

# Meredith College Student Athlete Handbook



2009-10

# Meredith College Student Athlete Handbook

## Table of Contents

I. Introduction	
a. Director of Athletics Introduction.....	3
b. Athletics Staff Directory.....	4
c. Athletics Philosophy Statement.....	5
d. Mission Statement.....	6
e. Student Athlete Advisory Committee (SAAC).....	6
II. Meredith College Athletics Policies and Procedures for Student-Athletes	
a. Academics .....	7
b. Absence Policy.....	7
c. Compliance and Eligibility .....	8
d. Financial Aid.....	9
e. Disciplinary Action.....	10
f. Grievances.....	10
g. Drug and Alcohol Policies.....	10
h. Tobacco Policy.....	10
i. Gambling.....	11
j. Hazing.....	12
k. Personal Websites.....	12
l. Travel.....	13
m. Equipment and Apparel.....	13
n. Facilities.....	13
o. Awards.....	13
p. Athletics Training Services.....	14
q. Sports Information.....	16
III. USA South Athletic Conference Policies.....	17
a. Sportsmanship Statement.....	17
b. Conference Transfer Rule.....	18
c. Other.....	18
IV. Appendix A - USA South Athletic Conference Tobacco Policy.....	19
Appendix B- NCAA Banned-Drug Classes.....	20

## a. Director of Athletics Introduction

Fall 2009

Dear Meredith Student-Athletes:

I am so pleased that you have chosen Meredith College to pursue your education and collegiate athletic experience. Meredith College has a tremendous academic reputation, and our athletics staff is outstanding! We have just completed our second year within the USA South Athletic Conference, and what a year! We were crowned conference tournament champs in both soccer and tennis, and our SAAC worked hard and won first prize in the Spring Pennies for A Purpose fund raising drive. Join me in the journey as we strive together to become an even more respected member, competing for the top tier of the conference in all six of our varsity sports.

This handbook has been designed to help you get accustomed to college life as an NCAA Division III student-athlete at Meredith College. It includes a description of services available to take advantage of and athletics policies that you must abide by to succeed in the classroom and on the court/field. It is a valuable tool and one that I hope you will review very carefully. I have tried to include information on a variety of useful topics; however, if you find you still have questions, please don't hesitate to ask me, your coaches, or your student and faculty advisors.

I look very forward to getting to know you and seeing you compete. Best wishes for a most enjoyable four years!

Sincerely,

*Jackie Myers*

Jackie Myers  
Athletics Director

## b. Athletics Staff Directory

Jackie Myers	Athletics Director	18 Weatherspoon	x 8198
Greg Jarvis	SID/Assistant Athletics Director	17 Weatherspoon	x 8811
Sharon Malley	Head Athletics Trainer/SWA	24 Weatherspoon	x 8462
David Zinn	Assistant Athletics Coordinator	22 Weatherspoon	x 8310
Judy Melton	Departmental Assistant	19 Weatherspoon	x 8205
Dr. Michael Novak	Faculty Athletics Representative	Joyner 114B	x 8398
Melinda Campbell	Head Basketball	102 Wspn. Annex	x 8309
Robert Luckadoo	Assistant Basketball	23 Weatherspoon	x 8734
Kevin Walker	Assistant Basketball		
Rachel Gale	Head Tennis	113 Wspn. Annex	x 8804
Andrew Waldrop	Assistant Tennis		
Fiona Barkley	Head Volleyball	21 Weatherspoon	x 0462
Liz Richardson	Assistant Volleyball		x 0462
Paul Smith	Head Soccer	8 Weatherspoon	x 2250
Ashley Riggs	Assistant Soccer		x 2250
Amy Olsen	Head Cross Country	113 Wspn. Annex	x 8758
Bill Koester	Assistant Cross Country		x 8758
Robert Luckadoo	Head Softball	23 Weatherspoon	x 8734
Shona Guevara	Assistant Softball		x 8734

### c. Athletics Philosophy Statement

**The organization and activities of the intercollegiate athletics program are administered by the Director of Athletics under the direction of the Vice-President for College Programs.** Meredith's Athletics Program seeks to provide a quality athletic experience and to support students in their efforts to reach high levels of skill and performance. Toward this end, we are committed to providing all teams with adequate facilities, competent coaching, effective support and appropriate competitive experiences. Meredith is an active member of the National Collegiate Athletic Association (NCAA) and the USA South Conference, and strictly adheres to their procedures and policies.

