WELCOME STUDENT ATHLETES

Welcome to Southern Connecticut State University for the 2019-20 academic year. Southern Connecticut has a tremendous athletic tradition and as a new or returning member of the Owls family, you are part of something very special. We take great pride in the success of our student-athletes and we hope that you take advantage of the wonderful opportunities that Southern offers to fulfill and enrich your total collegiate experience.

The Southern Connecticut Athletic Program continues to be among the elite of all NCAA Division II institutions in academics, athletics, and community engagement. By dedicating and committing yourself on a daily basis, you will continue the tradition of achieving overall excellence that has become the standard and expectation of a Southern Connecticut student-athlete.

This informational handbook has been prepared as an aid and reference in answering some of your questions and to serve as a guide to your individual responsibilities while you are a student athlete at Southern Connecticut. In addition to this guide, your head coach will provide you with team specific policies and together they will govern your experience as a Southern Connecticut student-athlete.

The 2019-20 academic year will present each of you with tremendous opportunities. How you take advantage of these opportunities will determine your individual success, which of course will be a key component to our success as an athletic department. Please feel free to contact your coaches or any of our staff should you have any questions or concerns.

GO OWLS!

Jay Moran
Southern Connecticut State University
Director of Athletics
### Administrative Staff

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Phone Extension</th>
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<tr>
<td>President</td>
<td>Dr. Joe Bertolino</td>
<td>x25250</td>
</tr>
<tr>
<td>Vice President for Student and University Affairs</td>
<td>Tracy Tyree</td>
<td>x25550</td>
</tr>
<tr>
<td>Director of Athletics</td>
<td>Jay Moran</td>
<td>x26045</td>
</tr>
<tr>
<td>Interim Associate Athletic Director/Communication</td>
<td>Ken Sweeten</td>
<td>x26005</td>
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<tr>
<td>Associate Director of Athletics/Compliance</td>
<td>Matthew Letkowski</td>
<td>x26048</td>
</tr>
<tr>
<td>Assistant Athletic Director Fiscal Administrator</td>
<td>Gio D’Onofrio</td>
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<td>Assistant Athletic Director/Equipment Manager</td>
<td>Chris Lynn</td>
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<tr>
<td>Associate Athletic Director/Coordinator of Athletic Facilities</td>
<td>Joe Hines</td>
<td>x26016</td>
</tr>
<tr>
<td>Assistant Coordinator of Athletic Facilities</td>
<td>James Turiano</td>
<td>x26003</td>
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<tr>
<td>Faculty Athletics Representative</td>
<td>Dr. Jim MacGregor</td>
<td>x26385</td>
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<tr>
<td>Athletic Academic Coordinator</td>
<td>Nathan Tyler</td>
<td>X26035</td>
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<td>Director of Owl Club</td>
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<tr>
<td>Head Athletic Trainer</td>
<td>Lisa Dupuis</td>
<td>x26007</td>
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<tr>
<td>Cheerleading (Office of Student Life)</td>
<td>Eric Lacharity</td>
<td>x25792</td>
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<tr>
<td>Administrative Assistant</td>
<td>Sharon DeCrescenzo</td>
<td>x26047</td>
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<tr>
<td>University Title IX Coordinator</td>
<td>Paula Rice</td>
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### Head Coaching Staff

#### Fall

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<tr>
<th>Sport</th>
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<tbody>
<tr>
<td>Men’s Cross Country</td>
<td>John Wallin</td>
<td>x26023</td>
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<tr>
<td>Women’s Cross Country</td>
<td>Melissa Stoll</td>
<td>x26019</td>
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<tr>
<td>Women’s Field Hockey</td>
<td>Kelley Frassinelli</td>
<td>x25981</td>
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<tr>
<td>Football</td>
<td>Tom Godek</td>
<td>x26010</td>
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<tr>
<td>Men’s Soccer</td>
<td>Tom Lang</td>
<td>x26018</td>
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<td>Women’s Soccer</td>
<td>Adam Cohen</td>
<td>x25759</td>
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<tr>
<td>Women’s Volleyball</td>
<td>Lisa Barbaro</td>
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#### Winter

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<tr>
<td>Men’s Basketball</td>
<td>Scott Burrell</td>
<td>x26017</td>
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<tr>
<td>Women’s Basketball</td>
<td>Kate Lynch</td>
<td>x26002</td>
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<td>Men’s/Women’s Swimming</td>
<td>Tim Quill</td>
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<td>Women’s Gymnastics</td>
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#### Spring

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<tr>
<td>Baseball</td>
<td>Tim Shea</td>
<td>x26021</td>
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<tr>
<td>Women’s Lacrosse</td>
<td>Kevin Siedlecki</td>
<td>x26940</td>
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<tr>
<td>Softball</td>
<td>Jillian Rispoli</td>
<td>x26025</td>
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<tr>
<td>Men’s Track</td>
<td>John Wallin</td>
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<tr>
<td>Women’s Track</td>
<td>Melissa Stoll</td>
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MISSION STATEMENT AND PHILOSOPHY

Connecticut State University

The Connecticut State University institutions (Central, Eastern, Southern and Western) give primary emphasis to instruction and learning. Scholarly and creative activities and public service are essential functions integrated with instruction and learning. The University institutions support:

- **A Diverse Community** – All programs at the University are animated by the need for students to learn to live with diversity.

- **Public Service** – Consulting and voluntary service, applied research, training programs, exhibits, plays, sports, and concerts are means by which faculty and students share their expertise and render public service to the people of Connecticut.

- **Student Life and Student Development** – The institutions’ professional personnel coordinate a broad range of co-curricular activities that complement the academic program and provide students valuable opportunities for development of interpersonal skills and leadership talents (i.e., student publications and radio stations, student government, intramural and intercollegiate athletics).

Southern Connecticut State University Department of Athletics

It is the objective of the Department of Athletics to provide student-athletes opportunities to participate in an intercollegiate athletics program of the highest quality, resulting in an experience that becomes an integral and valued component of their total educational experience at the University. To achieve this objective, the Department will incorporate the following:

- Develop and maintain a highly competitive and sound athletic program reaching a standard of achievement in athletics consistent with our purposes as a University, and affiliating the University with institutions demonstrating a similar commitment to academic excellence and institutional integrity.

- Employ coaches and staff members who exhibit high standards of integrity and ethical behavior, including sportsmanship and a desire to assist student-athletes to reach their academic potential. All employees of the Department must maintain these high standards and strive to learn and follow in good faith all of the rules of the athletic associations with which the University is affiliated.

- Recruit student-athletes who are capable of success in the University’s academic program, and provide academic support and student development opportunities that will effectively assist student-athletes to reach their potential.

- Provide equitable opportunities for men and women by developing and sustaining programs that help student-athletes achieve their maximum potential, both athletically and academically.

- Operate the Department’s athletics program in a manner that does not detract from the student-athletes’ educational opportunities. The University expects its student-athletes to maintain academic, as well as other University standards, while seeking a degree within a reasonable period of time. The Department assumes an active role in assisting student-athletes to achieve this goal.

- Provide financial aid to a student-athlete who is offered and accepts an athletic scholarship, as long as the student-athlete complies with NCAA and institutional criteria, as defined by existing standards.

- Promote character development in our student-athletes, including leadership qualities, sportsmanship, teamwork and academic excellence. As a representative of the Department and the University, each student-athlete is responsible for his/her actions both within and outside of the athletic arena.

- Train student-athletes in legitimate methods of good sportsmanship, competition and the will to win, and thereby contribute to the development of institutional morale, loyalty and school spirit.

- Maintain fiscal and operational integrity by balancing budgets and carrying out sound management practices.

- Maintain necessary facilities and medical personnel who enhance the physical fitness and skill of the student-athletes, and promote the recovery of those who are ill or injured.

- Provide educational opportunities for those interested in physical education instruction and coaching as a career, or a lifetime career associated with athletics endeavors.

- Supply wholesome recreational activity and entertainment for the participants, the student body and the public.

- Contribute to the enhancement of institutional morale and spirit among students, faculty and staff, while providing alumni and friends identification with the University for mutually beneficial purposes.

- Comply carefully with institutional, conference and NCAA regulations.

