Fordham University

MEN’S & WOMEN’S

TRACK & FIELD

Behavioral Manual
Fordham University
Cross-Country, Track & Field Program
Philosophy

The aim of the Fordham University cross country, track & field program is to aid and direct each individual in his/her efforts to develop his/her abilities and attain his/her performance goals within the team concept. Our program endeavors to be athlete-centered, focused on the team performer rather than the performance. Ultimate team success depends upon each individual’s contribution toward that success.

The cross-country, track & field program at Fordham is a community of people who work together toward a common goal of betterment as individuals and as a team. Team members are encouraged to help each other, to be sensitive to each other’s needs and aspirations, and to take pride in each other’s successes and the successes of the team. Everyone associated with our program shares in its concern and friendship for each other.

Finally (but not less importantly), our program recognizes the importance of developing quality people as well as quality athletes. We take pride in our athletes’ education and their contributions to the community during the undergraduate years and following their graduation.

COMMITMENT
Each of our student-athletes is expected to be committed totally to our team’s goals, training, methods, and competitions. To be successful at the Metropolitan Championships, The Atlantic-10 Championships and NCAA Division I levels, the student-athlete must be totally committed to the aid and direction offered by the program.

Each student-athlete is expected to be consistent in his/her study habits, training program, and lifestyle over the course of the academic and training year. We expect him/her to be self-disciplined to develop and follow proper study skills, proper training methods, and proper living habits. Consistent self-discipline and application will enable the student-athlete to do the study required for success in the classroom, to do the necessary training to achieve success in competition, and to conduct his/her lives in proper fashion befitting a successful student-athlete.

The student-athlete must develop a winning self-perception and competitive spirit. This is best accomplished by setting realistic goals and being willing and patient in doing what is necessary to achieve those goals. The student-athlete must be able to endure short term set backs in order to gain long-term development. Confidence in the classroom and in athletics can work, as with study skills and training levels, to improve his/her confidence in his/her abilities at the collegiate level.

ACADEMICS
- Each student-athlete is expected to make normal progress and earn a diploma. The opportunity to earn an education must be the prime focus of every team member.
- Be responsible for all requirements for earning a diploma.
- Be responsible for all requirements in the Student-Athlete Manual.
- Organize time wisely and efficiently.
- Develop and apply correct study habits.

THE PROGRAM
- Each student-athlete is expected to have pride in the program and represent the University and the program in a first class manner at all times. The opportunity to represent Fordham as a member of the program is a privilege and an honor and is to be taken seriously.
- Exhibit an exemplary personal appearance at all times.
- Exhibit courteous and respectful behavior at all times.
- Exhibit a positive and helpful attitude at all times.
- Exhibit a sensitivity and understanding for his/her teammates.

**ONESELF**
- Each student-athlete is expected to have pride in him/herself and in what he/she accomplishes.
- Success in school and in competition requires much self-discipline and dedication of purpose.
- The use of drugs, alcohol, and tobacco is prohibited.
- Maintain proper rest, nutrition, and lifestyle.
- Maintain proper medical care.

**ACCOMPLISHMENT**
- Each student-athlete is to set goals and then work hard toward reaching those goals.
  - No success can be attained without first setting goals and aiming to do one’s best in all endeavors.
- Set realistic, but not limiting goals.
- Be aware of what is required to meet one’s goals.
- Make a total commitment toward accomplishing one’s goals.
- Work hard each day.

**TOTAL TEAM PHILOSOPHY**
Every effort in recruiting and aid distribution is made to field a total team with competitive athletes. As a result, athletes are expected to compete in more than one event whenever possible.

**COMPETITIVE DUAL MEET TEAM**
Fordham competes in the Metropolitan, Atlantic-10, and IC4A/ECAC conferences, in addition to Division I NCAA championships. Fordham also endeavors to field a competitive dual meet team, which includes a number of scoring dual meets in its competitive schedule. This schedule endeavors to include teams from most major conferences from across the nation at sites that afford the best possible competition and to, hopefully, qualify individuals to the IC4A/ECAC championships, and the NCAAs.

**FINANCIAL AID EXPECTATION**
All financial aid packages are based upon the individual’s Financial Aid Form and the athlete’s ability to score in dual meets, conference championships, and IC4A championships. Financial aid packages are renewable each year. All athletes who receive athletic aid are expected to be able to score individually in dual meets, consistently in the Met and Atlantic 10 championships, and to be qualifiers and scorers at the IC4A/ECAC level on a regular basis. Additionally, it is hoped that the individual will develop his/her abilities to the NCAA level.
This manual supplements any Fordham University and Fordham University Athletic Department Manuals, and pertains specifically to the Fordham University Track & Field Teams.

In joining Fordham University Track & Field, you have chosen to assume responsibilities above and beyond those of the average student. To be successful as both a student and an athlete requires discipline and determination. Fortunately, habits developed now will serve you well throughout your college years and all through life.