Meredith participates as a Division III NCAA member. As a member of Division III, Meredith does not offer athletic scholarships. Enjoyment and love of their sport and competition, as well as team membership, serve as primary motivation for participation. Student-athletes follow the same academic requirements and standards as other students; academically student-athletes must be in good standing with the institution, be full-time students, and follow all rules of the NCAA and USA South Conference in order to participate in their respective sport.

Student-athletes will be amateurs in their sport and shall conduct themselves with integrity, fair play and good sportsmanship. Their behavior will at all times reflect the high standards of honor and dignity that should characterize participation in competitive sports in the collegiate setting. The welfare of the student-athletes is of primary concern to Meredith's Athletics Program. The Athletics Program maintains the same high standards required of all departments as well as the same commitment to the education and personal development of its student-athletes.

In keeping with the College's mission of "educating women to excel," the Athletics Program strives to promote integrity, independence, and personal growth amongst its student-athletes. Furthermore, we strive to provide student-athletes with opportunities to gain knowledge and skills to excel in their chosen sport, to develop the ability to assume leadership roles within their team and other organizations, and to demonstrate responsible citizenship and respect for a diverse community.

#### d. Mission Statement

The mission of the Meredith College Athletics Program is to provide student-athletes the opportunity to achieve excellence in their academic, athletic, and personal pursuits. The Athletics Program strives to enhance individual development by promoting the following core values:

- (1) **Integrity**: unimpaired moral principles; honesty
- (2) **Discipline**: A state of order maintained by training and control; a particular system of regulations for conduct
- (3) **Respect**: to hold in high estimation or honor; to treat with consideration
- (4) **Responsibility**: A trust, obligation, or duty; ability to meet obligations; trustworthiness.

#### e. Student Athlete Advisory Committee (SAAC)

Division III SAAC Mission Statement - The mission of the NCAA Division III Student-Athlete Advisory Committee (SAAC) is to enhance the total student-athlete experience by promoting leadership opportunities for all student-athletes; protecting student-athlete welfare; and fostering a positive student-athlete image, while maintaining the tenants of the Division III philosophy.

Specifically, SAAC's role at Meredith is to generate a student-athlete voice within the NCAA structure and the Meredith community, and promote a positive student-athlete image through community service and other events on campus.

Each team provides (2) representatives to form the chapter at Meredith College. For more information about SAAC, please go to Meredith's SAAC website at <http://www.meredith.edu/athletics/advisory-committee.htm>, the National SAAC website at [www.ncaa.org/edout/saac/](http://www.ncaa.org/edout/saac/) or contact Meredith's SAAC co-advisors, Fiona Barkley and Greg Jarvis, at [barkleyf@meredith.edu](mailto:barkleyf@meredith.edu) and [jarvisgr@meredith.edu](mailto:jarvisgr@meredith.edu).

## II. Meredith College Athletics Policies and Procedures for Student-Athletes

Below are some Meredith policies and procedures that apply to all Meredith student-athletes. This is, by no means, an exhaustive list. Please take the time to familiarize yourself with the below policies as well as all Meredith College's policies and procedures.

