ATHLETICS ADMINISTRATION STAFF DIRECTORY

Name/Title: Email: Phone:
Russell Rogers, Director of Athletics rrogers 5688
Michael Lippencott, Senior Associate Director of Athletics mlippenc 8038
Megan Haughey, Associate Director of Athletics, SWA mhaughey 8087
Charles O’Brien, Asst. Athletic Director for Comm. & Events cobrien2 8740
Emily Kaczmarek, Asst. Athletic Director for Administration ekaczmar 5078
TBD, Asst. Athletic Director for Sports Medicine & Student-Athlete Wellness TBD 5695
Heather White, Interim Head Athletic Trainer hwhite 5695
Alexandra Griffin, Assistant Athletic Trainer agriffin 5695
Allie McDavitt, Assistant Athletic Trainer amcdavit 5695
Doug Waters, Asst. Director of Athletic Communications dwaters2 8740
Keith Kinsella, Athletic Events Manager kkinsell 8740
Brian Bertucci, Athletics Business Operations Coordinator bbertucci 8533
John Maurizi, Director of Campus Recreation jmaurizi 8111
Brittany Carty, Assistant Director of Campus Recreation bcarty 8111
Nick Mykulak, Physical Education Coordinator nmykulak 5689
Mary Martin, Office Manager mmartin 5693
JoAnn Cicchine, Schaefer Center Receptionist jcicchin 8040

HEAD COACHING STAFF DIRECTORY

Name/Sport: Email: Phone:
Kristaps Aldins, Baseball kaldisn 8033
Jim Carpenter, Men’s Fencing jcarpen1 8041
Michelle Carrone, Strength and Conditioning mcarrone 5393
Patrick Dorywalski, Men’s Volleyball pdorywal 5691
Joe Favia, Wrestling jfavia 8090
Steve Gachko, Men’s & Women’s Tennis sgachko 5694
Lance Harden, Cross Country/Track & Field wharden 8086
Megan Haughey, Women’s Basketball mhaughey 8087
Paul Hughes, Men’s and Women’s Swimming phughes 8039
Bobby Hurley, Men’s Basketball rhurley 5690
Dale Jordan, Men’s Soccer djordan 5244
Emily Kaczmarek, Softball ekaczmar 5078
Anne McShea, Women’s Volleyball amcshea 5685
Charles Papendick, Men’s Golf cpapendi 5693
Jeff Parker, Women’s Soccer jparker1 8112
Gene Peluso, Men’s Lacrosse gpeluso 5692
Karen Shaddock, Women’s Lacrosse kshaddoc 8056
Meredith Spencer-Blaetz, Field Hockey mspence3 8203
Linda Volkammer-Lynch, Women’s Fencing lvollkom 5693

IMPORTANT CAMPUS PHONE NUMBERS

Emergency Number - 3911
Academic Support Center - 8248
Campus Police - 5105
Office of Career Development - 5166
Cooperative Education - 5368
Dining Services - 5113
Student Health Center - 5678
Information Technology - 5500
Residence Life - 5128
SC Williams Library - 5200
Student Counseling - 5177

*Email address format: <name>@stevens.edu
**Phone number format: (201) 216-XXXX
DEPARTMENT VISION & MISSION STATEMENT:

Vision: Working in concert with all components of our university, we seek to always provide stellar programs, quality co-curricular education, and enriching activities for all members of the Stevens Community that enrich every individual's physical, mental and spiritual development and growth.

Mission: As the stewards of the intercollegiate, intramural and physical education function of our university, we commit steadfastly to the goals of:

• Encouraging the educational aspects of athletics which reinforce the learning value and professional preparation of our students through meaningful partnering with the academic community
• Engaging active support from our alumni, members of our regional community and leaders from the professional community for our students as they pursue career aspirations
• Leading realistic and resonant efforts in maintaining the central and centric position on our campus as a welcoming and enriching recreational center
• Recruiting, nurturing and developing student athletes who embrace and represent the best traditions, values and aspiration of our university
• Providing progressive programs, quality, facilities and vanguard training that promote physical fitness and health maintenance for all members of our community

Values & Standards:

• Compassion, reflected in the respect rendered to each member of our community, the guidance provided to every student in our charge, and the selfless service to each individual and group seeking our expertise
• Community, a true sense of allegiance to our university’s charter of developing leaders and stalwart professionals among our students, and towards enhancing the fitness and wellness of our fellow staff and faculty colleagues
• Integrity, uncompromising in maintaining the trust of all of our students, colleagues and fellow community members in all of our dealings, and demonstrating a clear and uncompromising loyalty to Stevens by virtue of all of our actions
• Knowledge, achieved by constantly seeking, adapting and innovating the best practices in each of our professional field, and by acting as teachers and mentors in the truest sense on the playing field and at every individual opportunity
• Leadership, taking command appropriately and professionally in all situations in which good work can be accomplished, active new learning can be afforded, and personal development of our charges can be attained

