will be referred to the Office of Students Rights and Responsibilities (OSRR) for evaluation and possible sanctions. The Department of Athletics reserves the right to institute penalties and restrictions prior to OSRR review, and may also impose additional penalties to those applied by OSRR to those found responsible of hazing.
STUDENT-ATHLETE CODE OF CONDUCT

Student-athletes enrolled at ECU are expected to uphold, at all times, high standards of integrity and behavior that will reflect credit upon themselves, their families, coaches, teammates and East Carolina University. Students representing East Carolina University’s intercollegiate athletics program shall accept responsibility to conform to the policies and procedures contained in the ECU Student-Athlete Handbook and ECU Student Code of Conduct, as well as rules pertaining to his/her athletics participation as established by the NCAA, American Athletic Conference, ECU Department of Athletics and the respective sport coaches. In addition, student-athletes are expected to abide by local, state and federal laws. Failure to abide all aforementioned policies and laws may result in suspension from the athletics team and/or university. Scholarship student-athletes risk having all or part of their athletics grant-in-aid revoked for any infraction of this code of conduct.

As representatives of ECU and its intercollegiate athletics program, student-athletes must be responsible for their actions at all times. Acceptance of this responsibility requires student-athletes to:

- Uphold the ECU Academic Honor Code and ECU Student Code of Conduct.
- Act with integrity at all times.
- Embrace diversity and respect the views and opinions of others.
- Display honesty in all academic efforts by not engaging in any forms of cheating, plagiarism and fabrication in the process of completing academic work.
- Exhibit high moral standards to include no underage drinking and partaking of alcoholic beverages while representing the University both on- and off-campus and no partaking of drugs which would enhance performance or modify mood or behavior at any time unless prescribed by a physician for medical purposes.
- Use social media wisely. (Social media will be monitored.)
- Exhibit dignity in manner and dress when representing the University both on and off the playing field.
- Exert maximum effort in all games and practices.
- Abide by the rules and regulations of the American Athletic Conference Sportsmanship Policy.
- Treat all players, officials, staff and coaches with respect and courtesy.
- Refrain from acts of sexual misconduct. Sexual misconduct includes sexual assault, harassment, discrimination, and any conduct of a sexual nature that is without mutual consent or has the effect of threatening or intimidating the person against whom such conduct is directed. It is the responsibility of members of the University community to strive to create an environment free of sexual misconduct. Acts of sexual misconduct will not be tolerated. The university will take appropriate action against any individual found responsible for such acts.
- Refrain from hazing activities, which is defined as any act that injures, degrades, harasses, or disgraces any person and is also noted as a separate policy for ECU.
• Be responsible for meeting all academic eligibility standards, including University and NCAA progress-toward-degree requirements.
• Adhere to the University's Attendance Policy and the Athletics Department Class Attendance Policy and report a violation of the class attendance policy on the day of the occurrence.
• Abide by rules of respective sport team.
• Adhere to the following policies:
  o ECU Sexual Harassment and Discrimination Policies
  o http://www.ecu.edu/cs-acad/oed/titleix-policies.cfm
  o ECU Student-Athlete Handbook
  o Student Code of Conduct
  o http://www.ecu.edu/PRR/11/30/01/
  o ECU Drug Education Screening Counseling and Testing Program Policy
  o NCAA Drug-Testing
  o http://www.ncaa.org/health-and-safety/policy/drug-testing

While student-athletes are held accountable by the same policies and procedures as other University students as outlined in the ECU Student Handbook, they are held to additional standards. Student-athletes are subject to all Department of Athletics rules and policies, as stated in written sport team rules, the Student-Athlete Handbook and in other department publications including, but not limited to, those regarding Athletic Training, Strength and Conditioning, Compliance and Student Development. Violations of these standards may result in disciplinary action. Student-athletes may appeal such actions through an in-person meeting with the respective sport administrator and Director of Athletics. The sport administrator and Director of Athletics will then meet with the respective head coach and other involved parties prior to making a decision. A written decision is then submitted to the student-athlete. This decision will be final.
Alleged violations of the ECU Student Code of Conduct may result in referral to the University Office of Student Rights and Responsibilities. Student-athletes found responsible for violations of the Student Code of Conduct are subject to the same disciplinary action(s) as any other ECU student. Accordingly, student-athletes found responsible by the Office of Student Rights and Responsibilities for violations of the University Student Code of Conduct are subject to additional disciplinary action as deemed appropriate by Athletics Department staff, including dismissal from the program and loss of athletics financial aid.

All student-athletes are required to notify their head coach, who will, in turn, notify the sport administrator within twelve hours of an incident if the student-athlete has been:

- Arrested and/or charged with a criminal offense by any law enforcement agency in any location in the United States or internationally.
- Cited for a violation of academic integrity.
- Cited for a violation or infraction of Campus Living (Residence Hall) policies.
- In the presence of a crime, but not arrested or charged for the crime.

If charged and/or arrested for a misdemeanor or felony crime, absent extraordinary circumstances as determined by the Athletics Director, the student-athlete may be immediately suspended from the team pending outcome of the charge.

If convicted of a misdemeanor crime (other than sports gambling/game fixing or minor traffic violations), absent extraordinary circumstances as determined by the Athletics Director, the head coach will administer subsequent discipline. The Athletics Director will consider factors such as nature of the offense, involvement of drugs/alcohol, past behavior, student-athlete demeanor (to include self-disclosure of the offense), and student-athlete cooperation during investigation. Discipline may include, but not limited to, suspension from practice and competition for a pre-determined period of time or dismissal from the team.

A student-athlete convicted of, or pleading guilty or no contest to any felony charge or a student-athlete charged with a crime involving sports gambling or game fixing under North Carolina law, federal law or any other jurisdiction shall be permanently dismissed from the team.
AS AN ECU STUDENT-ATHLETE, WHAT DO I DO IF I AM INVOLVED IN, WITNESS, OR LEARN ABOUT AN INCIDENT?

If you are involved in, witness, or learn about a situation such as...

---

Sexual Misconduct
(i.e. rape, sexual assault, sexual harassment, stalking)
or
Criminal Act
(i.e. assault, theft, drugs, fraud)

---

And are the victim, you must decide if you want to remain anonymous...

- If yes
  - Contact the Counseling Center (338-6661), Student Health Services (328-6841) and/or the Victim Advocate’s Office (737-1466).
  - You always have the option to contact the Office of Student Rights and Responsibilities directly by calling 252-328-6824.

- If no
  - You must IMMEDIATELY report to your coach, your sport administrator, Associate AD for Student Services (Mike Hanley 252-737-4603) or SWA (Shelley Binegar 252-737-4945).

12 Hour Rule

- Whomever you report to will work with the Assoc. AD to submit a report to the Dean of Students Office. If the crime is also reportable under the Clery Act, an Anonymous Crime Reporting Form will be completed and sent to ECU Campus Police.

- Depending on the situation (accused person is a student-athlete) the Director of Athletics may be notified and additional actions may be taken by the Department of Athletics within the Student-Athlete Code of Conduct guidelines.