### a. Academics

- Each student athlete is assigned their own freshman academic advisor and must meet with them prior to registering for classes. Once the student athlete declares a major, they are assigned a permanent advisor for the rest of their degree program.
- Student-athletes are given the opportunity to register for classes early.
- All students of Meredith College are encouraged to become familiar with Web Advisor because it is very important to ensure that registration is completed correctly.
- Each student-athlete must meet with their faculty advisor each semester to prepare their academic schedule. Prior to this meeting, each student-athlete should develop a preliminary schedule. Once the meeting is complete, your faculty advisor will check off your name to allow you to register on Web Advisor.
- Should you be unable to contact your advisor for assistance, you may contact the Director of Academic and Career Planning, Marie Sumerel, at ext. 8344.
- The attendance of Study Hall is at the discretion of the coach. If a student-athlete needs additional academic assistance, they are encouraged to visit the Learning Center, located at 120 Jones Hall, for assistance.

### b. Absence Policy

When you **travel to, play in and/or return from a varsity contest** you are representing the college in an official capacity, and are entitled to an excused absence for any class that you miss, and must be permitted to "make up any missed work without penalty."

(1) You must be allowed to make up examinations, quizzes or assignments done in class. You are not, however, entitled to hand in assignments late that are due on the day you must miss class. Make arrangements to get these assignments to your instructor on time, as well as those assignments due on the day you return to class.

(2) You must notify your instructors in advance and with proper documentation of the classes you must miss. A sheet from your coach that lists players, game dates and travel times will be sufficient. Separate notification will be necessary for make-up games and others not on the schedule. **Unless you provide appropriate advance notice, you are not guaranteed the right to make up missed work.**

(3) Your absence may not be grouped into any **category** of absences, as is often the case; if, for example, an instructor has a policy of granting each student in the class three absences no matter what the cause. This constitutes an indirect penalty that cannot be imposed upon you because you are representing the college. Be aware, however, that any additional absences not related to athletics participation must be deemed an excused absence (by your professor) or you may be penalized for those absences.

*These are your rights as a student-athlete at Meredith College. However, common sense dictates that you take some steps to make the process smooth and to avoid compromising your education. Some suggestions follow:*

(1) Do not register for classes (late afternoon or evening) that you know you will miss frequently unless there is no choice. This is especially true of accelerated classes or classes that meet once a week, where one day's absence may amount to a full week of class.

(2) Do not wait until the last minute to speak with your instructor about absences. The earlier you provide notification the greater flexibility your instructor will have in working out alternatives. Ideally, cross check your schedule with your class syllabi as soon as you get it and speak to your instructors about conflicts as far in advance as possible.

(3) Although excused absences are your right, recognize that it is often an inconvenience for your instructor to provide alternate exam times or to make up a separate exam or quiz. Conduct yourself accordingly.

If for any reason you feel that you are not being treated fairly and have spoken to your instructor without results, please contact **Dr. Michael Novak** (Joyner Hall 114B, 760-8398; [novakm@meredith.edu](mailto:novakm@meredith.edu)), **Meredith's NCAA Faculty Athletics Representative**, who will meet with you to pursue the matter further.

### c. Compliance and Eligibility

One of the most important responsibilities you assume as a member of our intercollegiate athletics program is compliance with all departmental, institutional, conference, and national rules and regulations. As a member of the National Collegiate Athletic Association (NCAA), we are expected to comply with all rules and regulations found in the NCAA Manual.

- Each student-athlete must sign a student-athlete statement.
- Each student-athlete must sign a drug-test consent form.
- Each student-athlete must be enrolled as a full-time undergraduate student-minimum of 12 credit hours. **Prior to dropping a class, you must add enough hours to total 12** so that you never fall below the minimum requirement.
- Each international student must sign an International student-athlete (ISA) form.

To continue enrollment at the College, all students are required to have the below minimal quality point ratio:

<i>Total Hours Attempted</i>	<i>Minimum Expected Meredith QPR</i>
1-16	1.500
17-25	1.700
26-59	1.800
60-89	1.900
90 and above	2.000

#### d. Financial Aid

- A student-athlete may receive scholarships or educational grants-in-aid administered by an educational institution that do not conflict with the governing legislation of the NCAA.
- Any student-athlete who receives financial aid other than that permitted by the NCAA shall not be eligible for intercollegiate athletics.
- A member institution shall not award financial aid to student-athletes based on athletics participation or performance.
- Each student athlete is responsible for contacting the Office of Financial Aid and completing all paperwork in a timely manner.