THE STEVENS STUDENT-ATHLETE EXPERIENCE:

The NCAA and Stevens Institute of Technology strives to maintain intercollegiate athletics as an integral part of the campus education program and the student-athlete as an integral part of the student body. There are five important pillars of the program (Academic Excellence, Athletic Excellence, Career Development, Personal Development and Service), and the Stevens Athletic Department has developed policy and programs and continues to partner with offices on campus to further the development of our student-athletes. If you have an issue or complaint concerning your personal rights as a participant in intercollegiate athletics as impacted by team or Athletic Department rules, or if your concerns involve the mission of the Institute and the Department of Athletics, these options are available to you:

1. Discuss the matter with your team captain or your team’s SAAC representative.
2. Discuss the matter with a member of the coaching staff.
3. Bring the matter to the attention of the Director of Athletics

**Your level of comfort or a specific team policy should dictate the approach you take. If you feel these procedures may be inappropriate for resolving a specific concern, contact Director of Athletics Russell Rogers at (201) 216-5688 or rrogers@stevens.edu for more information on how to proceed.
ACADEMIC POLICY:
Under NCAA rules, all student-athletes must make satisfactory progress toward a baccalaureate degree and maintain a minimum grade-point average in order to be eligible to participate in intercollegiate athletics. While there is not a specific earned credit hour requirement for good academic standing, certain categories of students (e.g., those on financial aid and those playing intercollegiate athletics) will be expected to maintain the hours required for eligibility. To remain in good academic standing, students must maintain the following cumulative GPA:
Freshman to 23 credits earned: 1.70
Sophomores, juniors and seniors with 23 or more earned credits: 2.00

Students in good standing, regardless of their GPA, who have failed or withdrew nine credit hours of course work in any semester, are also placed on academic warning. For more details please visit: https://my.stevens.edu/provost/academics/undergraduate/policy.html#AcademicStanding

Student-athletes who are placed on academic warning or academic probation for their prior semester’s academic performance are declared academically ineligible for athletic participation in the proceeding semester. Those students who are designated to be on academic watch are evaluated on a case-by-case basis to determine athletic eligibility for the next semester. Student-athletes may not take any quizzes, tests or exams while travelling. They must communicate with their professor ahead of time for make-up options.

All Stevens students are also obligated to commit to the Stevens Honor System. To learn more about it, visit: https://web.stevens.edu/honor/

MISSED CLASS POLICY:
A student-athlete who is a member of a Stevens varsity athletic team is normally excused from class for scheduled athletic contests. This “excused from class” status also includes team (or individual when applicable) travel to and from the competition site. The athletic department will use its best efforts to notify professors and/or classroom instructors of such absences on an individual basis. However, it remains the responsibility of the student-athlete to work proactively to inform his or her instructor of any such absence and to arrange for any make-up work as deemed necessary.

SPORTSMANSHIP/CROWD POLICY:
Good sportsmanship and respectful conduct is an integral part of being a student-athlete at Stevens before, during, and after every competition. The opponent and officials should always be respected and never shown up. All remarks, signs and banners are expected to be of a positive nature. Your behavior as a Stevens student-athlete reflects directly on yourself, your team, the Athletic Department and the institution. We ask as representatives of the institution that you kindly remind any friends, family and others in attendance to also conduct themselves in a positive nature.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC):
The mission of the Student-Athlete Advisory Committee (SAAC) at Stevens is to act as a liaison between student-athletes and athletic administration, as well as the campus community. This group of student-athletes aims to promote positive sportsmanship and leadership through community service, civic involvement and academic excellence. Each varsity sport has two representatives that will attend meetings and participate on one working group. This group is vital to the athletic community as it organizes the Duckling Program and various other events on campus that benefit all students. Meetings take place once a month and are open to all student-athletes to attend. If you would like to be involved with SAAC, please email Rebecca Mullen at rmullen@stevens.edu.

ACADEMIC SUPPORT:
The Academic Support Center (ASC), located within Undergraduate Academics on 9th floor of the Wesley J. Howe Center, provides a variety of support programs and services to assist undergraduate students in achieving academic success. These services include: Academic Tutoring, Freshman Quiz Review Sessions, the Peer Leader Program and Academic Success Workshops.

Tutoring for technical courses is provided free of charge by skilled undergraduate students. The ASC offers individual assigned tutors and has a walk-in tutoring center located in the campus library, Room 306, to assist undergraduate students with understanding course material.