The policies, procedures and practices necessary to perform these objectives follow and constitute the body of the Manual.
### Adelphi University
- **Location**: 1 South Ave., Garden City, NY 11530
- **Enrollment**: 8,400
- **Nickname**: The Panthers
- **Athletic Director**: Danny McCabe
- **Web Site**: [www.adelphi.edu](http://www.adelphi.edu)

### American International College
- **Location**: 1000 State Street, Springfield, MA 01109
- **Founded**: 1885
- **Enrollment**: 1,200
- **Nickname**: The Yellow Jackets
- **Athletic Director**: Matt Johnson
- **Web Site**: [www.aic.edu](http://www.aic.edu)

### Assumption College
- **Location**: 500 Salisbury Street, Worcester, MA 01609
- **Founded**: 1904
- **Enrollment**: 2,124
- **Nickname**: The Greyhounds
- **Athletic Director**: Jamie Marcoux
- **Web Site**: [www.assumption.edu](http://www.assumption.edu)

### Bentley College
- **Location**: 175 Forest Street, Waltham, MA 02452-4705
- **Founded**: 1917
- **Enrollment**: 3,917
- **Nickname**: The Falcons
- **Athletic Director**: Robert A. DeFelice
- **Web Site**: [www.bentley.edu](http://www.bentley.edu)

### Franklin Pierce
- **Location**: 20 College Road, Rindge, NH 03461-0060
- **Founded**: 1962
- **Enrollment**: 1,600
- **Nickname**: The Ravens
- **Athletic Director**: Rachel Burleson
- **Web Site**: [www.franklinpierce.edu](http://www.franklinpierce.edu)
<table>
<thead>
<tr>
<th>College</th>
<th>Location</th>
<th>Founded</th>
<th>Enrollment</th>
<th>Nickname</th>
<th>Athletic Director</th>
<th>Web Site</th>
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<tbody>
<tr>
<td>LeMoyne College</td>
<td>Springfield Road</td>
<td>1946</td>
<td>3,000</td>
<td>The Dolphins</td>
<td>Tim Fenton (Interim)</td>
<td><a href="http://www.lemoyne.edu">www.lemoyne.edu</a></td>
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<tr>
<td>Pace University</td>
<td>861 Bedford Road</td>
<td>1906</td>
<td>6,500</td>
<td>The Setters</td>
<td>Mark Brown</td>
<td><a href="http://www.pace.edu">www.pace.edu</a></td>
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<tr>
<td>Saint Anselm College</td>
<td>100 Saint Anselm Drive</td>
<td>1889</td>
<td>1,950</td>
<td>The Hawks</td>
<td>Daron Montgomery</td>
<td><a href="http://www.anselm.edu">www.anselm.edu</a></td>
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<tr>
<td>Saint Michael’s College</td>
<td>One Winooski Park</td>
<td>1904</td>
<td>1,945</td>
<td>The Purple Knights</td>
<td>Chris Kenny</td>
<td><a href="http://www.smcvt.edu/athletics">www.smcvt.edu/athletics</a></td>
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<tr>
<td>Southern Connecticut State University</td>
<td>125 Wintergreen Avenue</td>
<td>1893</td>
<td>6,000 (undergraduate)</td>
<td>The Owls</td>
<td>Jay Moran</td>
<td><a href="http://www.southernct.edu">www.southernct.edu</a></td>
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<tr>
<td>Southern New Hampshire Univ.</td>
<td>2500 North River Road</td>
<td>1932</td>
<td>1,800</td>
<td>The Penmen</td>
<td>Anthony Fallacaro</td>
<td><a href="http://www.snhu.edu">www.snhu.edu</a></td>
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<tr>
<td>College</td>
<td>Location</td>
<td>Founded</td>
<td>Enrollment</td>
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<td>Athletic Director</td>
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<tr>
<td>Stonehill College</td>
<td>320 Washington Street, Easton, MA 02357</td>
<td>1948</td>
<td>2,100</td>
<td>The Skyhawks</td>
<td>Dean O'Keefe</td>
<td><a href="http://www.stonehill.edu">www.stonehill.edu</a></td>
</tr>
<tr>
<td>The College of Saint Rose</td>
<td>432 Western Avenue, Albany, NY 12203-1419</td>
<td>1920</td>
<td>4,624</td>
<td>The Golden Knights</td>
<td>TBD</td>
<td><a href="http://www.strose.edu">www.strose.edu</a></td>
</tr>
<tr>
<td>University of New Haven</td>
<td>300 Boston Post Road, West Haven, CT 06516</td>
<td>1920</td>
<td>3,200</td>
<td>The Chargers</td>
<td>Robin Salters</td>
<td><a href="http://www.newhaven.edu">www.newhaven.edu</a></td>
</tr>
</tbody>
</table>
STUDENT-ATHLETE RESPONSIBILITIES

Your responsibility as a Southern Connecticut student-athlete is that of a student – FIRST AND FOREMOST. Your primary responsibility is to the classroom — attendance, participation, etc. No less is expected or accepted.

Your second responsibility is that of an athlete. You are expected to attend all practices and games and exhibit good sportsmanship and team dedication. You are expected to live by the code of conduct established for your team.

Athletes are expected to comply fully and wholeheartedly with the intent and spirit of the rules.

SCHOLASTIC DISHONESTY AND DISCIPLINE

The Vice President for Student and University Affairs is charged with the oversight and general discipline cases within the student population. Referral to her office is met with University sanctions beyond those of the Athletic Department.

Any incident of academic dishonesty, which includes all forms of cheating on exams and plagiarism, constitutes unacceptable deceit. The consequences of behavior problems or scholastic dishonesty will be punishable according to the severity of the offense and will conform to the established rules and procedures of the University.

CONFIDENTIALITY OF STUDENT RECORDS

Southern Connecticut assures the confidentiality of student educational records. Two laws, one federal and one state, apply to student records. The “Buckley Amendment” is the popular name for the legislation entitled the Family Educational Rights and Privacy Act of 1974.

The Buckley Amendment has two purposes: one is to protect the privacy of students’ records, whether incorporated into the students’ official records at the registrar’s office, at a college, a department or elsewhere. This record includes the academic work of the student, achievement records, attendance data, family background information, discipline records, and other information not excluded by the law.

Information which can be released to the public on any student is name, class, college major, dates of attendance, degree earned, awards received, local and permanent addresses and telephone numbers.
ESSENTIALS FOR ACADEMIC SUCCESS

1. Do not miss class.
2. Do not arrive late for class.
3. Complete all assignments on time.
4. Plan to study two hours for each hour of class.
5. Budget your time – class, study, athletics, work, recreation.
6. Consult a counselor, your coach, or a representative of the Student-Athlete Advisory Committee, for personal problems or any difficulty that hinders or restricts your personal success.
7. Do not be influenced by those who are undisciplined.
8. Establish a list of goals for your life.
9. Be attentive in class, answer questions, make appropriate comments, and be respectful to instructors and your fellow students.
10. Be appropriate in your dress and appearance. Remember, first impressions are lasting. Remove your hat or cap when seated.
11. Talk to your instructors about extra work or any projects you might do in those courses in which you are having difficulty.
12. Learn your instructors’ names. Tell them you are a student-athlete and be sure they receive a copy of your game schedule.
13. Be a student FIRST!!!!

ACADEMIC SUPPORT

The Athletic Department operates an Academic Support Program to help student athletes achieve academically to the best of their ability by providing a combination of structure, monitoring and assistance. All incoming freshmen, transfers and students with grades below an established standard are required to attend study table sessions each week for at least five hours. Progress Reports are sent to all professors twice during each semester and the program’s coordinator is available to meet with students for help with their studies. This program works and your participation is mandatory. Failure to comply with the program’s guidelines may jeopardize your continued athletic participation and/or athletic scholarship.

CLASS ATTENDANCE

You are expected to attend classes regularly and on time. Academic problems resulting from poor class attendance are inexcusable. Class work missed because of illness or away games must be made up. Arrangements for makeup work or future assignments must be made with the instructor prior to the trip.

Your coach will not intercede on your behalf with any instructor to allow you to circumvent any assignments due to the fact that you are a member of an athletic team. Prior notice to instructors that a trip is planned will prevent conflict in most cases.

NOTE: If the Athletic Department becomes aware that you are not attending your scheduled classes, your coach will be notified and disciplinary action may be taken.

ADVISORS

Advisors are available to assist students with the selection of an educational program and appropriate courses. Advisors also assist students with long-range program planning.

Every Southern Connecticut student is required to meet with an advisor before being permitted to register for classes. With their knowledge of the institution, advisors can help coordinate the student’s collegiate experience by informing the student-athlete of the variety of services available to him/her.

COURSE LOAD REQUIREMENT

In order to participate in intercollegiate athletics, you must be registered as a full-time student. A student-athlete must be enrolled in a minimum of 12 hours of course work at all times during each semester. If at any time during the semester a student-athlete falls below 12 hours, he/she immediately becomes ineligible for athletic participation of any kind. This includes practice, travel and competition.