- The Dean of Students Office will help determine who is best to investigate the situation moving forward. This could include the Office of Student Rights and Responsibilities, the Office of Equity and Diversity and/or the Title IX Office.
## EMERGENCY, LAW ENFORCEMENT, & MEDICAL RESOURCES

<table>
<thead>
<tr>
<th>Emergency</th>
<th>Non-Emergency</th>
<th>Information Desk</th>
<th>Greenville Police Department:</th>
<th>500 S. Greene St.</th>
<th>(252) 329 - 4315</th>
<th>(252) 329 - 4317</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pitt County Sheriff's Office:</td>
<td>Office Hours M - F, 8:00 - 5:00</td>
<td>24 hour dispatch</td>
<td>(252) 902 - 2800</td>
<td>100 W. 3rd St.</td>
<td>(252) 830 - 4141</td>
<td>(252) 830 - 4141</td>
</tr>
<tr>
<td>*Vidant Medical Center:</td>
<td>Information</td>
<td>(252) 847 - 0279</td>
<td>2100 Stantonsburg Rd.</td>
<td>(252) 847 - 0191</td>
<td>200 S. Greene St.</td>
<td>(252) 847 - 0191</td>
</tr>
<tr>
<td>Emergency Department</td>
<td>(252) 847 - 4100</td>
<td></td>
<td></td>
<td></td>
<td>(252) 847 - 4100</td>
<td>(252) 847 - 4100</td>
</tr>
<tr>
<td>Minor Emergency Department</td>
<td>(252) 847 - 1537</td>
<td></td>
<td></td>
<td>2380 West Arlington Blvd.</td>
<td>(252) 847 - 1537</td>
<td>(252) 847 - 1537</td>
</tr>
</tbody>
</table>

## UNIVERSITY

<table>
<thead>
<tr>
<th>ECU Police Department:</th>
<th>Emergency</th>
<th>911</th>
<th>Blount House</th>
<th>609 E. Tenth St.</th>
<th>(252) 328 - 6787</th>
<th>(252) 328 - 0062</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Emergency</td>
<td>(252) 328 - 6787</td>
<td>609 E. Tenth St.</td>
<td>(252) 328 - 0062</td>
<td>609 E. Tenth St.</td>
<td>(252) 328 - 6787</td>
<td>(252) 328 - 6787</td>
</tr>
<tr>
<td>West (Health Sciences) Campus Hotline</td>
<td>(252) 744 - 5080</td>
<td></td>
<td></td>
<td></td>
<td>(252) 744 - 5080</td>
<td>(252) 744 - 5080</td>
</tr>
<tr>
<td>Dean of Students Office:</td>
<td>(252) 328 - 9297</td>
<td>362 Wright Building</td>
<td>(252) 328 - 9297</td>
<td>362 Wright Building</td>
<td>(252) 328 - 9297</td>
<td>(252) 328 - 9297</td>
</tr>
<tr>
<td>ECU CARES:</td>
<td>(252) 737 - 5555</td>
<td></td>
<td></td>
<td></td>
<td>(252) 737 - 5555</td>
<td>(252) 737 - 5555</td>
</tr>
<tr>
<td>Title IX Coordinator:</td>
<td>LaKesha Alston Forbes</td>
<td>(252) 328 - 6804</td>
<td></td>
<td></td>
<td>(252) 328 - 6804</td>
<td>(252) 328 - 6804</td>
</tr>
<tr>
<td>*Student Health Services:</td>
<td>24 hour Nurse Assistance line</td>
<td>(252) 328 - 6841</td>
<td>Student Health Services Building</td>
<td>(252) 328 - 6841</td>
<td>Student Health Services Building</td>
<td>(252) 328 - 6841</td>
</tr>
</tbody>
</table>

## COUNSELING & VICTIM ADVOCACY RESOURCES

| *Center for Counseling and Student Development | (252) 328 - 6661 | | | | | |
| *Victim Advocate (in cases of sexual trauma) | (252) 737 - 1466 | | | | | |

## COMMUNITY RESOURCES

| *REAL Crisis Intervention: | (252) 758 - 4357 | 1011 Anderson St. | (252) 758 - 4357 | 1011 Anderson St. | (252) 758 - 4357 | 1011 Anderson St. |
| | Toll Free | (800) 537 - 2238 | | | | |

*Items denoted with * are considered Confidential Resources.*
COMPLIANCE

ECU is committed and obliged to the principle of institutional control in operating its athletics programs. This task is accomplished by operating in accordance with NCAA, The American Athletic Conference and University rules and regulations. The charge of the ECU’s Athletics Office of Compliance is to not only educate, monitor and verify NCAA rules compliance for the athletic department, but also work collectively with the institution’s various constituency groups to ensure that policies and procedures are implemented to ensure that we are maintaining institutional control. The Office of Compliance strives to be proactive with education and the implementation of monitoring systems that are effective and efficient. To note, maintaining institutional control could not be possible without open communication with faculty, staff, student-athletes and the individuals that make up our great Pirate Nation. Therefore, we take pride in facilitating all compliance related inquiries expeditiously and in a friendly manor.

Compliance Staff

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Email</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jamie Johnson</td>
<td>Associate Athletics Director/Compliance</td>
<td><a href="mailto:johnsonja@ecu.edu">johnsonja@ecu.edu</a></td>
<td>(252) 737-4533</td>
</tr>
<tr>
<td>David Lipay</td>
<td>Director of Compliance</td>
<td><a href="mailto:lipayd@ecu.edu">lipayd@ecu.edu</a></td>
<td>(252) 737-4515</td>
</tr>
<tr>
<td>Juliana Rengifo</td>
<td>Assistant Director of Compliance</td>
<td><a href="mailto:Rengifoj7@ecu.edu">Rengifoj7@ecu.edu</a></td>
<td>(252) 737-1522</td>
</tr>
</tbody>
</table>

Transfer Procedure

As a student-athlete, the ECU Athletic Department strives to provide you with the best academic and athletic environment. However, there are occasions when student-athletes have reasons for requesting a transfer release. Regardless of scholarship status, all ECU student-athletes must have a release to attend another institution. Student-athletes should notify the Head Coach of a desire transfer and contact the Compliance staff to discuss sport specific rules regarding transfers. If a student-athlete is denied the opportunity to speak with other institutions or a transfer release, a hearing opportunity is provided. In addition, all student-athletes requesting a transfer release are asked to participate in an exist interview.

**** It is important to note a student-athlete can transfer even without a release from the institution. However, in order to be immediately eligible for competition, a one-time transfer release must be granted.