Freshman Quiz Reviews for many first year technical courses are also provided through the ASC. The goal of a review session is to provide the student with additional insight into material previously presented in class. Please note, these review sessions are intended solely as a review, not as a substitute for attending class or preparing on one’s own. The Peer Leader program, a collaboration between Undergraduate Academics and Student Life, provides an opportunity for new first-year students to connect with an undergraduate student who has completed at least one year at Stevens.

Peer Leaders assist new students in their academic and social transition from high school to college. The mentoring process intends to provide new students with the information, support and encouragement they need to be successful at Stevens.

Academic Success Workshops are facilitated by the ASC. Workshops cover a variety of topics aimed to assist students in their transition to college and success at Stevens. Topics include: Time Management, Getting Organized and Setting Goals and Preparing for Final Exams. For more information, please visit the ASC website at: http://www.stevens.edu/directoy/undergraduate-academics/academic-support-center
STEVENS COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS):
CAPS provides individual and group counseling services, as well as workshops and trainings to the students of Stevens Institute of Technology. Regular office hours are M-F, 9 a.m. to 5 p.m. Urgent care hours are available daily. These services are free and confidential for all enrolled students. Phone: (201) 216-5177 Website: www.stevens.edu/CAPS E-mail: CAPS@stevens.edu Location: Student Wellness Center, Second Floor (Between the North Building and the Ninth Street Gate).

STEVENS CAREER CENTER:
The Stevens Career Center is dedicated to empowering Stevens students to succeed in obtaining employment appropriate to their career objectives and personal goals through career exploration programs, experiential education opportunities, and interaction with corporate representatives.

Student-athletes are encouraged to visit the Career Center, located on the 6th Floor of the Howe Center, for information on the cooperative education program, internship program, career fairs and networking, resume writing assistance, and to receive individualized career advising from a career advisor. The Career Center is open 9:00 a.m. – 5:00 p.m., Monday through Friday and no appointment is necessary between 10:30 a.m. - 4:30 p.m.

COOPERATIVE EDUCATION PROGRAM:
The Cooperative Education Program is an academically-based program which provides students with progressive industry-based experiential learning opportunities. The process allows for the integration of curriculum-based engineering and scientific principles with industry applications to accelerate and inspire intellectual, personal and professional development. Co-op students are required to follow a five-year, alternating academic schedule which includes one summer of study. Student-athletes should meet with a Career Advisor regarding their Work/Study schedules.

JOB OPPORTUNITIES:
Any student that is interested in working for the Department of Athletics should visit the Stevens Student Employment Office website at https://www.stevens.edu/directory/student-employment-office. All of the many jobs related to Athletics are listed there. The majority of jobs require federal work-study (FWS) eligibility, while a very limited amount of other jobs are open to students without FWS. Regardless, all jobs will be posted on this site. Students can create a profile and apply to positions as they wish. Contact Keith Kinsella (kkinsell@stevens.edu) with any questions about employment within athletics.

ALCOHOL AND DRUG POLICY:
The Department of Athletics expects all student-athletes to make responsible and educated decisions regarding the use of alcohol and drugs. The department has a zero tolerance policy in dealing with any student-athlete who becomes involved with the use of an illegal drug. The individual stands to be dismissed from his/her team immediately in addition to dealing with all legal implications that come with this offense. Underage drinking is against the law and student-athletes who choose to break this law will face significant disciplinary action. Those students aged 21 years or older involved in an alcohol-related incident that is reported to the department will be held accountable for their actions. Each situation is handled on an individual basis and an appropriate course of action in dealing with the problem is the responsibility of the student-athlete’s coach and the Director of Athletics.

Stevens does not condone the consumption of alcohol and promotes an environment in which choosing not to drink is preferred. The athletic department firmly believes that the use of drugs (excluding those prescribed by a doctor for specified medical conditions) and alcohol can be detrimental to the mental and physical wellbeing of its student-athletes. The use of these substances can seriously interfere with the performance of individuals as students and as athletes and can be dangerous. The Department of Athletics expects all student-athletes to share in its goal of every individual and team doing all that they can to reach their ultimate potential. Understanding the harmful effects of alcohol and drugs on one’s athletic performance and well-being is each person’s responsibility. Any student-athlete who has questions or needs guidance in this area is strongly encouraged to speak with his/her coach or another athletic department staff member. All student-athletes are expected to follow the guidelines outlined in this section and need to understand that each coach also has the authority to develop additional individual team policies related to the area of alcohol and drugs.

Stevens Counseling Services: https://www.stevens.edu/counseling

OFFICE OF DISABILITY SERVICES
The Office of Disability Services exists to assist individuals with disabilities to have opportunity for full participation and equal access to campus programs and services, in alignment with federal standards and state regulations.