14.01.2. Academic Status. To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing, and maintain satisfactory progress toward a baccalaureate or equivalent degree. A waiver of the minimum full-time enrollment requirement may be granted for a student enrolled in the final term of the baccalaureate program (see 14.1.7.1.7.3). Also, a student may represent the institution while enrolled as a graduate or professional student or while enrolled and seeking a second baccalaureate degree at the same institution (see 14.1.8).

In order to drop a course a student-athlete must first see someone in the Compliance Office for permission.
NCAA ELIGIBILITY

1. A minimum of 12 semester hours is established as the term-by-term requirement for participation. Thus, 12 becomes “full time” when defining eligibility.

2. You must earn 24-semester academic credits during any year in which you are enrolled full time in at least one academic term. You may satisfy this requirement based on the following:
   (a) 24-semester credits since the beginning of the previous fall term;
   (b) 24-semester credits since the beginning of the certifying institution's preceding regular two semesters or three quarters; or
   (c) 48-semester hours during the first two years of collegiate enrollment (the certifying institution's first four semesters following the student-athlete's initial full-time enrollment in a collegiate institution).

   *Note: There are restrictions to the number of summer school credits you can apply towards your satisfactory progress.

3. In addition, you must pass a minimum of nine (9) credits for the preceding regular academic term or full time enrollment.

4. You must achieve a minimum cumulative grade point average of 2.000 prior to the beginning of each fall term. Your eligibility as a student-athlete if you should not satisfy the grade-point average requirement prior to the fall term may be re-certified prior to the next regular academic term.

5. ALL student-athletes MUST officially declare a major that leads toward a specific baccalaureate degree by the beginning of their fifth full-time semester.

6. You must earn 18-semester credits since the beginning of the previous fall term or since the beginning of the certifying institutions preceding regular two semesters. Credit hours earned in the period after the regular academic year at the institution (e.g. hours earned summer school) shall not be used to satisfy the academic credit-hour requirement of this regulation.

7. Any questions pertaining to eligibility should be directed to the Compliance Office, Matt Letkowski, x203-392-6048.

8. Graduate students must be enrolled in a minimum of nine (9) credit hours to meet NCAA requirements.

TRANSPORTATION TO AND FROM OUT OF TOWN CONTESTS

All student-athletes are expected to conduct themselves in an exemplary fashion while representing the University on all trips. Conduct in hotels, restaurants, and other public places should be above reproach. Student-athletes who behave in a manner unacceptable to the University may be barred from future trips as well as face disciplinary action.

Curfews established by the coach on overnight trips will be strictly enforced. During overnight trips, student-athletes are not to use services of the hotel such as phones, pay television, and room service without approval from the head coach.

TRAVEL DRESS CODE

The proper dress code will depend largely on your coach and on the mode of transportation and length of the trip. Each coach will review with his/her players the specific dress code requirements. Student-athletes are expected to adhere to those policies.

AMATEURISM

2.9 The Principle of Amateurism. Student-athletes shall be amateurs in an intercollegiate sport, and their participation should be motivated primarily by education and by physical, mental, and social benefits to be derived. Student participation in intercollegiate athletics is an avocation, and student-athletes should be protected from exploitation by professional and commercial enterprises.

ACTS THAT RESULT IN LOSS OF AMATEUR STANDING

12.1.4 Impermissible -- Following Initial Full-Time Collegiate Enrollmnet. Following initial full-time collegiate enrollment, an individual's participation in the following activities or receipt of the following benefits will jeopardize the individual's amateur status and eligibility for intercollegiate participation in a particular sport: (Adopted: 4/16/13, Revised: 1/15/14)

(a) Use of Athletics Skill for Pay. Use of athletics skills for pay in any form in that sport.
(b) Acceptance of a Promise of Pay. Acceptance of a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation.
(c) Receipt of a Salary, Gratuity or Compensation. Receipt of any direct or indirect salary, gratuity or comparable compensation for participation in athletics.
(d) Receipt of Any Division or Split of Surplus. Receipt of any division or split of surplus (e.g., bonuses, game receipts).
(e) Contract to Play Professional Athletics. Signing a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received.
(f) Receipt of Funds From a Professional Team. Receipt, directly or indirectly, of a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based on athletics skill or participation, except as permitted by NCAA rules and regulations.
(g) Competition on a Professional Team. Competition on any professional athletics team (per Bylaw 12.02.6), even if no pay or remuneration for expenses was received.
(h) Agreement With or Benefits From an Agent. Entrance into an agreement with or receipt of benefits from an agent.
(i) **Educational Expenses.** Receipt of educational expenses not permitted by the governing legislation of this Association (see Bylaw 15 regarding permissible financial aid to enrolled student-athletes). (Revised: 4/16/19)

(j) **Receipt of Cash Award for Participation.** Receipt of cash, or the equivalent thereof (e.g., trust fund), as an award for participation in competition at any time, even if such an award is permitted under the rules governing an amateur, noncollegiate event in which the individual is participating. An award or a cash prize that an individual could not receive under NCAA legislation may not be forwarded in the individual’s name to a different individual or agency.

1. (1) **Exception — Prize Money Based on Place Finish — Individual Sports.** In individual sports, a student-athlete may receive prize money based on place finish or performance in an open athletics event. The competition must occur outside the institution’s declared playing season during the institution’s official summer vacation period. In addition, such prize money shall not exceed the student-athlete’s actual and necessary expenses and may be provided only by the sponsor of the event. Actual and necessary expenses shall not include the expenses or fees of anyone other than the student-athlete. (Adopted: 5/15/17)

(k) **Expenses or Awards Not Permitted by Amateurism Rules Governing Events.** Receipt of expenses incurred or awards received by an individual that are prohibited by the rules governing an amateur, noncollegiate event in which the individual participates.

(l) **Expenses Above Actual and Necessary Expenses From Outside Amateur Sports Team or Organization.** Receipt of expenses from an outside amateur sports team or organization in excess of actual and necessary travel, room and board expenses, and apparel and equipment (for individual and team use only) from teams or organizations not affiliated with member institutions, including local sports clubs as set forth in Bylaw 13.11.2.4 for competition and practice held in preparation for such competition. Practice must be conducted in a continuous time period preceding the competition except for practice sessions conducted by a national team, which occasionally may be interrupted for specific periods of time before the competition.

(m) **Expenses From Nonpermissible Entities.** Receipt of any expenses, including actual and necessary expenses or any other form of compensation, to participate in athletics competition (while not representing an educational institution) from an agent, representative of an institution’s athletics interests or professional sports organization. (Revised: 1/21/17)

(n) **Unspecified or Unitemized Expenses.** Payment to individual team members or individual competitors for unspecified or unitemized expenses beyond actual and necessary travel, room and board expenses for practice and competition.

(o) **Payment Based on Place Finish.** Any payment, including actual and necessary expenses, conditioned on the individual’s or team’s place finish or performance or given on an incentive basis, or receipt of expenses in excess of the same reasonable amount for permissible expenses given to all individuals or team members involved in the competition.

1. (1) **Exception — Prize Money Based on Place Finish — Individual Sports.** In individual sports, a student-athlete may receive prize money based on place finish or performance in an open athletics event. The competition must occur outside the institution’s declared playing season during the institution’s official summer vacation period. In addition, such prize money shall not exceed the student-athlete’s actual and necessary expenses and may be provided only by the sponsor of the event. Actual and necessary expenses shall not include the expenses or fees of anyone other than the student-athlete. (Adopted: 1/21/17, Revised: 4/17/18)

(p) **Prize for Participation in Institutional Promotional Activity.** Receipt of a prize for participation (involving the use of athletics ability) in a member institution’s promotional activity that is inconsistent with the provisions of Bylaw 12.5.

(q) **Pay for Competition Involving Use of Overall Athletics Skill.** Participation for pay in competition that involves the use of overall athletics skill (e.g., "superstars" competition). (See Bylaw 12.5.2.3.3 for exception related to promotional contests.).

(r) **Preferential Treatment, Benefits or Services.** Receipt of preferential treatment, benefits or services because of the individual’s athletics reputation, skill or pay-back potential as a professional athlete, unless such treatment, benefits or services are specifically permitted under NCAA legislation.