Summer School

Student-athletes who are planning to enroll in summer school must complete the following form. The following form should be completed by the student-athlete with their Academic Advisor and Head Coach. Forms will not be accepted, if not completed. Performance in summer school can affect scholarship allotment for fifth year aid.
SUMMER SCHOOL AID REQUEST FORM

Student-Athlete Profile
(To be completed by the Student-Athlete/Athletics Academic Coordinator)

Student Name: ___________________________    Date: ______________________
Banner ID#: ___________________________    Sport: ______________________

Academic Profile
(To be completed by Athletics Academic Coordinator)

Reason for Summer School Aid Request:
Eligibility □    On-time or decrease time to graduation □    Strengthen academic standing □
Other □    please explain __________________________________________________

Current GPA ________________    Classification ______________________
Major ________________    Double Major ________________    Dual Degree ______________________

Hours required ________    Hours completed & enrolled ________    Hours remaining ________

Hours registered previous fall semester ________    Hours passed ________

Hours registered current spring semester ________    Hours passed ________

If student-athlete needs summer school for eligibility, check the satisfactory progress rule(s) that must be met based on the student-athlete’s current standing:

   ECU retention GPA □    NCAA percentage of degree □
   NCAA required GPA □    NCAA credit hours □

Hours Requested:  1st session: Campus ______ DE ________
If campus, are courses online? YES □ or NO □

2nd session: Campus ______ DE ________
If campus, are courses online? YES □ or NO □

11wk session: Campus ______ DE ________
If campus, are courses online? YES □ or NO □

________________________________________    ______________________
Academic Coordinator    Date

Revised 1/30/2015
**Recommended Summer Aid Amount**
(To be completed by the Head Coach)

Grant Equivalency During Previous Regular Academic Year:

<table>
<thead>
<tr>
<th>Equivalency</th>
<th>In-State or Out-of-State</th>
<th>Living Situation</th>
</tr>
</thead>
</table>

Recommended Summer School Grant-In-Aid Award Amount (if different):

<table>
<thead>
<tr>
<th>Equivalency</th>
</tr>
</thead>
</table>

Head Coach

Date

---

**Athletic Aid Profile**
(To be completed by the Office of Compliance)

Grant Equivalency During Previous Regular Academic Year: ____________________________ / ____________________________

<table>
<thead>
<tr>
<th>Summer Session(s) Requested and Amount(s) Requested:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; ☐ Tuition/Fees $_________ Room $_________ Board $_________ Books $_________ Total $_________</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; ☐ Tuition/Fees $_________ Room $_________ Board $_________ Books $_________ Total $_________</td>
</tr>
<tr>
<td>11-Wk ☐ Tuition/Fees $_________ Room $_________ Board $_________ Books $_________ Total $_________</td>
</tr>
</tbody>
</table>

Associate AD/Compliance or Designee

Date

---

**For Administrative Use Only**

Equivalency Verified: ____________________________ Dollar Amt. Eligible to Receive: ____________

Sport Administrator

Date

Executive Associate AD

Date

Budget Used: ____________________________

Amount to be awarded: 1<sup>st</sup>SS: ________ 2<sup>nd</sup>SS: ________ 11-Week: ________

<table>
<thead>
<tr>
<th>Amount to be awarded</th>
<th>1&lt;sup&gt;st&lt;/sup&gt;SS</th>
<th>2&lt;sup&gt;nd&lt;/sup&gt;SS</th>
<th>11-Week</th>
</tr>
</thead>
<tbody>
<tr>
<td>1&lt;sup&gt;st&lt;/sup&gt; ------ T/F Only</td>
<td>T/F Only &amp; Bks</td>
<td>Flat $ Amt.</td>
<td>Flat $ Amt. &amp; Bks.</td>
</tr>
<tr>
<td>2&lt;sup&gt;nd&lt;/sup&gt; ------ T/F Only</td>
<td>T/F Only &amp; Bks</td>
<td>Flat $ Amt.</td>
<td>Flat $ Amt. &amp; Bks.</td>
</tr>
<tr>
<td>11-Wk ---- T/F Only</td>
<td>T/F Only &amp; Bks</td>
<td>Flat $ Amt.</td>
<td>Flat $ Amt. &amp; Bks.</td>
</tr>
</tbody>
</table>

Revised 1/30/2015
ECU’s Office of Student Development is committed to the success and graduation of our student-athletes by providing extensive services and diverse experiences in order to promote the development of academic achievement, leadership, and personal growth. Our commitments are:

- To assist with the transition into college through academic counseling, orientation, and social activities.
- To support the efforts of every student-athlete to earn a degree.
- To encourage the development of values, emphasizing leadership qualities.
- To enhance interpersonal relationships and communication skills.
- To provide opportunities that instill life skills and ethics.
- To facilitate the fulfillment of career and personal goals of each student-athlete while in school and beyond.
- To safeguard the academic integrity of the University by ensuring compliance with all regulations put forth by the University and NCAA.

**Student Development Staff:**

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
<th>Sport</th>
<th>Email</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nita Boyce</td>
<td>Assistant Athletic Director</td>
<td>Men's Tennis Women's Tennis</td>
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<td>737-4552</td>
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<tr>
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<td>Assistant Director</td>
<td>Football</td>
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<td>737-2554</td>
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<tr>
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<td>Academic Coordinator</td>
<td>Lacrosse Women's Golf Volleyball</td>
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<td>737-4527</td>
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<tr>
<td>Carles Crumpler</td>
<td>Academic Coordinator</td>
<td>Soccer Men's and Women's Track &amp; Field/XC</td>
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<tr>
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<td>Academic Coordinator</td>
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<tr>
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<tr>
<td>Leigh Cunius</td>
<td>Academic Coordinator</td>
<td>Women's Basketball Men's and Women's Swimming &amp; Diving</td>
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<td>737-4630</td>
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<tr>
<td>Jennifer Bonner</td>
<td>Academic Coordinator/Learning Specialist</td>
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<td><a href="mailto:Bonnerj@ecu.edu">Bonnerj@ecu.edu</a></td>
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<tr>
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<td>Learning Specialist</td>
<td>All</td>
<td><a href="mailto:Tarverw17@ecu.edu">Tarverw17@ecu.edu</a></td>
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<tr>
<td>Cheryl Bright</td>
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<tr>
<td>Kathy Pittman</td>
<td>Administrative Support</td>
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<td><a href="mailto:pittmanka@ecu.edu">pittmanka@ecu.edu</a></td>
<td>737-4076</td>
</tr>
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</table>
ATTENDANCE POLICY

The Athletics Department has an obligation to every students-athlete, the student-athlete's family, and our university's integrity to insure that ECU student-athletes have the very best opportunity to achieve academic success. In order to meet this obligation, GRADUATION MUST BE EVERY STUDENT-ATHLETE’S, EVERY COACH’S, EVERY ADMINISTRATOR’S TOP PRIORITY.

To pursue success in athletics, student-athletes must attend and be on time for every practice and meeting while respecting the team’s policies and procedures as well as individual teammates and coaches. That is also the expectation for student-athletes academically - to attend and be on time for every class and academic appointment while respecting the university’s policies and procedures as well as their individual classmates, professors and academic coaches.

CLASS ATTENDANCE
Regular attendance in class sessions is a critical component of a student-athlete's academic progress and success. This class attendance policy requires student-athletes to attend classes daily and complete all assigned academic work to avoid academic failure. Student-athletes must be on time for their classes and prepared with all necessary textbooks and course assignments.

DISCIPLINARY ACTIONS
This policy applies to all terms including summer.

- **1 Unexcused Absence:**
  - E-mail warning from the sport administrator to coach and student-athlete.
  - Parents may be notified.*

- **2 Unexcused Absences in the same class:**
  - E-mail warning from the sport administrator to coach and student-athlete.
  - Miss the next practice session.
  - Parents may be notified.*

- **3 Unexcused Absences in the same class:**
  - E-mail from sport administrator to student-athlete, coach.
  - Suspension from next scheduled competition.
  - Parents will be notified informing them about the sanctions for the next two violations, e.g. suspension from additional competitions and possible scholarship cancellation.*

- **4 Unexcused Absences in the same class:**
  - Suspension from next competition(s) as follows:
    - 1 competition – cross country, football, golf, soccer, swimming, track
    - 2 competitions – basketball, tennis, volleyball
    - 3 competitions – baseball, softball
  - E-mail from sport administrator to student-athlete and coach.