For more information you can view the NCAA Division III Manual at [http://www2.ncaa.org/portal/legislation\\_and\\_governance/rules\\_and\\_bylaws/](http://www2.ncaa.org/portal/legislation_and_governance/rules_and_bylaws/)

#### e. Disciplinary Action

Team rules and policies will be provided to each student-athlete by the head coach. Also included in these guidelines will be a description of the possible consequences for breaking team rules, not abiding by team/department policies, or exhibiting actions deemed inappropriate by the Coach/Athletic Director. Any such action will be dealt with on an individual basis, and the Athletic Director will be made aware of any such breach of policy.

## f. Grievances

Any student-athlete that has a grievance with a coach should follow these steps to resolve the solution:

- 1) Schedule an individual appointment with the head and assistant coaches to discuss your concerns.
- 2) Put in writing any concerns or questions that you would like to be addressed and take them with you to the meeting with the coaching staff. Take notes during your meeting with the coaching staff.
- 3) If concerns are not able to be resolved with the coaching staff, the student-athlete may then contact the Athletic Director to address their concerns. Provide the Athletic Director any documentation that is available.
- 4) If the concerns are still not resolved, the student-athlete may schedule an appointment to meet with the Vice-President for College Programs.

## g. Drug and Alcohol Policies

Meredith College student-athletes shall not manufacture, possess, sell, or deliver a controlled substance. “Controlled substance” shall be defined in accordance with the definitions set out in the North Carolina General Statutes. If a student-athlete is found in violation, she will be removed from her respective team and subject to college suspension or expulsion.

Consumption of alcohol by individuals under the age of 21 is illegal in the state of North Carolina. Any in-season student-athlete who chooses to consume alcohol will be subject to disciplinary action.

Please also see the NCAA Banned Drug Classes located in Appendix B.

## h. Tobacco Policy

The Meredith College Athletics Policy follows the same guidelines as the USA South Athletic Conference. Meredith College and the USA South Athletic Conference recognize the promotion of positive role modeling by our student-athletes and staff. We wish to promote a healthy athletic environment for our student-athletes, visiting team, game personnel and fans that is free from unwanted smoke and tobacco product residue. The Tobacco Policy is defined as follows:

- (1) For the purposes of this policy, tobacco is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette, and any other smoking product, and spit tobacco, also known as smokeless, dip chew, and snuff, in any

form. Tobacco use includes smoking, chewing, dipping, and any other use of tobacco products.

(2) In accordance with NCAA Bylaws, the use of tobacco, including smokeless tobacco, by student-athletes, or team or game personnel (coaches, athletic trainers, managers, and game officials), is prohibited in all sports during practice and competition. This rule applies to the field or court of play.

(3) Any student-athlete or team personnel who use tobacco during practice or competition shall be disqualified for the remainder of that practice or competition.

(4) For the purpose of this rule, competition is considered to begin upon arrival at the competition site and ends when one leaves the competition site.

(5) This ban includes related activities such as banquets, autograph sessions, media conferences, post game interviews and clinics related to any Conference athletic events and tournaments.

Please see the USA South Athletic Conference Tobacco Policy located in Appendix A for more information and complete regulations.

## i. Gambling

NCAA Bylaw 10.3 specifically prohibits sports gambling. As a college athlete, you must follow the rules of the NCAA and therefore cannot engage in any form of sports gambling.

In clear, simple language, here is what the rule means:

(1) You may not place any bet of any sort on any college or professional sports event.

(2) You may not give information to anyone who does place bets on college or professional sports.

### **That means...**

(1) **NO** wagers on ANY professional or college event, even those that do not involve your college.