### PROMOTIONAL ACTIVITIES

**Institutional, Charitable, Educational or Nonprofit Promotions.** A member institution or recognized entity thereof (e.g., fraternity, sorority or student government organization), a member conference or a noninstitutional charitable, educational, nonprofit or government agency (e.g., the armed services) may use a student-athlete’s name, picture or appearance to support its charitable or educational activities or to support activities considered incidental to the student-athlete’s participation in intercollegiate athletics, provided the following conditions are met:

(a) The specific activity or project in which the student-athlete participates does not involve cosponsorship, advertisement or promotion by a commercial agency except as follows:

1. (1) Identification (e.g., graphics, voice over, on-screen test) of the commercial entity must explain the commercial entity’s affiliation with the permissible entity (e.g., entity is the official sponsor of the institution/event);
   (2) The appearance or description of the commercial product(s)/service(s) and/or the commercial entity’s logo(s) may be included, but may not exceed 25 percent of the total promotional activity. Further, language or action included in the promotion may not directly encourage the use or purchase of the commercial product or service (e.g., "drink this product") with which the commercial entity is associated;
   (3) An advertisement on an institution’s wallet-size playing schedule that includes the name or picture of a student-athlete may include language other than the commercial product’s name, trademark or logo, provided the commercial language does not appear on the same page as the picture of the student-athlete;

(b) The student-athlete does not miss class;

(c) The student-athlete may accept actual and necessary expenses from the member institution, member conference or the charitable, educational, nonprofit or government agency related to participation in such activity;

(d) The student-athlete’s name, picture or appearance is not used to promote the commercial ventures of any nonprofit agency;

(e) Any commercial items with names or pictures of student-athletes (other than items specified per Bylaws 12.5.1.6 and 12.5.1.7) may be sold only by the member institution, member conference or NCAA, through outlets controlled by the member institution, member conference or the NCAA or outlets controlled by the charitable or educational organization (e.g., location of the charitable or educational organization, site of charitable event during the event);
(f) The student-athlete signs a release statement authorizing the use of his or her name, image or appearance in a manner consistent with the require-
ments of this section; and

(g) The institution provides educational material(s) to a representative of the charitable, educational, nonprofit or government agency regarding re-
strictions on the use of a student-athlete's name, image or appearance.

Modeling and Other Nonathletically Related Promotional Activities. An individual may accept remuneration for or permit the use of his or her
name or picture to advertise or promote the sale or use of a commercial product or service without jeopardizing his or her eligibility to participate in
intercollegiate athletics only if all of the following conditions apply: (Revised: 1/14/97, 4/29/04, 1/8/07 effective 8/1/07)
(a) The individual became involved in such activities for reasons independent of athletics ability;
(b) No reference is made in these activities to the individual's involvement in intercollegiate athletics; (Revised: 1/18/14 effective 8/1/14)
(c) The individual's remuneration under such circumstances is at a rate commensurate with the individual's skills and experience as a model or perform-
er and is not based in any way on the individual's athletics ability or reputation.

If you are looking to participate in any of the above mentioned activities please speak with the compliance director first to ensure your eligibility will
not be affected.

**EMPLOYMENT**

All compensation received by a student-athlete must be consistent with the limitations on financial aid set forth in Bylaw 15. Compensation
may be paid to a student-athlete:

- (a) Only for work actually performed;
- (b) At a rate commensurate with the going rate in that locality for similar services; and
- (c) An employer shall not use the athletics reputation of a student-athlete employee to promote the sale of the employer's product or services.

Any compensation received that does not meet all the stipulations mentioned above must be counted in your financial aid limitations consistent with
bylaw 15.2.3.

**PROCEDURES FOR RELEASING SOUTHERN CT STUDENT-ATHLETES**

A Southern Connecticut student-athlete who wishes to obtain a release and transfer to another four-year institution must notify his/her coach first and
then Compliance Director, Matt Letkowski. Upon written notification to Matt Letkowski, you will be granted permission to speak and given SCSU’s
transfer policy/procedures within 14 days. Southern Connecticut State University does not deny permission to speak requests. Release requests to utilize
the one-time transfer exception are determined on a case by case basis.

If a coach denies a request by a student-athlete for a transfer release, the coach must notify the Director of Athletics or Compliance Officer of this deci-
sion. If the Athletic Director upholds the coaches decision you will be notified within 14 days of requesting a release and be given the information to
file an appeal and request a hearing opportunity per bylaw 14.5.5.3.9.1.
STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

Though the focus of the campus Student-Athlete Advisory Committee (SAAC) is intended to be more parochial in nature, communication between campus and national SAAC offers student-athletes on individual member institution campuses the opportunity to share the landscape of college athletics.

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

As a member of a campus SAAC, you have the opportunity to address issues affecting student-athletes at your institution; furthermore, you have the opportunity to offer input on issues which may be national in scope.

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

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

Please notify your coach immediately if you intend to participate on any outside team during the academic year or during your playing season as this could jeopardize your eligibility.

1. Sports Other than Basketball
   You become ineligible for intercollegiate competition for the “remainder of the season” in your sport if, following enrollment in college, you compete as a member of any outside team in any non-collegiate, amateur competition (tournaments, scrimmages, exhibitions, etc.) during SCSU’s intercollegiate season in your sport.

2. Basketball
   A student-athlete, who participates in any organized basketball competition, except while in any organized basketball competition while representing SCSU in intercollegiate competition during the permissible playing season, becomes “ineligible for any further intercollegiate competition in the sport of basketball.”

3. Summer Competition
   If you are looking to participate on an outside team during a vacation period please speak with your head coach or compliance director first.

SEASON OF COMPETITION

Student-athletes can participate in a maximum of four (4) seasons of intercollegiate competition. In Division II, student-athletes must complete their four (4) seasons of competition during the first 10 semesters of full-time enrollment.

Any competition during a season, regardless of time (1 minute of 1 game or 1 play of 1 game), counts as a full season of competition. Competition has occurred when you have represented SCSU against outside competition, including scrimmages, exhibitions or joint practice sessions.

There are exceptions to the season of competition and 10-semester rule. Please check with your coach if you think you are eligible for an exception.

PLAYING SEASON

A student athlete may participate in up to a maximum of four (4) hours per day and 20 hours per week of countable athletically related activities. There must also be one scheduled day off per week. Examples of countable activities include, but are not limited to: competition, practice, required weight training or conditioning, watching films, athletically related meetings initiated by coaches, site visits, required participation in camps, clinics or workshops, and individual workouts required by the coach.

OUTSIDE OF PLAYING SEASON

During the academic year and outside of the playing season countable athletic related activity is limited to a maximum of eight (8) hours per week, of which not more than two (4) hours may be spent on individual sport instruction, and/or team instruction, and in football, review of game film (2hrs).

FINANCIAL AID POLICY

* “Institutional” financial aid cannot be automatically renewed if you have not earned 24 credits the preceding year. Aid can be reinstated based on a successful University appeal.
* An athletic scholarship cannot be “guaranteed” for four years. All renewal and non-renewal scholarship notifications are mailed by the Office of Student Financial Aid by July 1st prior to the upcoming academic year. If the scholarship is reduced or not renewed, the student athlete has the right to request an appeal.
A full grant-in-aid includes the cost of tuition and mandatory fees, room, board and required course-related books. A full grant-in-aid does not cover expenses such as late registration fees, parking tickets, penalty fees, etc.
SCSU may reduce or cancel your financial aid during the period of the award if you:
1. Drop below the required 12 credits per semester requirement (unless enrolled in the final semester of designated degree program and then only with the prior authorization from your respective Academic Advisor.)
2. Become ineligible for intercollegiate competition.
3. Give false information on an application, letter of intent, or financial aid agreement.
5. Voluntarily withdraw from the sport or the university. SCSU can cancel your athletic aid immediately once you have been given the opportunity for an appeal.

Question: I have a question about my financial aid.
Where do I go?
Answer: Contact the Athletic Department Compliance Office @ 392-6025 or the University Office of Student Financial Aid @ 392-5222

6. Do not comply with academic policies or standards.
7. Do not comply with team rules and/or policies.
DRUGS/SUPPLEMENTS/STEROIDS

The NCAA strictly prohibits the use of any street drug and/or performance enhancing supplement. Protect your health and eligibility by being aware (because you are responsible) for what you are ingesting and what is considered a banned or acceptable drug. Please note that many nutritional supplements (over the counter) contain substances that do not appear on the label, and those substances are often NCAA banned ingredients.

In addition to NCAA post-season participants, the NCAA conducts year round random drug testing in all sports. This includes summer months.

You are encouraged to check with the SCSU athletic trainers before consuming these products. Also, the following websites are resources to determining the NCAA legality of these products:

- SCSU Athletic Training Room: 203-392-6007
- Resource Exchange Center: 816-474-7321
- National Center for Drug Free Sport (e-mail: info@drugfreesport.com)
  Website: www.drugfreesport.com/rec
- Nutrition and Performance Website: http://www1.ncaa.org/membership/edoutreach/nutritionperformance/index.html

ETHICAL CONDUCT

A SCSU student-athlete is expected to compete with honesty and sportsmanship at all times. In addition, a student-athlete is expected to adhere to all team and institutional rules and regulations as stated in the SCSU handbook. Violation of these policies and procedures may result in official University sanctions. Also, the Athletic Department reserves the right to impose additional penalties that may jeopardize a student-athlete’s participation and eligibility in Intercollegiate Athletics.