ACADEMICS

Attendance:
Athletes are expected to attend all scheduled classes. Letters will be issued for all classes to be missed due to an athletic related event. Students are expected to be aware of each professor’s attendance policy in order not to violate it. If class is to be missed due to illness, a pass should be obtained from the Health Center and given to the professor(s). It is recommended that students establish an early relationship with their professors. On the first day of class, athletes are to bring a letter supplied by the academic advisor to each professor stating that you are on the track and field team and that you have meets on the days listed in the letter. If there are questions, you are to tell the academic advisor right away.

Academic Advising:
Fordham’s Academic/Athletic Advisor serves as the primary academic advisor for student-athletes. The job is to assist student-athletes who are having trouble with their academics, whether it is class scheduling, GPA requirements, tutoring, time management skills, teacher/student issues, or anything which can affect academic performance. Athletes need to perform a thorough self-evaluation early in the semester to determine whether they are having difficulty (C or lower in quizzes, homework, etc.) in any classes and seek appropriate help. All athletes should pay an introductory visit to the Advisor at the beginning of the semester. This is a requirement for all first year students. Academic advising is also provided by deans and teachers in FC and CBA respectively, who assist students in planning their college programs. Attendance is mandatory at all advising sessions.

Our Academic/Athletic advisor is Frank Taylor. His office is located in Keating 108, and his extension is 4660/4661.

Tutorial Services:
Tutorial Services are available to all student-athletes. Any student requiring tutorial assistance needs to see the athletic/academic advisor to obtain the names and telephone numbers of possible tutors. It is the responsibility of the student-athlete to contact the tutor.

Every effort will be made to obtain a tutor for a student-athlete; however, students should also utilize professor office hours and teaching assistants when available. When poor grades are the
result of inadequate class attendance and general lack of effort, there is no obligation to provide a tutor.

Track participants should also take advantage of the wealth of knowledge that is available from each other and coaches, most of whom are willing to help when possible.

**Grades:**
Student-athletes are expected to perform at and above the standards established by Fordham University and the NCAA. Failure to do so could result in the loss of academic, athletic, and financial assistance.

**Study Hall:**
Students who do not achieve a 2.5 GPA whether cumulatively, or during the semester and students whom deans, professors, or academic advisors perceive to be academic risks will be required to attend mandatory study hall. Attendance will be passed upon the following GPA criteria, and the judgment of the previously mentioned officials, and coaches.

- 2.0 or lower: 5 study halls per week
- 2.01 to 2.25: 3 study halls per week
- 2.26 to 2.50: 2 study halls per week
- All others: 2.0 or lower in any subject – 2 study halls plus one for each additional grade of 2.0 or below.

Study halls last from 2 hours and are conducted by the athletic/academic advisor, or an approved representative of the track team. Students are required to sign in for each session they attend. Students with GPAs above 2.0 may attend any session of their choice. Study halls take place from Sunday to Thursday.

Failure to attend mandatory study hall will result in disciplinary action, up to and including expulsion from the team.

**Academic Recommendations:**
Student-Athletes should form study groups with each other and other students. They should commit time everyday where they meet in the library to study. Join as many groups as you feel are needed.

Begin assignments early, leaving time to correct errors. Give rough drafts of papers to professors; most are willing to read and comment on them. It also brings favorable consideration when grades are assigned. Visit professors during office hours so they get to know you and give assistance.

Be truthful to yourself. If you are getting C’s or lower on quizzes and homework, do not assume that you will get an A in a test and pull your grade up. This is known as the “Ostrich Syndrome”. Get help early and often; this is the best way to assure success.

**ALCOHOL AND DRUG POLICY**

“In confronting the problem of alcohol abuse at Fordham, both the University itself and all members of its community bear certain responsibilities. Each student must accept responsibility for his or her behavior concerning the use of alcohol, on or off campus…. The University accepts the responsibility for providing counseling and medical referrals for individuals who show a pattern of alcohol and drug abuse… Moreover, the University has a deeper educational responsibility to help its students realize that a happy college social life does not depend on alcohol and that alcohol abuse is self-destructive.”

Fordham University’s alcohol and drug policies are in accordance with New York State laws, and NCAA regulations. Student athletes are encouraged to familiarize themselves with University policy and University sanctions for violation of said policy.
Track Policy:
Track and Field student athletes are discouraged from consuming alcohol during the season, which means the entire school year. Students found to be involved in alcohol related incidents will be disciplined *in addition* to any university sanctions. Suspension and/or expulsion from the team will be the norm. If the athlete is a scholarship athlete, the scholarship will be jeopardized (at the least).

Alcohol must not be consumed during the period of any track and field related trips. Period is defined as from the time the athlete boards the bus to leave campus until he or she disembarks upon returning to campus. This policy is subject to the same rules and actions as previously mentioned.