(2) **NO** sports “pools”, even those run by your friends in the dorm.

(3) **NO** Internet gambling on sports events.

(4) **NO** sports wagering using “800” numbers.

(5) **NO** exchange of information about your team with ANYONE who gambles.

In other words, no information about injuries, new plays, team morale, discipline problems, etc.

**The Consequences:**

NCAA rules are clear. The minute you are discovered to have made a bet of any kind on any college or professional sport or have given information to someone who does gamble...

**You are declared ineligible to compete in college sports and you are immediately off the team.**

The Office of Athletics then reviews your case and will impose a penalty. The penalty could be anywhere from a suspension from games to permanent removal from the team.

- From the NCAA publication, "Don't Bet On It". You may contact the NCAA at <http://www.ncaa.org> or through the 24-Hour Confidential Nationwide Gambling Helpline at (800) 522-4700 if you have further questions.

j. Hazing

Hazing in any form will not be tolerated by students, staff or faculty of Meredith College. Hazing is defined as an act of power and control over others. Hazing is premeditated and not accidental. Hazing is abusive, degrading and sometimes life-threatening. For more information about hazing, please see the Alfred Study on Intercollegiate Athletics at [http://www.alfred.edu/sports\\_hazing/hazingpdf.html](http://www.alfred.edu/sports_hazing/hazingpdf.html)

k. Personal Websites

As a student-athlete, you need to be aware of the dangers of using web sites such as Facebook, My Space, and others that allow you to post profiles, photographs, and other personal information. Student-athletes should use good judgment and caution if you choose to use these websites. It is critical that you understand what is posted on these websites is **public information**. University, civil, and legal authorities access these websites and may use information obtained to initiate disciplinary actions. Potential employers are also searching these websites to gain insight into prospective employees.

As a student-athlete of Meredith College you are representing your sport and institution in everything that you do. You have the responsibility to present

yourself in a way that is positive to Meredith College and your personal character. **Should any material posted to your individual site be deemed inappropriate by the Athletics Administration, you will be subject to disciplinary action.** Please contact your coach, the Office of Athletics or the Office of Student Activities if you need any assistance or have questions.

## l. Travel

- Each student athlete is expected to travel with their team to and from all contests.
- Should there be a time when a student athlete chooses to ride separate from the team, prior permission must be obtained by the parent and submitted to the Athletics Director, Jackie Myers, (919) 760-8198 or Judy Melton at (919) 760-8205.

## m. Equipment and Apparel

- Any equipment or apparel purchased by the institution must be returned.
- Any equipment or apparel purchased by the student-athlete belongs to them and can be kept.

## n. Facilities

Athletics facilities include the gym floor, the training room, equipment storage closets, team locker room, tennis courts, soccer field, and softball field. The use of these facilities is shared with the Department of Health, Exercise and Sport Science (HESS). Academic classes and functions have first priority; however, we have a good working relationship with HESS and have always managed to share with very few conflicts. Please work to maintain that relationship. In season sports have priority over gym use, but we will work to give every team that needs indoor time an opportunity to use it. When using the facilities, please report any damage or problem areas to the Athletics Office.

## o. Awards

**Awards are based on years of participation at Meredith College, not years in school.** Awards will be presented at the Annual Spring Banquet in April.

- First year athletes receive a Certificate of Participation.
- Second year athletes receive a Chenille Letter plaque.
- Third year athletes receive a pewter mug.
- Fourth year athletes receive a photo plaque.

- In addition to awards received for participation, each coach will award three special sport-specific awards, one of which will be the Dean Allen Burris Coach's Award. Other examples may include MVP, Sportsmanship, etc.
- Scholar-Athlete awards
  - USA South Scholar-Athlete: you must obtain a 3.0 or higher in both the fall and spring semesters.
  - Meredith College Scholar-Athlete: you must obtain an overall 3.0 or higher cumulative GPA.
  - Athletics Director's Scholar-Athlete list: you must obtain an overall 3.5 or higher cumulative GPA.