Policies and examples of conduct that, if violated, may subject a student-athlete to disciplinary action by his/her team coach, Department of Intercollegiate Athletics, and/or the University are as follows:

I. Drug Education Policies

Use by an SCSU student athlete of substances determined to be unlawful by federal, state or NCAA regulations, and substances that have potential for abuse, or are intended to provide a competitive advantage, or are hazardous to health as determined by the medical advisors of the University and the NCAA are prohibited. This prohibition applies to all student athletes before, during and after each team’s competitive season.

II. Alcohol Consumption

All students attending SCSU are responsible to abide by the university and the State of Connecticut criminal laws regarding alcohol consumption and use. The laws of the State of Connecticut set the minimum age of 21 years of age for the purchase and consumption of alcoholic beverages. Those who are of the minimum age and older are prohibited from selling or providing alcoholic beverages to those whom are under 21 years of age. The Athletic Department does not condone the illegal or irresponsible use of alcohol under any circumstances. If legally of age, student-athletes who consume alcoholic beverages are expected to do so responsibly, understanding the risks associated with alcohol use and abuse. All student-athletes are prohibited from the consumption of or being under the influence of alcoholic beverages in connection with any team function. A team function for purposes of this policy includes the following:

a. When traveling to or from a site or at that site with the team, as a representative of the team or coaching staff, and/or serving in an official capacity for the Department of Intercollegiate Athletics.

b. At any intercollegiate athletic event on or off campus.

c. Entertaining prospective student-athletes on a campus visit.

III. Hazing

Hazing is a fundamental violation of human dignity. It is strictly prohibited at SCSU. Hazing can be defined as “intentionally or recklessly” subjecting any person to the risk of bodily harm, or severe emotional distress, or causing or encouraging any person to commit an act that would be a violation of law or university regulations, for the purpose of initiating, promoting, fostering, or confirming any form of affiliation with a student group or organization. The expressed or implied consent of the victim will not be a defense. Examples of hazing include, but are not limited to:

- Forced consumption of alcohol or other substances.
- Sleep deprivation.
- Use of alcohol in drinking games or contests.
- Paddling or other types of physical punishment.
- Forced tattooing or branding.
- Creation of excessive fatigue.
- Severe shocks or humiliation (as defined by a reasonable person under all circumstances).
- Compulsory servitude.
- Theft or misuse of property belonging to others.
IV. SEXUAL HARASSMENT
Sexual harassment is unwanted, often persistent, sexual attention and any other behavior with sexual overtones that creates a hostile work or learning environment. It may include:

- written or verbal abuse or threats.
- physical contact, fondling, pinching, or kissing.
- sexually graphic literature.
- sexual advances.
- demands for sexual favors.
- sexually oriented comments and jokes.
- lewd comments or sexual innuendoes.
- taunts about body, dress, marital status, or sexuality.
- sexual or homophobic graffiti.
- practical jokes based on sex.
- intimidating sexual remarks, invitations, or familiarity.
- offensive phone calls, e-mails or photos.

Sexual harassment also includes all forms of sexual violence such as sexual assault, sexual battery, rape, and sexual coercion, which will be referred to authorities as criminal matters. Sexual harassment or sexual violence by coaches or athletic department employees toward other employees or student-athletes, by student-athletes towards other students or student-athletes, or by student-athletes toward athletic department employees is against the law and expressly prohibited. If a student-athlete experiences such prohibited behavior, he or she should go to a safe place as soon as possible. Complaints may be filed with the SCSU Office of Diversity and Equity (Pamela Lassiter at 203-392-5899) and this office will act immediately to deal with the harasser. Visit: http://www.southernct.edu/offices/diversity/policy-procedures-governing-sexual-harrassment.html for further information. If a student-athlete wishes to discuss this with an advocate, call the Women’s Center SART Coordinator & Victim Advocate (Catherine Christy) @ (203) 392-6946 or to have a confidential conversation about such matters, call Counseling Services SART member, Dr. Julie A. Liefeld at (203) 392-5475. call the Women’s Center Victim Advocate (Catherine Christy (203) 392-6946).

V. BULLYING
Bullying occurs when power is present and the person who is older, larger, stronger, or more aggressive uses his or her power to control or harm someone in a weaker position. The person bullying has the intent or goal to cause harm (i.e., the act is not accidental), and the action is usually repetitious. Bullying includes but is not limited to name calling; teasing; socially spreading rumors; purposely leaving people out of groups by telling them or others that they are unwanted; breaking up friendships by threatening others or spreading rumors about a friend; or physically hitting, punching, or shoving a person. Cyber bully—using the Internet, e-mail, texting, mobile phones, social media, or other digital technologies to do harm to others—is bullying and also prohibited.

VI. INAPPROPRIATE CONDUCT BETWEEN COACHES AND ATHLETES
Coaches, athletic department staff members, volunteers, or others who have authority over or provide professional services to student-athletes must exhibit the highest standards of impartiality and professional treatment and are prohibited from engaging in inappropriate conduct with student-athletes. Having a sexual, intimate, romantic, or similar close personal relationship with someone over whom a person has an instructional or service responsibility, even if it is a consensual relationship between adults, creates the appearance or actuality of favoritism and special treatment that is professionally unethical and unacceptable and is expressly prohibited. Examples of other professionally inappropriate behaviors expressly prohibited include the following:

- Staff performing back rubs or massage on a student-athlete (must be performed by a licensed allied health professional approved by the institution) or employee
- Kissing
- Frequent touching that is noninstructional or noncelebratory
- Commenting on student-athletes’ or employees’ bodies or appearance in a sexual manner
- Exchanging romantic gifts or communications
- Showing obscene or suggestive photos
- Videotaping or photographing student-athletes or employees in revealing or suggestive poses
- Discussing or writing about sexual topics unrelated to curriculum of student-athletes or work responsibilities of employees
- Making sexual jokes, sexual gestures, and innuendos or engaging in inappropriate sexually oriented banter with student-athletes or employees (e.g., discussion of dating behavior).
- Sharing sexual exploits or marital difficulties
- Intentionally invading the student-athlete’s or employee’s privacy during nonworking hours or outside regularly schedules practice and competition
- Using e-mail, text-messaging, or instant messaging to discuss sexual topics with students or employees

Such unprofessional behaviors or sexual or romantic personal relationships undermine the trust in the coach or employee and belief that the student-athlete will be treated impartially. Employees engaging in such unethical conduct shall be subject to immediate termination of employment. Student-athletes should inform the athletic director immediately if they encounter such behavior.
VII. Binge Drinking & High Risk Alcohol Consumption
SCSU adheres to the principle that there is no place in intercollegiate athletics for substance abuse of any kind.

The Athletic Department recognizes that for student-athletes, there are additional pressures associated with participation in intercollegiate sports. As a consequence of such pressures, student-athletes may be at risk to unhealthy behavior patterns to cope with stress.

Therefore, the Athletic Department considers the misuse and abuse of alcohol as an unhealthy and inappropriate response to stress. Experimental and/or recreational intoxication can have harmful effects on the overall health of student-athletes. Hence, the Department does not condone drunkenness and/or public intoxication at anytime for any student-athlete. Student-athletes who become intoxicated will be held accountable for their actions.

“High-risk alcohol consumption” is any form of abusive alcohol consumption. High-risk alcohol consumption is strictly prohibited for student-athletes. Behavioral examples of high-risk alcohol consumption in, but are not limited to, drinking games, drinking to the point of physical illness, the possession of any instrument of alcohol abuse (i.e., beer bong), and binge drinking.

VIII. Use of Tobacco Products
The use of tobacco products by a student-athlete is prohibited at any team function. A student-athlete, who uses tobacco products during practice or competition, shall be disqualified for the remainder of that practice or competition.

IX. Gambling & Bribery
Gambling on the outcome of athletic contests is all too prevalent in our society, and can have a devastating effect on student-athletes if they engage in such activity.

Student-athletes and Athletic Department staff members shall not knowingly:

a. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition.

b. Solicit a bet on any intercollegiate team.

c. Accept a bet on any team representing the institution or participate in any gambling activity that involves intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

d. Solicit or accept a bet on any intercollegiate competition for any item (i.e., cash, shirt, dinner) that has tangible value.

e. Provide information to individuals (including students) involved in organized gambling activities concerning intercollegiate athletic competition.