- **5 Unexcused Absences in the same class:**
  - Suspension for the remainder of season (practice and competition).
  - May result in cancellation of scholarship for next semester (Letter sent from the Director of Athletics).
  - Meeting occurs with student-athlete, sport administrator, coach, Assistant
  - Athletics Director for Student Development.
ACADEMIC INTEGRITY

Academic integrity is expected of every ECU student. Academically violating the Honor Code consists of the following:

- Cheating: The giving or receiving of any unauthorized aid or assistance or the giving or receiving of unfair advantage on any form of academic work.
- Plagiarism: Copying the language, structure, ideas, and/or thoughts of another and adopting those as one’s original work.
- Falsification: A statement of untruth, either verbal or written, regarding any circumstances relating to academic work.
- Multiple submission: Submission of substantial portions of academic work for credit more than once without authorization from the second faculty member to receive the work.
- Violation assistance: Knowingly assisting someone in committing an act that constitutes a violation of the academic integrity policy.
- Violation attempt: Attempting any act which if completed would constitute an academic integrity violation as defined above.
- Procedures governing academic integrity violations are described in the ECU student handbook.

Student-athletes must be even more careful to practice integrity in their work to ensure they do not violate NCAA policies of academic misconduct or commit academic fraud.

<table>
<thead>
<tr>
<th>DO NOT</th>
<th>DO</th>
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<tbody>
<tr>
<td>Ask for help on a test or quiz – whether it’s online or hard copy.</td>
<td>Ask for help to prepare for a test or quiz beforehand. Learn the process of how to find the solution/answer on your own.</td>
</tr>
<tr>
<td>Turn in academic work that is not yours.</td>
<td>Do your own work!</td>
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<tr>
<td></td>
<td>Professors learn their students and the quality of their work. They will know if you submit falsified or plagiarized work.</td>
</tr>
<tr>
<td>Have someone else write or type papers for you.</td>
<td>Make papers from your own original thoughts and ideas.</td>
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<tr>
<td></td>
<td>It is fine to get input once you have some general ideas on paper or receive assistance getting started if you don’t understand the assignment. (This includes having someone from home doing the work.)</td>
</tr>
<tr>
<td>Work together on online quizzes/tests.</td>
<td>Complete tests and quizzes independently.</td>
</tr>
<tr>
<td></td>
<td>Quizzes and tests done outside of the classroom should be treated the same as those inside the classroom.</td>
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</table>
Principle of Academic Integrity:
Academic integrity ensures that students derive optimal benefit from their educational experience and their pursuit of knowledge. Violating the principle of academic integrity damages the reputation of the university and undermines its educational mission. Academic honor is the responsibility of every ECU student and faculty member.

Academic Integrity Violations:
- Academically violating the Honor Code consists of the following:
- Cheating- unauthorized aid or assistance or the giving or receiving of unfair advantage on any form of academic work.
- Plagiarism- Copying the language, structure, ideas, and/or thoughts of another and adopting same as one's own original work.
- Falsification/Fabrication- Statement of any untruth, either spoken or written, regarding any circumstances relative to academic work.
- Multiple Submission- The submission of substantial portions of the same academic work for credit more than once without authorization from the faculty member who receives the later submission.
- Violation Assistance- Knowingly helping or attempting to help someone else in an act that constitutes an academic integrity violation.
- Violation Attempts- Attempting any act that if completed would constitute an academic integrity violation as defined herein.

The faculty member has original jurisdiction in all suspected violations related to class requirements. In cases of an academic integrity violation not related to a class requirement or activity, the matter will be referred directly to the University Academic Integrity Board. Taken from the ECU Student Handbook, http://www.ecu.edu/csstudentlife/policyhub/academic_integrity.cfm

Disciplinary Actions:
If a student-athlete is found to be in violation of the University's Academic Integrity Policy, after exhausting the University's process, (complete process found at http://www.ecu.edu/csacad/fsonline/customcf/currentfacultymanual/part6section2.pdf), the Department of Athletics will issue a mandatory suspension for the next scheduled contest.
The Director of Athletics has the discretion to impose additional sanctions for Academic Integrity violations. Multiple and/or repeat violations could result in more severe penalties including but not limited to dismissal from the team and loss of athletic aid.
Freshmen Study Hall

All freshmen student-athletes will enter the freshmen study hall program their first year at ECU. The structured program is 10 hours per week Sunday through Thursday evening in one of our four study hall areas designed to aid student-athletes in their coursework. Qualified monitors and Academic Coordinators supervise study halls.

Students may be excused from study hall for an academic related event that will contribute to the betterment of their grade with permission from their Academic Coordinator prior to the date of the event.

Student-athletes are provided and required to sign a study hall contract, below, that lists the rules and expectations they are expected to follow. An overview of the program is provided during the first night of study hall at the start of each semester.

Freshmen have the opportunity to have study hall hours reduced or be excused from study hall after their first semester based on their academic performance and GPA. Student-athletes, however, can be added back to study hall if their performance begins to decline.

New Transfer and Upperclassmen Study Hall

All incoming transfer student-athletes are required to attend daytime study hall in the Pat Draughn Academic Center for their first semester at ECU. The number of study hall hours assigned is based on the student-athletes’ GPA at their previous institution. Upon completion of the first semester at ECU, transfer students will fall under the upperclassmen guidelines for study hall.

Upperclassmen are required to attend daytime study hall if they do not meet the GPA requirements or they are not performing well academically. Study hall hours can be adjusted during the semester by the Academic Coordinator after progress reports are returned by faculty.

For both incoming transfers and upperclassmen, the study hall is individualized and times are set based on the student’s class and athletic schedules.
Study Hall Contract

RULES:

1. Check in with the study hall monitor immediately upon arrival.
2. Silence or turn off your phone (do not put it on vibrate) and deposit it in the phone rack.
3. Phones are not allowed to charge during study hall. They must be placed in your designated spot.
4. Music is allowed only from your computer and only with headphones. No iPods or external music players. YouTube is not allowed. If you listen to music online, you may use Pandora, but are not allowed to adjust songs for the remainder of study hall (create a playlist before arriving to study hall). No dancing, passing of headphones for other people to hear or changing the song. If listening to music becomes a problem for even one person, everyone will have the privilege revoked.
5. No Facebook, Twitter, ESPN, or any other site not related to your work will be allowed. Your computer privileges will be taken from you if you are caught abusing the Internet. If you have to use a prohibited site for academic purposes, you must first get permission from the study hall staff.
6. No messaging or chat programs.
7. Do not pack up until it is announced that study hall is over. Continue working until a staff member tells you that you can go. Packing up early will result in the entire group staying late.
8. No tobacco products of any kind. This includes chewing tobacco.
9. Full meals are not allowed. Light snacks are permitted unless it interferes with productivity.
10. Violations of academic integrity of any kind are not tolerated. Working in groups on assignments, quizzes, tests, etc. if not instructed as permissible by the instructor, is a violation of academic integrity. Tutors are not allowed to be at your workstation during a test or quiz. Any witnessed violation of academic integrity will be reported.
11. Objectives are required and must be completed by the last night of study hall for the week. All objectives must be measurable and shown to the monitor to be verified as complete.