Services are available to any individuals with documented disabilities - students and visitors to our campus.

Location: Student Wellness Center, Second Floor (Between the North Building and the Ninth Street Gate). Email: disabilityservices@stevens.edu Phone: (201) 216-3748
COMMUNITY SERVICE:
Community involvement is a major part of the athletic department’s mission. All teams are encouraged to perform at least one community service project per year. The Stevens Duckling Program has been a huge success and teams are strongly encouraged to participate.

NUTRITIONAL & DIETARY SUPPLEMENT PRODUCT POLICY:
Before consuming any nutritional / dietary supplement product, student-athletes are required to review the product and its label with members of the Sports Medicine staff. Dietary supplements are not regulated by the FDA and may cause positive drug test results. Any product containing a nutritional dietary supplement ingredient is taken at your own risk.

You can also check your level of risk of all supplements at Drug Free Sport Axis in the link below:
https://dfsaxis.com/users/login
Password: ncaa3

Please note that there is a dietician on campus. To schedule an individual session, please contact their office directly at dietician@stevens.edu.

NCAA BANNED DRUGS AND MEDICAL EXCEPTIONS:
The NCAA bans classes of drugs because they can harm student-athletes and create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances, and student-athletes may need to use these medicines to support their academics and general health. The NCAA has a procedure to review and approve legitimate use of medications that contain NCAA banned substances through a Medical Exceptions Procedure. The diagnosis of adult ADD and ADHD remains clinically based utilizing clinical interviews, symptom-rating scales, and subjective reporting from patients and others. Stevens Institute of Technology and the NCAA follow the same guidelines to ensure adequate medical records are on file for student-athletes diagnosed with ADD and ADHD in order to request an exception in the event a student-athlete tests positive during NCAA Drug Testing.

All medications must be on file in the Sports Medicine Office prior to participation.

For ADD/ADHD medications: the form in the following link must be completed and submitted with all supporting documentation to the Sports Medicine Office, prior to participation:

A full list of banned substances can be found here: http://www.ncaa.org/sport-science-institute/topics/2019-20-ncaa-banned-substances

GAMBLING:
Illegal gambling is a crime. It is a federal offense to influence in any way a sporting contest by bribery. Further, it is a federal offense to use interstate facilities, including the telephone, internet, or mail to place illegal bets.

NCAA Bylaw 10.3 states:
Staff members of a member conference, staff members of the athletic department of a member institution, and student-athletes shall not knowingly:
1. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletic competitions.
2. Solicit a bet on any intercollegiate teams
3. Accept a bet on any team representing the institution.
4. Solicit or accept a bet on any intercollegiate competition for any item (e.g. cash, shirt, dinner) that has tangible value.
5. Participate in any gambling activity that involves intercollegiate athletics or professional athletics through a bookmaker, parlay card, or any other method employed by organized gambling. This also includes “March Madness” pools, fantasy leagues, etc.

SOCIAL MEDIA AND SOCIAL NETWORKING:
The athletic department has introduced clear standards and expectations regarding the usage of social media groups and group chat groups. Student-athletes are expected to exercise good judgment in their use of social media websites, and to conduct these activities in a responsible and respectful manner.

All social media groups or group chat groups, which includes but are not limited to Facebook, GroupMe and Snapchat, that are managed by students shall not use “names or titles” that implicate Stevens Institute of Technology or any Stevens Institute of Technology references in their name or in their profile. Examples include, but are not limited to, Stevens, Stevens Lacrosse, Stevens Ducks, Ducks, Castle Point Soccer, etc.

In addition, regardless to the name of the group, the following expectations must be adhered to:
1. Language and content should be professional in nature and positive.
2. Content must never be unsportsmanlike, derogatory, demeaning or threatening toward any individual or any group.
3. Student-athletes may not post information, photos, videos or other representation of content that is sexual in nature, inappropriate in behavior (e.g., alcohol or drug use), or could be interpreted as demeaning, discriminatory or inflammatory. Also, any person posting photos or videos should have permission of the students in the photos or videos before posting. Student-athletes and/or teams who are found in violation of these expectations may have disciplinary and/or athletics-related sanctions imposed.
SEXUAL HARASSMENT POLICY, TITLE IX, & MORE:
Title IX of the Education Amendments of 1972 prohibits discrimination based on sex in educational programs and activities that receive federal financial assistance. Sex discrimination under Title IX includes but is not limited: to sexual harassment, sexual assault and sexual violence by employees, students or third parties. In support of the safety and well-being of members of the Stevens community and in compliance with Title IX, the following Title IX Coordinator has been designated to respond to inquiries concerning sex discrimination including sexual harassment, sexual assault and sexual violence:

Xhiljola Ruci, J.D.
Director of Community Standards and Title IX Coordinator
Location: Wesley J. Howe Center, 10th Floor
Phone: (201) 216-3383
Email: xruci@stevens.edu
Full statement: www.stevens.edu/titleIX
EADA Report: https://ope.ed.gov/athletics/#/institution/search

NCAA Statement on Inclusion: “As a core value, the NCAA believes in and is committed to diversity, inclusion and gender equity among its student-athletes, coaches and administrators,” NCAA Director of Inclusion Karen Morrison wrote in a memo to the NCAA membership. “Since participation in athletics provides student-athletes a unique and positively powerful experience, the goals of these policies are to create opportunity for transgender student-athletes to participate in accordance with their gender identity while maintaining the relative balance of competitive equity within sports teams.”

NCAA Transgender Policies:

Stevens Rights as of Transgender Members of Stevens Community
https://www.stevens.edu/campus-life/diversity-and-inclusion/title-ix
https://www.stevens.edu/campus-life/diversity-and-inclusion/lgbtq-resources-and-support

LGBTQ+ INCLUSION & NON-DISCRIMINATION STATEMENT:
Stevens Institute of Technology is committed to safety, fairness and respect for all community members. Collegiate athletics provide an opportunity for students to compete with and against others who have a variety of identities, but all of whom share the common goal of achieving athletics excellence. Valuing our unique backgrounds and identities along with this common goal enhances the educational, social and competitive experience for all and is important to team success and individual development. We believe that our intercollegiate athletics program/conference has a responsibility to promote LGBTQ+ inclusion, gender equity, and the well-being of all students. We believe that all students should be safe and treated with respect and dignity as consistent with our institutional values and mission. We are committed to creating an inclusive environment for people of all sexual orientations, gender expressions and gender identities to participate in intercollegiate athletics programs. We believe in the power of education, dialogue, collaboration and building relationships as the most effective route to realizing our goal. We believe that, working together, we can identify conference and institutional practices that respect all LGBTQ+ students, staff, visitors, and guests.

HAZING AND INITIATIONS:
Hazing and initiations are absolutely prohibited by Stevens and by the Department of Physical Education, Athletics and Recreation. Further, hazing is against the law in New Jersey. These acts are defined as any behavior that is physically, emotionally or psychologically abusive to an individual or selected group of individuals for the purpose of gaining entrance or acceptance into an established group. An individual’s consent to hazing or initiation is not a defense for the behavior.

Any team, group or individual that engages in this behavior will be subject to serious sanctions by the university and the Department of Athletics. These sanctions range from university probation and suspension from athletic contests to expulsion from the team and/or the university.

RECRUITMENT HOST POLICIES:
Student-athletes who serve as recruitment hosts are responsible for the health and well-being of all recruits for the duration of their visit to campus. All hosts and high school athletes visiting the campus are required to sign a contract that serves as a commitment to follow this policy. The student-athletes’ coach will distribute and insure that the contract is completed each time.
equipment:
All equipment/gear/apparel issued to a Stevens student-athlete is the property of Stevens Institute of Technology. Each student-athlete is responsible for returning all individually issued items at the end of the season. Student-athletes are financially responsible for any lost or misplaced items and their student account will be charged for all missing items at the end of the next billing cycle.

laundry service:
Laundry loops will be issued to each head coach and should be distributed to each student-athlete. Only athletic gear worn during practices and games should be looped or placed in bags. Personal items will not be washed. Practice gear should be submitted every day even if minimal. Do not overload loops or bags in order to ensure the load washes and dries sufficiently.

STRENGTH AND CONDITIONING
I. MISSION STATEMENT
The primary goal of the Stevens Institute of Technology Strength and Conditioning coaches is to produce highly skilled athletes through the design and implementation of science based training programs, and maintain a highly efficient safe and healthy training environment. The Strength and Conditioning Coaches create, supervise and conduct structured programs using innovative methods which improve each athlete’s potential for optimal sports performance and reduce the occurrence of athletic injuries. Each program is designed for every student athlete to achieve their full athletic potential.

II. STRENGTH AND CONDITIONING COACHES
Michaelle Carrone, C.S.C.S-USATF LI
Head Strength & Conditioning Coach
(201) 216-5393
c. (631) 457-9549
mcarrone@stevens.edu

Dillon Wu, C.S.C.S.
Assistant Strength & Conditioning Coach
Head Ice Hockey Coach
(201) 216-5393
dwu1@stevens.edu

TBD
Assistant Strength & Conditioning Coach
(201) 216-5393

All Strength and Conditioning coaches are certified by the National Strength and Conditioning Association. They are all certified strength and conditioning specialists (C.S.C.S), while also holding certifications in CPR/AED and numerous specialized certifications.