You are not eligible to compete if you knowingly:

• Ask if someone wants to bet on any intercollegiate or professional team with anyone.

• Participate in any gambling activity that involves intercollegiate or professional athletics through bookmakers, a parlay card or any other method employed by organized gambling.

• Intentionally alter the results of an athletic contest in which student athletes participate in exchange for money or gifts.

You are not eligible for participation in a sport if you have ever:

• Taken pay or the promise of pay, for competing in that sport;

• Agreed (orally or in writing) to compete in professional athletics in that sport;

• Played on any professional athletics team as defined by the NCAA in that sport; or

• Used your athletics skill for pay in any form in that sport.

You are not eligible in a sport if you have ever accepted money, transportation, or other benefits from an agent or agreed to have an agent market your athletics ability or reputation in that sport.

You are not eligible in any sport if, after you become a student-athlete, you accept any pay for promoting a commercial product or service, or allow your name or picture to be used for promoting a commercial product or service.

You are not eligible in any sport if, because of your athletics ability, you were paid for work that you did not perform, paid at a rate higher than the going rate or were paid for the value an employer placed on your reputation, fame or personal following.

X. Sexual Violence Prevention
All student-athletes and staff are required to participate in sexual prevention education annually in accordance with NCAA rules. Education may consist in part or all of the following: Online education, workshops, speaking engagements, volunteer work, peer mentoring, etc. The Athletic
COMPETITION WITH PROFESSIONAL ATHLETES

- Subsequent to full-time enrollment, you may participate by yourself or as a member of an amateur team against professional athletes.
- You shall not be eligible for intercollegiate athletics in a sport if you ever participated on a team or knew (or had reason to know) that the team was professional in that sport.
- You may participate with a professional on a team provided that the professional is not being paid by a professional team or league to play as a member of that team.

NCAA DRUG POLICY

18.4.1.4 Ineligibility for use of Banned Drugs: A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance on the list of banned drug classes, as set forth in Bylaw 31.2.3.1, shall be declared ineligible for further participation in postseason and regular-season competition in accordance with the ineligibility provisions in this bylaw. The certifying institution may appeal to the Committee on Student-Athlete Reinstatement for restoration of the student-athlete's eligibility, if the institution concludes that circumstances warrant restoration.

18.4.1.4.1 Penalty -- Banned Drug Classes Other Than "Illicit Drugs." A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in a banned drug class other than "illicit drugs" (in accordance with the testing methods authorized by the Board of Governors), shall be subject to the following: (Revised: 1/10/90 effective 8/1/90, 1/16/93, 1/9/96 effective 8/1/96, 1/14/97 effective 8/1/97, 1/8/01, 1/12/04, 10/29/04, 1/11/08, 1/18/14 effective 8/1/14 for any NCAA drug test administered on or after 8/1/14, 7/22/14, 1/14/15 applicable on a retroactive basis to any student-athlete with remaining eligibility, 1/26/15, 10/19/15 effective 8/1/16 for all drug tests administered on or after 8/1/16, 3/30/16, 1/9/17, 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)

(a) The student-athlete shall be ineligible for competition in all sports until he or she has been withheld from the equivalent of one season (the maximum number of championship segment regular-season contests or dates of competition in the applicable sport per Bylaw 17) of regular-season competition. The student-athlete must be otherwise eligible for competition to fulfill this penalty except a transfer student-athlete may fulfill a transfer residence requirement and a drug-testing penalty concurrently if he or she meets all other eligibility requirements; (Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)

(b) A student-athlete who tests positive during a year in which he or she did not use a season of competition, shall be charged with the loss of one season of competition in all sports. A student-athlete who tests positive during a year in which he or she used a season of competition, shall be charged with the loss of one additional season of competition in all sports (in addition to the season used) unless he or she uses a season of competition in the next academic year; and (Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)

(c) The student-athlete shall be ineligible for intercollegiate competition for 365 consecutive days after the collection of the student-athlete's positive drug-test specimen and until he or she tests negative pursuant to the NCAA Drug-Testing Program's policies and procedures. (Adopted: 4/16/19 Immediate; may be applied retroactively to a student-athlete with eligibility remaining.)

18.4.1.4.2 Penalty -- "Illicit Drugs." A student-athlete who, as a result of a drug test administered by the NCAA, tests positive for use of a substance in the banned drug class "illicit drugs" (in accordance with the testing methods authorized by the Board of Governors) shall be ineligible for competition during 50 percent of a season of competition in all sports (i.e., 50 percent of all contests or dates of competition in the season following the positive test). The student-athlete shall remain ineligible until the prescribed penalty is fulfilled and he or she tests negative pursuant to the policies and procedures of the NCAA Drug-Testing Program.

31.2.3.2. Banned Drugs: The following is the list of banned-drug classes. The Committee on Competitive Safeguards and Medical Aspects of Sports (or a designated subcommittee) has the authority to identify banned drugs within the list of classes below. The institution and student-athletes shall be held accountable for all banned drugs. The current list of banned drugs is located on the NCAA website (i.e., www.ncaa.org) or may be obtained from the NCAA national office.

(a) Stimulants;
(b) Anabolic agents;
(c) Alcohol and beta blockers (banned for rifle only);
(d) Diuretics and other masking agents;
(e) Street drugs;
(f) Peptide hormones and analogues;
(g) Anti-estrogens; and
(h) Beta-2 agonists.
SCSU SPORTS MEDICINE REQUIREMENTS/PHYSICAL REQUIREMENTS

All student-athletes wishing to participate in varsity collegiate sports must have a physical on file with the athletic training staff. Each student must complete a full physical once during the four years of competition. In addition, each year thereafter, the student-athlete must complete a medical history update for the Athletic Training Staff, including a medical screening. The athletic physical is separate from what is required by the University Health Services. In order to be eligible to practice with your respected team, the student **MUST** have completed the following:

1. **Have a supplemental physical from your primary care physician on file in the Athletic Training Room.**
2. **Have completed the Athletic medical history questionnaire.**
3. **Have a sickle cell trait test with results on file with the athletic training staff (NCAA requirement).**
4. **Have an orthopedic screening completed by the University’s Team Physician or a member of the Athletic Training Staff prior to the start of the initial year of participation.**
5. **Have a medical screening performed by your primary care physician or by a Health Services medical staff member (for returning athletes only).**
6. **Have completed the primary insurance information/medical emergency contact form, and have photocopied both sides of your insurance card to be filed.**
7. **Have taken the Impact Concussion Management Baseline Test.**

The team physician will review the information from all these forms and determine the student-athlete’s medical eligibility. It is important to note that the team physician has the ultimate decision making power in determining the medical eligibility of student-athletes at SCSU.

**Medical Care:** All athletes requiring non-emergency medical care should report initially to the athletic training staff. The athletic training staff/team physician will provide the necessary medical care to that student athlete or make an appropriate referral to another allied health professional.

Students are permitted to seek medical care beyond those provided and/or recommended by the SCSU Athletic Training Staff. However, it is **REQUIRED** that initial contact is made with a certified athletic trainer prior to seeking other health care. All students who use outside medical personnel without proper referral from a certified athletic trainer will be required by law to have a prescription for athletic training services signed by a licensed medical practitioner (MD, DC, DO) prior to receiving any medical treatment by the SCSU Athletic Training Staff.

Any emergency or injury situation not initially seen by the SCSU Athletic Training Staff/Team Physician should be reported as soon as possible to a certified athletic trainer.

**Medical Insurance Concerns:** Varsity athletes at SCSU who are in need of medical care that is outside the scope of the athletic training room, should be aware of the university’s medical insurance policy. The university’s accident insurance is a secondary policy, meaning that claims will not be submitted until the student-athlete’s primary insurance is billed. Any student-athlete incurring medical bills must submit all medical bills to their parents’ and/or primary insurance carrier before the school insurance (secondary policy) can be billed. Once the student’s primary carrier has considered the medical bills, the school insurance policy will pay the remaining balance providing:

a. An insurance claim form has been completed and signed by the student-athlete and signed by the Head Athletic Trainer or other member of the Athletic Training Staff.

b. The explanation of benefits (EOB) provided by the primary insurance carrier is attached.

c. A medical bill outlining the remaining balance is sent to the university carrier.

Any Student, who is covered under a primary insurance policy (HMO) that does not cover the student while attending college, must purchase the university sickness policy. This insurance policy would become the primary carrier and pay any outstanding balances up to reasonable costs established by the insurance company. The student may be responsible for costs not covered by the sickness policy, including deductibles. All foreign students are **REQUIRED** to purchase the university’s insurance policy.