EXPECTATIONS:

1. Be respectful of the study hall staff and fellow study hall attendees.
2. Come prepared with all materials you could possibly need. Always bring your books with you. Bring more work to do than you could accomplish in your time even if it means you will be reading ahead. “I’m done with all my work!” is not acceptable.
3. Be on time. Anyone not here at the start of study hall will be reported.
4. If you sign up for a tutor or mentor and need to cancel, provide them with at least 12 hours of notice.

Failure to comply with the above rules and expectations will result in disciplinary action.

I, ___________________________ understand and agree to comply with the above written rules and expectations of study hall.

Sign______________________________ Date____________ Sport________________________
DRUG TESTING

DRUG EDUCATION SCREENING COUNSELING AND TESTING PROGRAM REGULATION

INTRODUCTION:
The improper use of drugs has become a matter of deep concern within our society. Many lives are being damaged, and in some cases destroyed, by drug use. ECU is determined to help all students and employees avoid such hazards, through its established policies on drug abuse that apply to all members of the academic community. However, this program is specially designed for the members of our intercollegiate athletic teams, cheerleading teams, and dance team. It is based on the premise that drugs and athletics do not mix. First, many drugs, when used in conjunction with athletic activities or physical conditioning programs, can pose serious risks to the health of the athlete and may endanger other persons in contact with the drug user. Symptoms of illness, temporary or permanent injury, and even death can be caused by such drug use. Second, the use of certain drugs temporarily may improve some types of athletic performance, and thereby create an unfair competitive advantage for the person using them. Such uses of drugs violate the basic principles of sportsmanship. Third, intercollegiate athletes frequently become highly publicized role models and their abuse of drugs can negatively influence other young people, as well as damage the reputation of the institution.

ECUMAY AMEND THIS REGULATION AT ANY TIME, AND THE PROGRAM IS SEPARATE AND DISTINCT FROM THE NCAA DRUG TESTING PROGRAM.

FOR THE PURPOSES OF THIS REGULATION, A STUDENT-ATHLETE IS DEFINED AS ANYONE CURRENTLY LISTED AS ACTIVE ON A TEAM’S ROSTER, OR RECEIVING ATHLETIC FINANCIAL AID AS A MEDICAL NON-COUNTER OR POST-PARTICIPATION RECIPIENT.

BASIC PROGRAM GOALS:
It is the intent of this drug education screening and counseling program to (1) deter the use of drugs and alcohol; (2) to assist in identifying the athlete who is a substance user/abuser through a screening program based on periodic testing to reveal use of drugs; (3) to promote an education program that informs student-athletes about drugs and drug abuse; (4) to assist in the rehabilitation of student-athletes found to be misusing drugs; and (5) in appropriate cases, to remove from our athletic programs any student-athlete who is found to have violated the requirements of this regulation.

ALL STUDENT-ATHLETE PARTICIPANTS IN ECINTERCOLLEGIATE ATHLETIC PROGRAMS, DANCE, AND CHEERLEADING TEAMS MUST COMPLY WITH THE TERMS OF THIS PROGRAM ON DRUG EDUCATION, SCREENING, AND COUNSELING. ACCORDINGLY, ALL STUDENT-ATHLETES MUST READ THESE REQUIREMENTS CAREFULLY, AND PROVIDE WRITTEN ACKNOWLEDGMENT ON THE ATTACHED DRUG TESTING CONSENT FORM. A STUDENT WHO FAILS TO SIGN THE STATEMENT WILL NOT BE PERMITTED TO PARTICIPATE IN UNIVERSITY INTERCOLLEGIATE ATHLETIC PROGRAMS.
EDUCATIONAL PROGRAM:

An important part of this program is an ongoing educational effort designed to help student-athletes avoid any involvement in prohibited drugs. Each member of every athletic team shall participate in prescribed drug education activities, in addition to the alcohol and other drug prevention activities that all ECU students receive as part of their student experience. University staff members will encourage all student-athletes to ask questions about this drug education screening and counseling program. Staff members will honor an athlete’s request that his or her questions be answered in private. Team meetings will be held to emphasize the program’s objectives and to reiterate the actions that athletes must take to comply with the regulation.

PROHIBITED DRUGS:

Some of the drugs about which we are concerned are illegal (that is, the law prohibits their sale, purchase, or possession). Others may be obtained by medical prescription. Some may be purchased lawfully “over the counter” in retail stores. But all such drugs are incompatible with the integrity of our athletic programs.

A STUDENT, DURING THE PERIOD OF HIS OR HER ELIGIBILITY TO PARTICIPATE IN INTERCOLLEGIATE ATHLETICS, MAY NOT USE THE DRUGS SPECIFIED IN APPENDIX A. IF AN OTHERWISE PROHIBITED DRUG IS BEING USED PURSUANT TO A LAWFULLY ISSUED PRESCRIPTION UNDER THE SUPERVISION AND AUTHORITY OF A LICENSED PHYSICIAN OR OTHER MEDICAL PROFESSIONAL AUTHORIZED TO PROVIDE MEDICAL PRESCRIPTION UNDER THE LAWS OF THE STATE OF NORTH CAROLINA, THE PATIENT MAY CONTINUE TO PARTICIPATE IN ATHLETICS IF THE ATHLETE MEETS THE REQUIREMENTS AS SET FORTH BY THE NCAA CONCERNING MEDICAL EXCEPTIONS TO IMPERMISSIBLE DRUG USE.

SAFE HARBOR PROVISION:

Any student-athlete may seek assistance for a substance abuse problem at any time by contacting his or her coach, a departmental staff member, sports medicine, life skills, or student development employee; or a representative of the division of student affairs. Seeking such assistance shall not subject the student-athlete to sanctions under this regulation and the student-athlete shall not be tested as part of the regulation until counseling has been completed. The request for assistance must be made prior to notification of an impending test.

SCREENING PROGRAM:

It is a condition of participation that a student-athlete annually agree to submit to any tests prescribed by ECU to reveal the use of any of the drugs listed in appendix a. The basic test to be used for drug screening is a direct observation urinalysis. However, other types of tests from time to time may be utilized to determine the presence of drugs listed in appendix a. The testing will be done in accordance with the procedures outlined in appendix d.
When tests will be administered:

- **Unannounced random testing:** All enrolled student-athletes are subject to periodic unannounced random testing, regardless of their competitive season. Specifically, on various occasions during the calendar year, a percentage of the members of each team will be selected, at random, to be tested. The selection of individuals will be made through a random drawing of names from the team roster by the Associate Director of Athletics for Student Services or his designee.