## p. Athletics Training Services

All players must complete a waiver of liability and pass a physical before trying out or participating. Athletes with injuries or complaints should be directed to the Athletic Trainer. If the status of a player's ability to practice or compete changes, the athletic trainer will submit written communication to the coach. The athletic trainer has the **final decision** in determining whether an injured athlete may return to practice or competition. Any athlete that is referred to a physician must complete the proper insurance forms before seeing that physician.

**Please see below a message from Meredith's Head Athletic Trainer, Sharon Malley.**

### (1) **Reporting Injuries and Referral for Care**

As the Head Athletic Trainer at Meredith College it is my responsibility to ensure the safety of each student-athlete. This can only be accomplished when there is a line of communication between all parties (athlete, parent, coach, physicians, and myself). All injuries and illnesses should be reported to the Head Athletic Trainer as soon as possible prior to seeking medical care, unless it is an emergency situation. Illnesses that do not need referral from the Athletic Trainer such as non-athletic injuries should also be reported so that appropriateness of physical activity can be determined. It is important that the Athletic Trainer be made aware of any medications or restrictions that could influence a student-athlete's well being. **Athletic related injuries that are not reported to the Head Athletic Trainer prior to seeking medical care will not be eligible for coverage under our secondary athletic insurance policy.** Referrals made through my office will be done to ensure the best possible care for your daughter. A referral form will be sent with the student-athlete to any medical visit to establish communication between myself and the medical professionals providing care.

### (2) **Clearance Following Medical Care**

All athletes referred for medical care of an injury or illness will be required to provide a written clearance to the Head Athletic Trainer from the treating physician stating permission to return to intercollegiate athletics. If clearance has not been obtained, the athlete may be limited in activity or held from practice or competition. **If you are under a physician's care over the summer for an injury or illness, you must bring a letter stating any restrictions, medications, or treatment plans to your orthopedic physical.**

(3) **Assumption of Risk**

By participating in intercollegiate athletics, a student assumes certain risks and responsibilities in addition to those assumed by the institution. These include an obligation to safe conduct during practice and competition and a strict adherence to the rules of sport, which are designed to safeguard the well being of all participants. Each student-athlete has an obligation to inform the Athletic Trainer and Team Physicians of any medical problems encountered on or off the field of play. To acknowledge that you recognize the risks associated with participation in intercollegiate athletics, you are to read and sign the ASSUMPTION OF RISK form and return with the other paperwork.

(4) **Insurance Coverage and the Billing of Athletic Injury Care**

We are all aware of the spiraling medical costs over the last several years. At Meredith College we strive to provide the best possible medical care for each student-athlete. We encourage preventative conditioning programs and provide routine medical care through our Certified Athletic Trainer, Campus Health Center, and Team Physicians. However, there is a risk of injury in athletic participation which may require diagnostic tests or medical treatment which may require referral to an off campus specialist.

When an athlete becomes ill or injured, the college has a primary medical plan that will cover all students up to \$2,000 for any medical treatment. If costs exceed the \$2,000 limit, your personal insurance will be billed for the additional costs. Meredith College Athletics provides insurance that will pick up any costs (up to \$65,000 per injury) that your personal insurance does not cover, provided the injury occurred under the NCAA guidelines. The NCAA rules define permissible medical expenses and does not allow payment by an institution for any injury or illness that is not the direct result of supervised practice, conditioning, or competition.

If you currently have coverage, either on yourself or under your parents, we highly recommend that you maintain that coverage as long as the policy permits for full-time students/dependents. **If you do not currently have personal medical insurance, you must obtain coverage prior to any athletic participation. This coverage must have a minimum limit of \$50,000. An Athletic Insurance Policy option is available to you through the College at a**

**cost of \$660 per year if needed. Verification of enrollment will be necessary.**

All questions pertaining to insurance and billing of medical expenses should be directed to Sherri Henderson, Head Nurse, Carroll Health Center at (919) 760-8535.