As a reminder, it is the responsibility of the student to complete the necessary paperwork and to submit the necessary bills to the appropriate carrier. The athletic training staff will assist you in the proper handling of medical balances related to sports-related injuries; but failure to comply with any of the above requirements will result in disqualification of the balance, placing the responsibility of payment solely on the student.

If you have any question regarding this information, please contact **Lisa Dupuis, SCSU Head Athletic Trainer, at 203-392-6007.**

**SCSU SPORTS MEDICINE INFORMATION SHEET**

**Training Room Hours:** 10-6 M-F

Weekend hours determined by individual sport

**Location:** James Moore Field House

**Staff:**

- **Lisa Dupuis, MS, ATC, EMT**  Head Athletic Trainer  203-392-6007
- **Allison Dale, MS, ATC**  Asst. Athletic Trainer  203-392-6008
- **Matthew Almeida**  Asst. Athletic Trainer  203-392-6601
- **Michael Ruiz**  Asst. Athletic Trainer  203-392-6097

**Important places and numbers:**

**Student Health Center**

In the event you are feeling ill, and the training room is not open, please report to the school nurse, located in the Health Services building. Then notify...
the Training Room ASAP.  
**Hours:** 8-5 M-F  
**Phone:** 203-392-6300

**Campus Police**  
In the event of a medical emergency, contact campus police immediately. Then notify the Training Room ASAP.  
**Hours:** 24/7  
**Phone:** 203-392-5375

**Counseling Services**  
A strictly confidential health service, free of charge to registered students, which provides comprehensive emotional/mental counseling for students dealing with personal, social, or academic/career concerns. Counseling Services is located in Engleman Hall.  
**Hours:** 8:30-4:30 M-F  
**Phone:** 203-392-5475

**Websites:**  
[www.drugfreesport.com](http://www.drugfreesport.com) - Dietary Supplement Exchange Center  
[www.ncaa.org](http://www.ncaa.org) - NCAA homepage  
[www.northeast10.org](http://www.northeast10.org) - Conference homepage  
[www.southerncst.edu/athletics](http://www.southerncst.edu/athletics) - Southern Conn. State University Athletic Dept. Homepage

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**SEXUAL VIOLENCE EDUCATION**

Southern Connecticut State University is concerned about the safety of all University community members. Sexual harassment and sexual violence (sexual assault, domestic violence, dating violence, stalking, and sexual exploitation) are not acceptable behaviors in our community and are violations of the law, University policies and Student Code of Conduct. The University is committed to providing prevention education and support services to our survivors and holding perpetrators accountable.

All student-athletes will take part in annual sexual violence education to better understand dynamics of sexual harassment, sexual assault, dating or domestic violence, stalking, or sexual exploitation and the available options.

Below are resources on campus to assist students dealing with sexual violence.

<table>
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<tr>
<th>RESOURCE</th>
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| University Police | (203) 392-5375  
For emergencies, dial 911  
Available: 24/7 |
| University Victim Advocates | Catherine Christy  
Office: (203) 392-6946  
Cell: (203) 687-1252  
Available: 24/7  
Melissa Kissi  
Office: (203) 392-6945  
Cell: (203) 507-3751  
Available: 24/7 |
| SART Members | M-F from 8:30 a.m. - 4:30 p.m. |
| Counseling Services | (203) 392-5475  
Confidential  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Health Services | (203) 392-6300  
Confidential  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Marriage and Family Clinic | (203) 392-6413  
Confidential  
Available: Mon, Tues, Thurs 9am-8 pm, Sat 9 am- 12pm |
| Violence Prevention, Victim Advocacy and Support Center (VPAS) | (203) 392-6946  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Title IX Coordinator, Paula Rice | (203) 392-5568  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Office of Diversity & Equity | (203) 392-5899  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Human Resources (employees), Diane Mazza | (203) 392-5405  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Multicultural Center | (203) 392-6828  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
| Interfaith Office | (203) 392-5331  
Available: M-F from 8:30 a.m. - 4:30 p.m. |
MENTAL HEALTH EDUCATION

All student-athletes will watch a mental health video at their start of the year meeting. This video can be found at: http://www.ncaa.org/sport-science-institute/supporting-student-athlete-mental-wellness

Mental Health services and resources can be found in the counseling services department and online at: https://www2.southernct.edu/counseling-services/index.html

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<td>8:30 a.m.-4:30 p.m.</td>
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LOCATION
Engleman Hall, Room B219
Phone: (203) 392-5475
Fax: (203) 392-5478

MEET THE STAFF

Elaine Allen, MSW
Associate Director

Eileen Bonyai, APRN
Nurse Practitioner

Randolph Brooks, Ph.D.
Counselor, Multicultural Programming and Outreach Coordinator

Sarah Keiser, MS
Coordinator of Alcohol and Other Drug Services

Michelle Lawler, MS
Counselor

Matthew Ouimet, MS
Counselor

Nick Pinkerton, Ph.D.
Director

Denise Zack, MS
Counselor, Prevention and Outreach Coordinator
Southern Connecticut State University’s intercollegiate athletic teams generate a higher level of public interest and media coverage. The Department of Athletics and Recreation is aware that its image affects the reputation of the entire University and urges you to always be cooperative, yet exercise care when making statements to the media. The department has an open policy of allowing any student-athlete to express him or herself to the media. Therefore, it is expected that you repay this trust by using good judgment in the statements you make. In general, when speaking to the media be confident, courteous, and prompt. Do not hesitate to say, “I’d rather not discuss a topic,” and avoid discussing any complaints or criticisms you have to the media.

You will mostly likely interact with the media through an interview. Most interview topics are about you but may shift to your team. Interviews should be looked at as part of the educational experience offered at SCSU and viewed as an opportunity to develop communication skills that can assist you not only in the classroom but in future professional and business careers.

Interviews can be a very valuable part of a student-athlete’s life at SCSU. They can serve as a great learning and growing experience for you. As a freshman, you may be nervous about speaking to media representatives. However, by the time you graduate, you will have become relaxed, confident, and articulate. This growth and personal confidence can be carried with you throughout your life. The more interviews you do, the better you will become at handling them and the more fun they will be.

While we encourage you to make yourself available to the media, especially because student athletes have been tremendous representatives of SCSU, we ask the media to direct all interview requests through the athletic communications office. You should never agree to any interview unless the arrangements are coordinated through the SCSU Athletic Communications office. Never give your phone number out to the media. These rules exist in an effort to reduce disruptions to your schedule and also to avoid having someone contact you who may attempt to gain information for other purposes outside of media information. If you receive an interview request, ask the media representative to make arrangements through the SCSU Athletic Communications office. We will contact you and work around your athletic, academic and social schedules. You’ll be asked to come to the Athletic Communications office, or meet prior to or following a practice at an appropriate location, at an agreed-upon time to be interviewed in person or to conduct a phone interview. In addition, following the conclusion of games, coaches and athletes are requested to make themselves available for interviews within a reasonable period of time (generally after a 10-minute “cooling off” period). These post-game interviews occur in various forms: a press conference in front of a group of media, a one-on-one interview with a reporter, or a live interview on radio or TV.

View the media as friends, not adversaries. Organize your thoughts before a scheduled interview. Often a comment that seems innocent looks different when reported in the media.

On rare occasions, the general tone of the interview may be such that you may not be comfortable continuing the interview. Should this occur, excuse yourself, then notify the SCSU Athletic Communications representative. The longer you are on a team, the more likely it becomes that you will develop a personal relationship with some of the media representatives regularly covering your team. While we encourage these relationships, remember that regardless of what is said, a reporter’s first obligation is to report the news. Do not say it if you do not want to see it in print or hear it on radio or TV. You have many more opportunities to deal with the media than other students at the University. Because media interviews may be a new area of responsibility for many student-athletes, the following tips may help you to know your rights and responsibilities when dealing with the media:

1. Pause before speaking. While it is never wise to keep the media waiting for any extended period of time, an athlete has a right to pause before speaking. Practice saying, “I’d like to think for a moment before answering your question.”

2. Do not feel obligated to answer every question. Not every question can or should be answered. Often, for whatever reason, an athlete has no answer to a question. Practice saying, “For some reason, I can’t come up with an answer to your question.” In the face of loaded and unclear questions that fail to provide fair options, the athlete has a right not to answer. Practice saying, “I don’t know” or “I don’t think I can answer your question” or “I don’t understand what you are asking.” After telling a reporter that a question cannot be answered, nothing else needs to be said.

3. Be prepared to provide an opening statement. An athlete has the right to begin every question-and-answer session with an opening comment. This allows for the introduction of important ideas, feelings and perceptions that the athlete wants understood. Information of this type sets the tone for the interview. It sets the agenda and previews subjects the media might want to probe. Practice saying, “Before I answer any questions, I would like to say…”

4. Call reporters by name. It is a matter of common courtesy to refer to a reporter by his or her name. Such a practice personalizes comments by emphasizing that a relationship exists between the athlete and the reporter. Such a practice is a right, not a responsibility. Many athletes may not know names or feel comfortable in this role.