- **Testing in response to individualized suspicion:** A student-athlete may be subject to testing at any time when, in the judgment of the Director of Athletics, in consultation with other campus officials, as appropriate, there is reasonable cause to suspect the student is engaged in the use of any of the drugs prohibited by this Regulation. Such individualized reasonable suspicion may be based on information from any source deemed reliable by the Director of Athletics, including, but not limited to: (1) observed possession or use of substances that reasonably appear to be drugs of the type prohibited; (2) citation for any possible drug or alcohol offense in violation of the ECU Code of Conduct; (3) arrest or conviction for a criminal offense related to the possession, use or trafficking in drugs of the type prohibited; or (4) observed abnormal appearance, conduct or behavior, including unusual patterns of absence from training, competition, classes or other academic requirements reasonably interpretable as being caused by the use of drugs of the type prohibited.

- **Post-season/Championship Screening:** Any participant or team likely to advance to post-season championship competition may be subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to the post-season competition. If a student-athlete tests positive, he or she may not be allowed to compete at the post-season event and will be subject to the sanctions herein. If regular season games remain after the test results are received, game suspension penalties will be in accordance with Section F of this Regulation. Post-season games will be utilized to meet suspension requirements.

- **Re-entry Testing:** A student-athlete who has had his or her eligibility to participate in intercollegiate sports suspended as the result of a drug and/or alcohol violation will be required to undergo re-entry testing after the substance abuse counselor involved in the student-athlete’s case indicates that re-entry into the intercollegiate sports program is appropriate.

- **Pre-Season Screening:** Student-athletes are subject to pre-season drug testing and may be notified of such by the Director of Athletics or his/her designee at any time prior to the first competition. Pre-season screening would include summer school sessions.
Notification and reporting for collections

The preferred notification method for student-athletes selected for testing will be written notification (see Appendix B) by a member of the ECU Athletic Training staff no more than 24 hours prior to the test. If written notification is unable to be obtained, other acceptable methods of notification include direct contact or phone call by the athletic trainer or member of the coaching staff. Email, voicemail, or text message are not acceptable notification methods.

Consequences of failure to participate in or cooperate with the testing:

- **The following actions by a student-athlete will be treated as a positive test result and the student-athlete will be suspended from Athletics participation until a sample is produced:**
  - Failure to execute the relevant required individual notification form (Appendix B or C); or Failure to appear at the designated time and place for testing without verified excuse acceptable to the Director of Athletics; or Refusal to provide a sample or manipulates his or her sample to alter the integrity and/or validity of the sample, the manipulation shall be treated as a positive test.

- **6.1.2.2 A student who fails after three attempts to produce a required urine specimen will be offered an opportunity for saliva testing by use of an oral swab. Refusal to comply with oral swab collection will be treated as a positive test result and the student-athlete will be suspended from Athletics participation until a sample is produced. Eligibility to participate in intercollegiate athletics may be canceled if an athlete fails to produce a specimen. The procedures prescribed in Section G apply to such a cancellation.**

CONSEQUENCES OF IMPERMISSIBLE DRUG USE:

When prohibited drug use has been verified through positive test results, the following procedures and consequences will apply. In all cases, the team physician will notify the director of athletics or his/her designee of the positive drug test. The director of athletics or designee will notify the student-athlete’s head coach and sport administrator, who will in turn notify the student-athlete.

The minimum consequences specified below will apply following (a) any positive result on a drug test administered pursuant to this regulation, (b) any positive result on an NCAA-administered drug test, or (c) the occurrence of an event that is considered the equivalent of a positive test under paragraph 6.1.2 of this regulation.
First Occasion:

- **Confidential meeting to evaluate the nature and extent of drug involvement.**
  - The student will be required to meet privately with the head coach and sport administrator to ascertain the facts about the nature, extent, and history of the problem. In eliciting information from the student, responses are to be oral, are not to be given under oath, and are to be revealed only to University officials, persons authorized by the student, and the parents or guardians of the student in accordance with the Family Educational Rights and Privacy Act of 1974. A student-athlete will be required to telephone his or her parents or guardians and inform them of the positive test in the presence of the head coach and sport administrator. If the parents or guardians cannot be reached by telephone, the head coach or his designee will take necessary steps to insure that the parents or guardians are informed. No other persons or agencies will be given information except in response to a valid subpoena or court order.

- **The student-athlete will be placed on Athletic Department probation for a period of one year. If at any time during probation the student-athlete is found responsible by the Office of Student Rights and Responsibilities for any violation of the ECU Student Code of Conduct, the student may be suspended for a period of time as determined by the Director of Athletics.**

- **Counseling and rehabilitation**
  - The student-athlete will be required to meet with the team physician to discuss the impermissible substance that caused the positive test. The student-athlete will also be required to meet with the substance abuse counselor at the ECU Center for Counseling and Student Development and sign appropriate consents for release of information to the Team Physician. The nature and extent of counseling will be determined by the substance abuse counselor.
  - The student-athlete may choose to receive counseling from an off-campus counselor or rehabilitation facility. In such cases, any financial costs associated with such treatment will be the sole responsibility of the student-athlete. The student-athlete will be required to sign the appropriate consents for release of information from the off-campus counseling provider to the team physician.
  - Failure to attend a scheduled counseling session may result in additional penalties as determined by the Director of Athletics.
  - **Follow-up testing may occur at any time during probation and counseling and will occur at each scheduled test for the remainder of the student-athlete’s eligibility. Any test which returns a positive result during the probationary period will be evaluated by the team physician. If the team physician determines that interval substance abuse has occurred, the Director of Athletics will be notified and this test will be considered an additional positive result.**

- **Written notice:**
  - The Director of Athletics provides written notice of the positive drug screen and any applicable sanctions to the student-athlete and his/her parents or guardians as well as the head coach. This notice also includes information regarding how the student-athlete may appeal.
Second Occasion:

- In addition to the procedure and sanctions imposed in paragraph 7.2.1 above, the student-athlete will be immediately suspended from competition for 20% of the total scheduled contests of that sport. This suspension must be served immediately following notification of the Director of Athletics or his/her designee by the team physician of the positive test. Post-season games will be included to satisfy the suspended games total. During the suspension, the student-athlete may continue to participate in team related activities if deemed safe by the team physician and with the approval of the Director of Athletics. Student-athletes who are on rosters for multiple sports will serve their suspension during the season of the sport in which they are participating in at the time of the positive test. If the student-athlete is participating in multiple sports simultaneously, the suspension will be served for the sport in the championship segment. If there are insufficient competitions remaining to complete the suspension during the season in which the positive test occurred, the remaining percentage will carry over to the sport season immediately following. In cases where the percentage of maximum allowable contests does not equal a whole number, the number of games missed due to suspension will be rounded down.

- The Director of Athletics provides written notice of the positive drug screen and any applicable sanctions to the student-athlete and his/her parents or guardians as well as the head coach. This notice also includes information regarding how the student-athlete may appeal.

- The student-athlete will be required to meet with the Director of Athletics.

- The substance causing the second positive test does not need to be the same substance that caused the first positive test.

Third Occasion:

- Cancellation of eligibility
  - On the occasion of a third positive screen, a student’s athletic eligibility will be canceled permanently, the student will not be eligible for renewal of any athletic scholarship, and an existing scholarship may be subject to cancellation. Any such cancellation may be imposed only in accordance with the procedures specified in Paragraph 8, below.

- Notification of parents
  - The parents will be notified of any such cancellation of eligibility.