You are to fill out the PERSONAL DATA FORM (blue sheet) and provide a photocopy of both sides of your insurance card and return with all other medical information. If your insurance plan has a prescription drug plan, please provide a photocopy of this as well. If your insurance plan changes at any point during the year, please contact the Head Athletic Trainer with new information so your file can be kept current.

## q. Sports Information

### (1) Media Relations

As a member of a Meredith intercollegiate sports team, you should be aware that much attention is given by the surrounding community to the College's athletics program.

The public is very interested in the intercollegiate athletics activities at Meredith, and it is from these interested alumnae, fans and supporters that the College receives much of its support for our athletics program. You have a responsibility to the College, your coaches and teammates to cooperate with the media whenever possible. To aid the Sports Information Director with requests for information from the media, you are asked at the beginning of each year to complete a sports information questionnaire.

Interacting with the print and electronic media is an opportunity to develop communications skills which can be helpful to you not only as a student-athlete but in future professional, business and athletic careers. As an entering freshman, you may be nervous about speaking to media representatives; but by the time you graduate, you will have become relaxed, confident and articulate.

### (2) Dealing with the Media

Be aware that the image you create for yourself and your team affects the reputation of the entire College. With this in mind, you are urged to exercise care when making statements to the media. 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. **Don't say it if you don't want to see it in print.**

If your team receives regular media attention, the Sports Information Director will hold a briefing to give you media relations suggestions before the beginning of your playing season. At that time, you will be given a handout that will help you deal with the news media.

All media requests must be circulated through the Sports Information Director.

(3) **Telephone Interviews**

Never agree to a telephone interview unless arrangements have been coordinated through the Sports Information Director. This policy will help you avoid contact with unauthorized persons who may attempt to gain and use information for gambling or scouting purposes. The Sports Information Director will let you know when to expect authorized contact from media and other related individuals. If you receive an interview request, ask the media representative to make arrangements through the Sports Information Director. The Sports Information Director will not give out your phone number without your permission. You may wish to have an unlisted number so unauthorized persons, whether media members, gamblers or well-meaning fans, do not get it from Directory Assistance and disturb you.

(4) **Press Conferences**

During the season, press conferences are held as needed. No other organized press conferences are held on a regular basis. Members of any team drawing media attention are, however, expected to be available to the media following their game or event.

### III. USA South Athletic Conference Policies

#### a. Sportsmanship Statement

The USA South Athletic Conference has developed a new sportsmanship initiative called “GOT SPORTSMANSHIP!” This program is designed to educate student-athletes, coaches and spectators about their roles regarding proper behavior at sporting events. The following are the standards for student-athletes in regards to Conduct Standards:

- (1) Be respectful of coaches, teammates, opponents and officials.
- (2) Be gracious in victory and accept defeat with dignity.

- (3) Avoid disrespectful or offensive conduct of any sort including profanity, obscene gestures, sexual remarks, trash-talking or taunting, boastful celebrations or other actions that demean individuals or the sport.
- (4) Be a worthy role model.
- (5) Exhibit self-control. Channel anger and/or frustration into a positive mode.
- (6) Choose the right behavior.
- (7) Remain in the bench area during games unless leaving to enter the game through an official substitution.
- (8) Follow the Spectator Code of Conduct when a fan at an athletic event.
- (9) Sign a statement that she has reviewed the Conference sportsmanship regulations and understands that it is her responsibility to know and uphold them and any violations can result in institutional and/or Conference sanctions.

## b. Conference Transfer Rule

**Transfer Restriction:** Student-athletes who have competed for a member institution and transfer to another conference member institution may not compete in that sport for one full calendar year from the date immediately prior to participation at the certifying institution.