5. Show appropriate emotions for the circumstances. After a difficult game or practice, an athlete has a right not to smile and appear happy. No athlete is expected to enjoy talking about a loss, a disappointing performance, or not playing. Learning is not always a happy task. At the same time, frowns, sarcasm, and mean looks never add anything positive to an answer.

6. Select and employ your own words. Just because a reporter selects certain words does not mean those same words have to be repeated in an answer. An athlete is never obligated to answer a question using someone else’s words. Athletes have a right to select their own words to explain thoughts and feelings. Unclear, offensive words and negative language should never be repeated or included as part of an answer.

7. Defer certain questions to other people. In media interviews, an athlete should never speak for someone else. Certain questions are best answered by other people. In this type of situation, an athlete has a right not to comment on things outside personal experience, knowledge, and expertise. Defer all third-party questions to other people. Practice saying, “Maybe you should ask Jimmy that question” or “I wasn’t on the field when that happened; you need to ask someone who was” or “You’ll have to ask Coach.”
8. Speak slowly and be yourself. Many questions can be answered quickly. Still, an athlete has a right to answer questions slowly. At the same time, simple words should be selected for usage. These words should be familiar to both athlete and reporter. In addition to translating common-sense principles into clear messages, the athlete is expected to think and communicate along certain lines.

9. Never “bad mouth” an opponent or the referees. Nothing is to be gained from saying bad things about an opponent. The public does not like “trash talk.” Most people admire a student-athlete who shows respect for his or her opponent and focuses on his or her team’s performance rather than dwelling negatively on the opponent. Also, any negative comments about officiating will be interpreted by the public as excuses.

10. Be cooperative. Reporters need your comments for stories. If you make yourself available to answer their questions, they will appreciate it because it makes them look more professional.

11. Do not be defensive. Attitude is everything. Stay calm; remain in control in all situations.

12. Think before you answer. Reporters are often in a hurry because of deadline pressures. Do not feel rushed or goaded into giving quick answers. Speak clearly with the proper rhythm. Avoid clichés.

13. Listen to the question carefully. Make sure you understand the question before you answer. If you do not understand, ask for clarification or have the interviewer repeat the entire question.

14. Personal appearance counts. Maintain good eye contact with the reporter and do not worry about the camera. Keep your voice strong and animated. Also, dress appropriately.

15. Say “Thanks.” Your final actions in the interview may leave the strongest impression with the reporter. Make every encounter a memorable one – chances are you will receive more favorable stories in the future.

16. Act ethically. Never lie to a reporter. It is unethical for an athlete to be untruthful with members of the media. An athlete should always answer questions honestly. Beyond this, the athlete is under no obligation to volunteer additional information.

17. Provide short answers. Short and simple answers are the best. They are easy to quote. Answers with a central theme that is clear can prevent an athlete from rambling for minutes. When answers drag on, the likelihood increases of being misquoted, words or phrases taken out of context or saying something that was not intended for the media. Adhere to the 25-second rule in media interviews. Effective interviewees answer in sixty words or less. They employ language that is clear, direct, and constructive, all set to a deadline. Their answers reflect a singular viewpoint and maintain consistent reasoning while avoiding contradictory information.

18. Say what you mean at the beginning of an answer. Audiences normally remember the first thing said, not the last. Deductive patterns of arrangement are mandated during media interviews. They are the signature of an effective communicator. Here, key ideas are placed at the beginning of each answer where they appear isolated. Details are presented only when there is need, interest, and time. It is wise to speak to a set number of points. Normally, no more than three points should be stressed during any answer. It is important to remember that straightforward questions deserve straight-to-the-point answers.

19. Avoid jargon. Effective communicators speak English and not sports-specific terms. Whenever possible, stay conversational. Avoid highly specialized language few people living outside the white lines understand. If jargon is used, be willing to explain it.

20. Practice modesty in victory and self-control in defeat. In victory and defeat, the good communicator controls emotions and language.

21. Never speak “off the record.” This type of statement can be interpreted as an open admission that the athlete is not always open and honest with people. Athletes who attempt to speak in private tones appear to be dishonest and manipulative. Besides, there are no such things as “off-the-record” comments. Sooner or later, restricted information will be reported by the media and become a matter of public record.

22. Never say, “No comment.” No comment is a poor answer. This type of statement can create suspicion and mistrust in the minds of the audience. If an athlete has nothing to say, no answer should be forthcoming. Simply say, “I’d rather discuss something else.” If the reporter persists, politely end the interview.

23. Never joke with a reporter. While questions may appear funny, answers should always be serious. The tendency to joke or match wits with a reporter is an open invitation to trouble. An athlete never knows how an answer will appear in print or sound on the evening news.

24. Keep your cool. Athletes should never feel intimidated by cameras, bright lights, tape recorders or microphones being pushed into their faces, being interrupted, differences in opinions, offensive language, stupid or accusatorial questions, statements of so-called facts, or reporters leaving in the middle of an answer. They should “keep their cool” when pressure mounts. On a different subject, question-and-answer sessions are not the time to get angry, argue, attack the officials, question a coach, or joke and display humor.

25. Act professional at all times. Whenever possible, concentrate on being the “good guy” who is above pettiness and unprofessional behavior. Such a pose builds integrity and enhances credibility in the eyes of the audience. Most audiences are sophisticated enough to recognize rudeness in any form.

26. Never embarrass a reporter or ridicule a question. If a question is poorly worded or has been asked before, an athlete should be patient. Practice understanding. Attempt to understand why the question is being asked and answer the best you can. It is never wise to point out the limitations of a question.

27. Do not spend too much time talking about a negative or a loss. Negative comments make headlines. Audiences assimilate and remember negative information more accurately than positive information. Whenever possible, share positive accounts and information. Therefore, when
the game ends, an athlete should be encouraged to direct attention to (a) communicating the progress made and (b) the job of the team in the coming days. Words will never change the score or alter a game performance. Whenever possible, voice optimism with regard to the future.

28. Be alert to reporters’ needs. It is always a good practice for athletes to look at reporters, measure their response, and adjust accordingly. For example, if they appear to be having problems writing down answers, speak more slowly. When reporters shake their heads, frown, appear frustrated, it might be best to repeat key words to ensure accuracy.

Support teammates and your school. Honor the natural bonds that exist in relationships. You should respect and always support your teammates. Remain sensitive and never make negative remarks regarding others’ performances. Finally, never appear on camera wearing another team’s letters, logo, or colors. It may be an accepted practice, but it is in bad taste. Pride is expected and is demonstrated through the way an athlete speaks and appears in public.

SOCIAL MEDIA
Playing and competing for Southern Connecticut State University is a privilege. Student-athletes at SCSU are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your University and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter, Instagram, Snapchat and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at SCSU in one form or another.

Student-athletes should be aware that third parties - including the media, faculty, future employers and NCAA officials - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and the University. This can also be detrimental to a student-athletes future employment options, whether in professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Content online that would constitute a violation of conference or NCAA rules (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).
- Information that is sensitive or personal in nature or is proprietary to the SCSU Athletic Department or the university, which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online - even if you limit access to your site.
- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, phone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc. This includes information that may be posted by others on your page.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the SCSU Athletic Department’s and the University’s. Remember, always present a positive image and don’t do anything to embarrass yourself, the team, your family or the University.
CHECK US OUT ON THE WEB
SouthernCTOwls.com is the Official Website of Southern Connecticut athletics where you can find the latest news, scores and highlights, as well as schedules, statistics and student-athlete profiles.

Important Links
From the www.southernctowls.com site for athletics, you can also link to key sites of interest including:

- SouthernCT.edu
- NCAA.org
- Northeast10.org

All of these sites will keep you updated on the latest stats, news, rules and other information.

SOUTHERN CONNECTICUT STATE UNIVERSITY STUDENT-ATHLETE HANDBOOK
The 2019-20 Southern Connecticut State University Student-Athlete Handbook is meant to augment the 2019-20 Student Handbook and in no way does it supersede what is printed in the Student Handbook. As members of the Southern Connecticut State University community, every student-athlete is expected to live by and is held to all policies of the 2019-2020 Southern Connecticut State University Student Handbook.

As an SCSU student-athlete you are encouraged to discuss the contents of the 2019-2020 Southern Connecticut State University Student Handbook and seek additional information to help you understand the policies in the handbook with your coach or a member of the athletic administration.