III. HOURS OF OPERATION
Varsity Weight Room Hours (subject to change):
Monday - 7 a.m. - 9 p.m.
Tuesday - 7 a.m. - 9 p.m.
Wednesday - 7 a.m. - 9 p.m.
Thursday - 7 a.m. - 9 p.m.
Friday - 7 a.m. - 8 p.m.
Saturday - Closed
Sunday - Closed

All team lifts conducted during non-operational hours including holidays, must be supervised by a coach and/or facility supervisors.
IV. GENERAL POLICY AND RULES

The Strength and Conditioning staff will develop and administer annual programs for all varsity sports.

Varsity weight room rules have been developed to ensure the safety of all student-athletes and the proper care of all equipment. They also have been developed to promote a productive and inclusive training environment. We hope to instill great pride in the Stevens student-athlete within the weight room.

The Strength and Conditioning staff are responsible for administering the following rules:

1. Proper technique is essential and will be emphasized during every lifting sessions for each exercise

2. Please be punctual for lifting sessions. Each team is given the same amount of time and we ask that everyone be respectful of other team’s lifting schedules.

3. Proper placement of all weights is essential
   - All weights have a rack for placement
   - Always keep weights off the floor
   - Clips should be on the bars when your lift is completed
   - Return bar holders and safety bar to the proper levels when your lift is completed: Bar holders at #4 and Safety bars at #11
   - Miscellaneous equipment should be returned to its proper place on the rack
   - Benches should be placed back in the racks unless told otherwise by a coach

3. Proper attire is required
   - Athletes are strongly encouraged to wear their Adidas issued workout gear to all workouts whenever possible

4. The stereo system is controlled by the Strength and Conditioning staff.
   - The staff will control the volume of the stereo during training sessions
   - Any music genre or playlist may be requested – all music must be clean and fully edited and of an appropriate nature

5. Headphones or air pods are allowed during open gym times only
   - Team Lifts are headphone/air pod free since instructions must be given by coaches

6. A spotter is mandatory when conducting free bar exercises during lifting/testing sessions

7. Water bottles are allowed – please bring your own bottle

8. Cell phone use is prohibited in the weight room during team training sessions.

LOCKER ROOMS:
A number of Stevens’ athletic teams have the privilege of using a locker room during the season. It should be made clear that this is indeed a privilege and behavior in the locker room should reflect this. Student-athletes should never be in their locker room when the facility is closed except for a scheduled practice or contest, nor should any non-team member ever be allowed in the locker room. Locker room decorations and paraphernalia should always be in good taste and must be completely removed when the locker room is vacated after the season. The locker rooms should also be kept in good condition at all times because they are shared by visiting teams throughout the year. Any damages to the facility will be assessed to the team’s fundraising account or the individual(s) responsible for the damage. Please note that abuse of any of these policies can result in expulsion of individual team members or an entire squad.

TEAM ASSESSMENTS:
All varsity teams will have an opportunity to meet with their respective team administrator and complete a survey to describe their experience as a Stevens student-athlete in 2019-20. The primary goal of the Department of Athletics is to ensure that all student-athletes develop a wide range of skills that will prepare them well for life after college. Your feedback is critical in this process!

PHYSICAL EDUCATION REQUIREMENTS
All Stevens students must complete four physical education courses for non-academic credit. The physical education requirement must be completed by the end of the sixth semester at Stevens. Beginning with the 2019-20 academic year, participation in varsity sports can be used to satisfy the entire physical education requirement.
OFFICE OF SPORTS MEDICINE

I. MISSION STATEMENT
The primary objective of the Sports Medicine staff at Stevens Institute of Technology is to provide the highest quality protection of the health and welfare of our student-athlete population. This is accomplished first through risk management and prevention of athletic injury, and second through the recognition, evaluation, first aid, emergency care, management and rehabilitation of injuries. In addition, the Sports Medicine staff strives to ensure that our student-athletes will be provided with the proper direction and counseling in all areas of physical and mental well-being.

II. SPORTS MEDICINE PERSONNEL
The Office of Sports Medicine consists of our team physicians and certified athletic trainers.

TBD, Asst. Athletic Director for Sports Medicine & Student-Athlete Wellness
Email: TBD
Office: (201) 216-5695

Heather White, Interim Head Athletic Trainer
Email: hwhite@stevens.edu
Office: (201) 216-5695

Allie Griffin, Assistant Athletic Trainer
agriffi1@stevens.edu
Office: (201) 216-5695

Allison McDavitt, Assistant Athletic Trainer
amcdavit@stevens.edu
Office: (201) 216-5695

TBD, Assistant Athletic Trainer

Dr. Oscar Vazquez, Head Team Physician

Dr. Melissa Mascaro, Primary Care Team Physician

Weekly Clinic Hours

All staff athletic trainers are board certified by the National Athletic Trainers’ Association Board of Certification, licensed by the State of New Jersey Board of Medical Examiners, and hold current adult CPR and AED certifications.