## c. Other USA South policies

For other policies and more information about the USA South Athletic Conference policies, please see their website at <http://www.usasouth.net>

## **Appendix A**

### **USA South Athletic Conference Tobacco Policy**

The USA South Athletic Conference recognizes that the use of tobacco products is a health, safety and environmental hazard. Additionally, the Conference recognizes the promotion of positive role modeling by our student-athletes and staff. We wish to promote a healthy athletic environment, free from unwanted smoke and tobacco product residue, for our student-athletes, all team and game personnel and fans.

#### **Policy Rational**

- Cigarette smoking is considered the chief preventable cause of premature disease and death in the United States.
- Regular use of tobacco is ultimately harmful to every user's health, directly causing cancer, respiratory and cardiovascular diseases, adverse pregnancy outcomes and premature death.
- Secondhand smoke is a threat to the personal health of everyone, especially persons with asthma and other respiratory problems.
- Nicotine is a powerfully addictive substance.
- Children and adolescents often emulate their sports "heroes and heroines."
- The use of spit tobacco is a health and sanitation issue.
- The NCAA places a ban on the use of tobacco products in conjunction with athletic events.

#### **Definition**

For the purposes of this policy tobacco is defined to include any lighted or unlighted cigarette, cigar, pipe, bidi, clove cigarette, and any other smoking product, and spit tobacco, also known as smokeless, dip, chew, and snuff, in any form. Tobacco use includes smoking, chewing, dipping or any other use of tobacco products.

In accordance with NCAA Bylaws, the use of tobacco, including smokeless tobacco, by student-athletes, or team or game personnel (coaches, athletic trainers, managers, and game officials), is prohibited in all sports during practice and competition. This rule applies to the field or court of play.

Any student-athlete or team personnel who use tobacco during practice or competition shall be disqualified for the remainder of that practice or competition.

Officials and umpires, scorers and other game personnel are likewise prohibited from tobacco use at the competition. If observed by a game official or game administrator, the offender shall be directed to immediately dispose of the tobacco product. Failure to comply when directed shall result in ejection. Such actions by game umpires and officials will be reported to the supervisor of officials.

For the purpose of this rule, competition is considered to begin upon arrival at the competition site and ends when one leaves the competition site.

This ban includes related activities such as banquets, autograph sessions, media conferences, post game interviews and clinics related to any Conference athletic events and tournaments.

During the regular season, it is the responsibility of each institution's administration to enforce the rule for its athletes and game personnel. The umpires and game officials will enforce the rule during competition. During Conference tournaments, game officials shall have disqualification authority during actual competition. The Games Committee (composed of the Head Official, Host Athletic Director and Tournament Director) shall make the determination for practice or site violations.



## 2009-10 NCAA Banned Drugs

### The NCAA bans the following classes of drugs:

- 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
- h. Beta-2 Agonists

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

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

### Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

### NCAA Nutritional/Dietary Supplements Warning:

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

**It is your responsibility to check with athletics staff  
before using any substance.**

## Some Examples of NCAA Banned Substances in each class

NOTE: **There is no complete list of banned drug examples!!**

Check with your athletics department staff to review the label of any product, medication or supplement before you consume it!

### **Stimulants:**

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

*exceptions:* phenylephrine and pseudoephedrine are not banned.

### **Anabolic Agents:**

boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

### **Alcohol and Beta Blockers (banned for rifle only):**

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

### **Diuretics and Other Masking Agents:**

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

### **Street Drugs:**

heroin; marijuana; tetrahydrocannabinol (THC).

### **Peptide Hormones and Analogues:**

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

### **Anti-Estrogens :**

anastrozole; clomiphene; tamoxifen; formestane; etc.

### **Beta-2 Agonists:**

bambuterol; formoterol; salbutamol; salmeterol; etc.

**Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!**

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by **contacting the Resource Exchange Center, REC, 877-202-0769 or [www.drugfreesport.com/rec](http://www.drugfreesport.com/rec)** password ncaa1, ncaa2 or ncaa3.

**It is your responsibility to check with your athletics staff  
before using any substance.**