- Counseling and rehabilitation
  - A student whose eligibility has been canceled may seek assistance from established University counseling and medical resources otherwise available to students incident to their enrollment at East Carolina University. Such services will not be initiated or supervised by the Athletic Department, since the student’s affiliation with the athletic programs of the institution will have ended. Any costs associated with counseling will be the sole responsibility of the student-athlete.

- The substance causing the third positive test does not need to be the substance that caused either of the two preceding positive tests.

A HEAD COACH HAS THE AUTHORITY TO IMPOSE ADDITIONAL OR STRICTER SANCTIONS TO THOSE LISTED ABOVE. ANY VARIATION IN PENALTIES SHOULD BE COMMUNICATED CLEARLY AND ACKNOWLEDGED BY SIGNATURE OF ALL TEAM MEMBERS PRIOR TO THE BEGINNING OF EACH SEASON.

When a sanction under this Regulation involves the loss of grant in aid, a student-athlete may appeal that decision to the Faculty Senate Student Academic Appellate Committee, in accordance with the terms of his/her grant in aid agreement.
PROCEDURES FOR IMPOSING SERIOUS SANCTIONS:

Sections 6 and 7 of this regulation provide notice of circumstances under which suspension or cancellation of eligibility to participate in intercollegiate athletic activities may be imposed. Sanctions such as suspension exceeding one week and cancellation of eligibility may be imposed only in accordance with the procedures here prescribed. Nonetheless, the department of athletics has the right, at any time, to terminate the student-athlete’s privilege to participate on a team for reasons other than a violation of this regulation, including, but not limited to, violations of other university, departmental, or team policies. A violation of this regulation, in conjunction with a violation of other university, departmental, or team policies, may result in termination of a student-athlete’s privilege to participate on a team. All such terminations are not subject to the procedures set forth in this regulation. In cases where a student-athlete is removed from a team’s roster prior to completing sanctions and then added back to the roster at a later date, those sanctions must be completed prior to return to competition. A student-athlete may not be removed from a roster in order to avoid completing sanctions.

Written notice:

Before any suspension exceeding one week or cancellation is imposed, the student-athlete will be given written notice by the Director of Athletics of the intention to suspend or cancel eligibility, of the reasons for the proposed action, and of the right of the affected student to request a hearing on the proposed sanction before it is imposed. If the proposed sanction is based on a preliminary determination of improper drug use that may threaten the health of the athlete or of other participants in athletics or other members of the institutional community, all athletic participation (training, practice, and competition) shall be discontinued immediately, pending a medical determination as to the fitness of the athlete to resume participation in athletic activities. This determination, designed to protect the health of the student-athletes or other members of the community, shall be made as promptly as possible. Information supplied by the student to medical personnel incident to making such a determination shall not be admissible in any institutional disciplinary process. Otherwise, the student-athlete may participate in team activities other than competitions until the appeal has been heard and a determination has been made to grant or deny the appeal, contingent on approval of the head coach and Director of Athletics.

Request for hearing or waiver of hearing:

A student-athlete may obtain a hearing by addressing a request in writing to the Director of Athletics within five (5) working days after receiving the written notice referred to in paragraph 1, above. A request for an appeal must be based on insufficiency of evidence or mitigating circumstances. Failure of the student-athlete to request an appeal on these bases in writing within five (5) working days following his or her receipt of the written notice will be considered a waiver of the appeal. In the alternative following receipt of written notice, the student may signify in writing his or her intention not to request a hearing, and the proposed sanctions may be imposed immediately, without recourse to any institutional grievance or appeals process.

REDUCTION IN VIOLATIONS:

If a student-athlete does not test positive for a period of twenty-four (24) months from the date of his/her last positive test for a banned substance, and complies with all corrective measures imposed, the student-athlete may have the number of violations reduced by one (i.e. from 2 down to 1, from 1 down to 0).
CONFIDENTIALITY OF INFORMATION CONCERNING DRUG USE:
Any information concerning a student’s alleged or confirmed improper use of drugs, solicited or received pursuant to implementation of this program, shall be restricted to institutional personnel and to parents or guardians of student-athletes. No other release of such information will be made without the student's written consent, unless in response to appropriate judicial process. The institution cannot guarantee that law enforcement or prosecutorial authorities will not gain access to information in the possession of the institution; however, the institution will not voluntarily disclose such information, in the absence of a court order or in accordance with FERPA.

IMPROPER PROVISION OF DRUGS BY INSTITUTIONAL PERSONNEL:
No officer, employee, or agent of ECU may supply to any student-athlete any drug that may endanger an athlete or affect athletic ability or performance, or otherwise encourage or induce any student improperly to use drugs, except as specific drugs may be prescribed by qualified medical personnel for the treatment of individual students. Any person who has information about a possible violation of this prohibition should report such information promptly to any athletics administrator, who shall ensure that the director of athletics, the chancellor, or any vice chancellor with supervisory responsibility for the officer, employee, or agent is informed so that an appropriate investigation can be conducted and, if necessary, disciplinary action can be taken in accordance with established policy.

The foregoing statement of Regulation has been approved by the Chancellor and the Board of Trustees of East Carolina University, effective September 27, 1996; revised July 23, 2009; revised July 28, 2017.
Appendix A

2017-18 Banned Drugs

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

The NCAA bans the following classes of drugs:
- Stimulants.
- Anabolic Agents.
- Alcohol and Beta Blockers (banned for rifle only).
- Diuretics and Other Masking Agents.
- Illicit Drugs.
- Peptide Hormones and Analogues.
- Anti-Estrogens.
- Beta-2 Agonists.

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:
- Blood Doping.
- Gene Doping
- Local Anesthetics (under some conditions).
- Manipulation of Urine Samples.
- Beta-2 Agonists permitted only by prescription and inhalation (i.e., Albuterol).

NCAA Nutritional/Dietary Supplements WARNING:
- Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff!
- Dietary supplements, including vitamins and minerals, are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

Check with your athletics department staff prior to using a supplement.
Some Examples of NCAA Banned Substances in Each Drug Class.

THERE IS NO COMPLETE LIST OF BANNED SUBSTANCES.

Do not rely on this list to rule out any label ingredient.
- **Stimulants**: amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; methamphetamine; methylphenidate (Ritalin); synephrine (bitter orange); methylhexanamine (DMAA); “bath salts” (mephedrone); Octopamine; DMBA; phenethylamines (PEAs); etc. exceptions: phenylephrine and pseudoephedrine are not banned.
- **Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenedione)**: Androstenedione; boldenone; clenbuterol; DHEA (7-Keto); epitrenbolone; testosterone; etiocholanolone; methasterone; methandienone; nandrolone; norandrostenedione; stanozolol; stenbolone; trenbolone; SARMS (ostarine, ligandrol, LGD-4033); etc.
- **Alcohol and Beta Blockers (banned for rifle only)**: alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- **Diuretics (water pills) and Other Masking Agents**: bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triamterene; trichlormethiazide; etc.
- **Illicit Drugs**: heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (e.g., spice, K2, JWH-018, JWH-073)
- **Peptide Hormones and Analogue**: growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); IGF-1 (colostrum); etc.
- **Anti-Estrogens**: anastrozole; tamoxifen; formestane; ATD, clomiphene; SERMS (nolvadex); Arimidex; clomid; evista; fulvestrant; aromatase inhibitors (Androst-3,5-dien-7,17-dione), etc.
- **Beta-2 Agonists**: bambuterol; formoterol; salbutamol; salmeterol; higenamine; norcoclaunine; etc.