III. HOURS OF OPERATION
The Sports Medicine Office will post its weekly schedule outside the office. An online version will also be made available. The office will be open a half-hour before and after scheduled practices on EMS according to our Emergency Action Plan. For competitions, the office will be open two hours prior and a half-hour post. The Office of Sports Medicine will be locked in the absence of a Sports Medicine staff member. Only ice may be used in the absence of a Sports Medicine staff member.

(VII. continued)
At no time should any person other than a certified athletic trainer use any other treatment modality.

IV. MEDICAL ELIGIBILITY
All medical documentation must be completed prior to participation. Student-athletes will not be allowed to participate and athletic equipment will not be issued until the necessary documentation is completed. Please pay careful attention to the instructions you receive from the Sports Medicine Office regarding what information needs to be completed annually.

Please visit the following location for this information:
http://www.stevensducks.com/ under the ‘Student-Athletes’ tab to find the link to this information.

V. GENERAL POLICY: INJURY/ILLNESS
Medical care and facilities are available to all student-athletes who are on an active roster. To ensure proper and immediate medical care, all injuries and illnesses must be reported to the Sports Medicine Office by 11 a.m. the next day or the next shift of a staff athletic trainer. The Sports Medicine staff has the unchallengeable authority with all medical decisions and return-to-play of our student-athletes. Student-athletes who do not report will be in violation of the compliance forms they sign. These situations will be handled on a case-by-case situation and could result in suspension.

The Sports Medicine Office should be the primary outlet for medical care for student-athletes on campus. If a student-athlete decides to go through another doctor, unless an emergency, this should be discussed prior and further documentation will be required before you will be cleared to return to sport. Once a referral to a physician is deemed necessary, the student-athlete must follow the policy of their insurance plan.

Stevens will provide excess insurance coverage for sports related injuries that are sustained during an in-season scheduled practice or competition. Please consult Section VIII for complete details about insurance policies.

VI. AUTHORIZATION FOR SERVICES
A certified athletic trainer (ATC) will evaluate and document all athletic injuries. Based on the evaluation, the ATC will determine the appropriate treatment and rehabilitation programs for all athletic injuries, including referral to appropriate medical professionals.

An appointment with the team physician, an internal medicine specialist, or other specialist, may be made at the discretion of the Sports Medicine staff. The Sports Medicine staff has a written directory of medical specialists and facilities. Student-athletes may also choose to make an
appointment with their family physician provided that a member of the Sports Medicine staff is informed prior, however, student-athletes are highly encouraged to be seen by the team physician. A student-athlete may not make an appointment with a doctor or get a prescription without the knowledge or preapproval of the Sports Medicine staff. The student-athlete will be financially responsible for any appointments, procedures, tests, treatments or prescriptions, which are not first approved by the Sports Medicine staff.

The student-athlete is required to obtain a written clearance from their treating physician prior to returning to athletics. Once this is obtained you will then need to be cleared through the Sports Medicine Office.

The Sports Medicine staff will make every effort to arrange transportation for sports related injuries to appointments for student-athletes if you do not have transportation.

A student-athlete with symptoms related to orthopedic, illness, concussion, etc. will be screened and scheduled for an appointment with one of our two team physicians. They each will have a weekly clinic in the Sports Medicine office. Student-athletes that go to the Student Health Center will be responsible to inform the Sports Medicine staff of the visit and any restrictions related to athletic participation. The Student Health Center will also have direct contact with the Sports Medicine Office too.

Any student-athlete who has been evaluated at an emergency room must have a follow-up appointment with the team physician (or other medical specialist) before returning to participation if deemed necessary by the Assistant Athletic Director for Sports Medicine & Student-Athlete Wellness.

In accordance with federal guidelines, parents, the Director of Athletics and coaches will be notified as soon as possible if any student-athlete is admitted to a hospital and/or if surgery is necessary. Every attempt will be made to follow the student-athlete’s primary insurance policy, but never at the expense of the care that the student-athlete should receive.

VII. TREATMENT & REHABILITATION

After an injury has been evaluated, the student-athlete will receive a treatment/rehabilitation program. Both programs work on an appointment schedule. It is the responsibility of the student-athlete to schedule treatment/rehabilitation time around their class and practice schedule and to keep the appointment. Failure to show up for treatment/rehabilitation appointments can result in a delay in recovery and return to play.