**DRUGS:**
The unauthorized selling, purchasing, or possessing of barbiturates, amphetamines, marijuana, opiates, or other hallucinogens is in violation of the University Coed of Conduct and state and federal laws. Fordham University cannot and will not serve as a sanctuary from civil authorities.

It is recognized that students who have used or are using alcohol or drugs may wish to seek counseling. Students are reminded that physicians, psychiatrists, psychologists, and priests are available for such help. Conferences with these persons are recognized as privileged. Student athletes who need assistance are encouraged to seek help and direction from coaches, trainers, athletic department personnel, Student Support Services, or any appropriate university official. All correspondences are kept with the strictest of confidences.

**PRACTICE AND MEETS**
Practice will be at 7:30 AM every day unless informed otherwise; student athletes should plan to arrive around 7:20 for warm-ups and stretching. Those who need medical treatment should arrive at 7:00 AM, especially during football season. The training room is opened from 7:00 AM, which allows adequate time to treat injuries.

Student athletes will be expected to give their best effort at practices and during meets, and to follow the instructions of captains and coaches.

Any person injured during practice or a meet must report to the training room as soon as possible. If you are unable to train or compete, you must report (and sign in) every day to the training room, and to the practice facility to stay abreast of all activities. Failure to do so will be considered the same as missing a practice or meet. Resumption of training will be at the discretion of the athletic trainers and coaches.

Student athletes who are too ill to train or compete must get a written excuse form from the Health Center with a diagnosis. A phone call to all of the coaches or reporting to practice to report the illness is expected as well. Those who have seen another doctor at home must bring a written note to the training room in cases of injury and/or illness.

It is accepted that student will occasionally miss practice due to academic or university obligations. On such occasions, coaches need to be informed at least 24 hours in advance. Again, a phone call to all of the coaches or reporting to practice to report the academic meeting is expected.
Telephone lists will be provided so that students can contact coaches and captains in an emergency.

**WEIGHT ROOM**
Each athlete will be assigned a weight lifting schedule based on his/her class schedule. These sessions are part of the workout schedule and are **not optional**. These workouts are created in conjunction with the track & field workouts and are not to be missed.

**CONDITIONING**
Each summer a workout is given to team members in order to prepare them for the upcoming season. When the student-athletes return to school in the fall, they should be in a physical condition that will be conducive to effective pre-season training.

**MISCELLANEOUS**
Punctuality – being on time is showing respect for the rest of the team and the staff. Departure times and practice times are to be adhered to. (Being early is suggested). Those people who have the responsibility for driving the van to practice and/or meets should be there 15-20 minutes early.

**TRAVEL**
Proper dress is required on all trips, unless the team is going directly to practice or a meet, the dress will be neat – no sneakers or jeans.

**APPEARANCE**
The key word is **understated** – hair, make up, jewelry, tattoos, clothing, and overall appearance. No headwear is to be worn during practice or meets. Remember we are athletes, --DIVISION I ATHLETES!!

**CELL PHONES, ETC.**
Cell phones, I-Pods, etc are not to be on during practice or meets. As athletes, you should be concentrating on your “task at hand”.

**TRAVEL ABROAD**
All foreign study abroad is to be done during the summer. Under no circumstances is a commitment to a study abroad program to be accepted during the school year before speaking with the head coach. In all cases, all foreign study should be related to one’s major. Also voluntary travel abroad is not a valid reason for a red shirt season.

**INTERNSHPS**
All internships are to be okayed by the coaching staff before you make a commitment. Under no circumstances can they interfere with any track & field activities; that includes weight lifting and mandatory study hall.
DECLARATION SHEET

NAME _______________________________________________ YEAR ________

HOME ADDRESS __________________________________________________________

STREET

CITY____________________________________ STATE ___ ZIP______________

PHONE _______________________________/_____________________________

HOME     CAMPUS/CELL

ACADEMIC INFORMATION:

Major _____________________________GPA _________

Credits Earned _______________________________

ATHLETIC INFORMATION:

P.R.'S __________________________________________________________________

Individual Points Scored and Events:

OPEN MEETS _______________________________IC4A/ECAC __________________

METS _________________________________________A-10 _____________________

SCHOOL RECORDS _________________________________________________________

FINANCIAL INFORMATION:

ATHLETIC AID (AMOUNT): ___________________________________________________

PELL GRANT _________________________WORK STUDY (YES OR NO)___________

I have read the enclosed pages and hereby understand what is expected of me as a member
of the Fordham Track & Field Team.

SIGNATURE: _______________________________ DATE: ___________

Please send back to:
Coach Tom Dewey (Dewey@fordham.edu)
Fordham University/Track Office
441 E. Fordham Road
Bronx, NY 10458
To be returned by July 1, 2016 either by e-mail or fax. (516-791-4528