Any substance that is chemically related to one of the above classes, even if it is not listed as an example, is also banned!

It is your responsibility to check with the appropriate or designated athletics staff before using any substance.

**SUPPLEMENTS**

The NCAA has strict rules on which supplements are permissible and which are not. Those that are permissible include:

Non-muscle building supplements taken for the purpose of providing additional calories and electrolytes, providing the supplements do not contain any NCAA banned substances. Permissible supplements are identified according to the following classes:

- Carbohydrate/electrolyte drinks (such as Gatorade)
- Energy bars
- Carbohydrate boosters
- Vitamins
- Minerals
- Protein
Student-athletes should not use nutritional supplements other than those allowed by the NCAA or prescribed by a licensed physician for a medical condition. Student-athletes are reminded that taking nutritional supplements, even those purchased over-the-counter, may result in a positive drug test that affects eligibility status.

For questions regarding whether a nutritional supplement contains banned substances, see a member of the ECU Athletic Training Staff or submit a supplement inquiry as described below.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting Drug Free Sport AXIS, 877-202-0769 or www.drugfreesport.com/axis password ncaa1. Go to the link Dietary Supplement Inquiry and complete the form. You will need to know the name of the supplement and the manufacturer. Even if you have had a supplement previously reviewed by Drug Free Sport AXIS, you should resubmit the information each time the supplement is purchased as the manufacturers may change the formula without notice. It is the sole responsibility of the student-athlete to determine whether a supplement constitutes a banned substance; the Drug Free Sport AXIS website is provided as a courtesy.
LIFE SKILLS

The Life Skills department develops and implements innovative programs and individualized support services that empower student-athletes to make positive contributions to their communities and put them in a position to succeed in college and in life. Life Skills focuses on seven commitments: above and beyond, athletic excellence, career development, community outreach, personal development, scholarly success, and teams for teams. The Life Skills Department uses athletic, campus, and community resources to help educated student-athletes in these different areas. Along with these components, the program is dedicated to establishing a structured and influential Student-Athlete Advisory Committee (S.A.A.C).

ECU Athletics Life Skills Commitment Areas:

- Above & Beyond- to provide student-athletes the opportunity to attend workshops and events in areas that interest them, but do not have required attendance.
- Academic Excellence/Scholarly Success- to support the academic progress of the student-athlete towards intellectual development and graduation.
- Athletic Excellence- to build philosophical foundations for the development of athletic programs that are broad-based, equitable, and dedicated to the well-being of the student-athlete.
- Career Development- to encourage the student-athlete to develop and pursue career and life goals.
- Community Outreach- to engage the student-athlete in service to his/her campus and surrounding community.
- Personal Development- to support the well-balanced lifestyle for student-athletes, encouraging emotional well-being, personal growth, and decision making-skills.

Community Service

Student-athletes are encouraged to participate in volunteer and community service efforts throughout their college experience. Each team partners with local community organization and volunteers time at all community-wide events. Along with large volunteer efforts, student-athletes show community support with visits to local hospitals, Pitt County schools, the Boys and Girls Club of Coastal Plains, and various charity events. Community organizations can request ECU student-athletes to attend local outreach events via the Life Skills Coordinator. Community service helps maintain and improve the positive relationship between student-athletes and the surrounding community.
**Student-Athlete Advisory Committee (SAAC)**

East Carolina University’s Student-Athlete Advisory Committee (SAAC) is a group of diverse student leaders that promotes a positive experience for student-athletes through effective means of communication. SAAC serves as the voice for the student-athletes to athletic administration, coaches, and on-campus representatives. SAAC gives student-athletes proficiency in future career paths and personal development throughout their college career. SAAC serves student-athlete needs and seeks opportunities that encourage excellence on the field, the classroom, in the community, and in life.

**Goals:**

1. Foster Student-Athlete Welfare
2. Improve Team Relations via Teams for Teams
3. Increase involvement in the Pitt County Community

**SAAC Officers:**

- President: Austin Allen, Men’s Tennis
- Vice President: Karlie Smith, Softball
- External Operations Director/Campus Representative: Grace Sullivan, Women’s Track & Field/ XC
- Community Service Coordinator: Kelly Barnhill, Men’s Swimming & Diving
- Program Director: Nick Ciaccia, Men’s Track & Field/ XC
COMMONLY USED RESOURCES

ATHLETICS:
Athletic Training: 737-4560

Sport Nutrition: 328-6841
Speak with Athletic Trainer first

Career Services: Sarah Lages
328-6050 | lages@ecu.edu

Faculty Athletic Representative (FAR): Dr. Cal Christian
737-1053 | christianc@ecu.edu

CAMPUS:
Undergraduate Academic Advising
2500 Old Cafeteria Building
(252) 328-6001
http://www.ecu.edu/advising/

Admissions
106 Whichard Building
(252) 328-6640
http://www.ecu.edu/admissions

Campus Dining
Todd Dining Hall
(252) 328-3663
http://www.ecu.edu/dining

Campus Living
Suite 100, Jones Hall
(252) 328-4663
http://www.ecu.edu/campusliving

Cashiers Office
105 Old Cafeteria Building
(252) 737-6886
http://www.ecu.edu/financial_serv/cashier

Financial Aid
2103 Old Cafeteria Building
(252) 328-6610
http://www.ecu.edu/financial

Office of Equality and Diversity
Old Cafeteria Complex, Suite G-406
(252) 328-6804

http://www.ecu.edu/edc

Student Health Services
1000 E. Fifth St
(252) 328-6841
http://www.ecu.edu/studenthealth

Parking
305 E. Tenth St
(252) 328-6294
http://www.ecu.edu/parking

Pirate Tutoring Center
Old Cafeteria Complex, 2300 Wing
(252) 737-3009
http://www.ecu.edu/cs-acad/aa/piratetutoringcenter

Registrar Office
207 East Fifth Street
(252) 328-6524
http://www.registrar.ecu.edu

University Police
609 E. Tenth St
(252) 328-6787
http://www.ecu.edu/police

Student Rights & Responsibilities
364 Wright Building
(252) 328-6824
http://www.ecu.edu/studentlife/sr

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OTHER INFORMATION

E.C. VICTORY:
Cheer for East Car’lina,
Cheer for old E.C.,
We know we’re the finest,
Onward to victory,
GO PIRATES!

Cheer for East Car’lina,
Cheer on for old E.C.,
Loyal and Bold,
We’re the purple and gold,
WE ARE THE PIRATES OF E.C.U.!

Student-Athletes are responsible for being familiar with and abiding by the information presented in the Student-Athlete Handbook. ECU prohibits unlawful discrimination based on the following protected classes: race/ethnicity, color, genetic information, national origin, religion, sex (including pregnancy and pregnancy related conditions), sexual orientation, gender identity, age, disability, political affiliation, and veteran status.

All information is accurate as of August 1, 2017.