Rehabilitation will only be conducted during practice time if approved by the coach and ATC. The student-athlete is required to continue their treatment/rehabilitation until a member of the Sports Medicine staff approves completion of the program.

VIII. INSURANCE POLICY

1. Stevens Institute of Technology (“Stevens”) requires all full-time Stevens’ students to have primary health insurance coverage.
   a) Stevens has selected University Health Plans (UHP)/Magna Care to provide a student health insurance plan for its students for the 2019-20 academic year. Students are automatically charged for this plan unless proof of comparable insurance coverage is furnished.
   b) Students who can prove that they have comparable insurance coverage are eligible to waive the student plan.
   c) The instructions for enrolling in or waiving the Stevens student health insurance plan are available under the Student Health Center website (https://www.stevens.edu/directory/office-student-accounts/health-insurance-information). The deadline for waivers and open enrollment for the 2019-2020 academic year is August 31, 2019, for undergraduate students.
   d) Student-Athletes are strongly encouraged to enroll in the Stevens student health insurance option offered by University Health Plans. The Stevens health insurance plan gives students significant access to physicians and emergency health care in the Hoboken, N.J. area. Should a student-athlete decide to waive the Stevens plan, they are advised to check with their private insurance company to ensure that they will have access to local hospitals and specialists while in Hoboken.

2. Primary coverage for injuries or illnesses sustained by a student-athlete is through the student-athlete’s family/private insurance plan or through the Stevens health insurance plan if the student enrolls in the Stevens plan.

3. Stevens’ Athletic Department provides excess athletic accident coverage for eligible NCAA varsity student-athletes who are injured during in-season scheduled sponsored athletic practices, training or workout sessions, competitions, exhibition games, tryouts, team meetings, or other covered sports activity. All coverage terms, limitations, and exclusions are defined by the terms of the insurance policy between Stevens and its insurer. The current policy has a deductible of $2,000 for
(VIII. continued)
each covered loss. For more information on the excess athletic accident policy, please contact the Assistant Athletic Director for Sports Medicine & Student-Athlete Wellness

4. The NCAA has a Catastrophic Injury Insurance Program that covers a student-athlete who is catastrophically injured while participating in a covered intercollegiate athletic activity. The program is activated after a student-athlete's medical bills exceed $90,000. For more information, please visit http://www.ncaa.org/about/resources/insurance/student-athlete-insurance-programs.

5. The NCAA does not permit a college or university to provide insurance coverage or pay medical expenses for injuries or illnesses that are not a direct result of covered sponsored athletic activities such as practices, competitions, or conditioning sessions.

6. Student-Athletes are responsible for any payment which is not covered by their own insurance policy or the Stevens excess athletic accident policy.

IX. GENERAL POLICY: INJURY/ILLNESS

2. Proper attire by all is expected since it is a co-ed facility
3. Food is not permitted.
4. Personal bags/equipment is to be kept outside the sports medicine office.
5. All rehabilitation is to be scheduled in advance if possible.
6. Injuries sustained during practice must be reported right away, for away events by 11am the next day, or the next shift of an ATC.
7. Foul language or inappropriate behavior or conversation will not be tolerated and may be cause for dismissal from sports medicine office at the staff's discretion.
8. All athletes must be clean and showered after practice/games prior to receiving treatments.
9. Any athlete requiring treatment in the sports medicine office must be supervised by a certified athletic trainer, not a coach or other staff member.
10. Water and supplies must be returned to the sports medicine office in a timely manner following practices and put away in the appropriate area.
2018-19 ATHLETIC HIGHLIGHTS

29th in Learfield Directors’ Cup out of approximately 450 Division III schools (11th straight year with a top-45 finish)

Back-to-back Empire 8 Conference Commissioner’s Cup

Three CoSIDA Academic All-Americans

Nine CoSIDA Academic All-District recipients

11 different conference championships (Including unofficial Empire 8 Men’s Volleyball title)

Officially rejoined the Middle Atlantic Conference after a 41-year absence

IMPORTANT LINKS

Getting in the Game Video
https://www.youtube.com/watch?v=q0Hhp0RTIW0

Concussion Information

Sickle Cell Information

NCAA Banned Substances

NCAA Inclusion Information Handbook

NCAA Hazing Prevention

NCAA Summary of Regulations

Stevens Title IX Information
https://www.stevens.edu/campus-life/diversity-and-inclusion/title-ix

NCAA Self-Release Form
http://www.ncaa.org/student-athletes/current/permission-contact

Department of Education Office for Civil Rights
http://www2.ed.gov/about/offices/list/ocr/index.html

Stevens Student-Athlete Resources
http://stevensducks.com/sports/2016/12/20/student-athlete-resources.aspx