



Student-Athlete Handbook

2018-2019

COASTAL VIRGINIA'S PREMIER UNIVERSITY OF THE LIBERAL ARTS AND SCIENCES

Volume 11: 2018-19



Baseball



Basketball



Cheerleading



Cross Country



Field Hockey



Golf



Lacrosse



Soccer



Softball



Swimming



Tennis



Track and Field



Volleyball



TABLE OF CONTENTS

I Athletic Directory

II Academic Support Program

- A. Academic Calendar 2018-19
- B. Guidelines Regarding Scheduling Conflicts Between Academics and Athletics
- C. Academic Support Services
- D. Faculty Team Advisors
- E. Eligibility

III VWU Athletic Department Statement

- A. NCAA Philosophy Statement

IV Student-Athlete Responsibilities

- A. Campus Citizenship
- B. Hosting Recruits

V Student-Athlete Academic Requirements

VI Social Media and Hazing

VII Celebrating Our Successes


- A. Student Athlete Advisory Committee (SAAC)
- B. Dean's List Awards Nights
- C. Chi Alpha Sigma
- D. VWU Athletics Awards Banquet

III Athletic Training/Sports Medicine

- A. Training Room Behavior

IX Drug and Alcohol Policy

2018-19 VWU Athletic Staff

Executive Director of Intercollegiate Athletics	Tina Hill	
Associate Athletic Director	Jeff Bowers	
Assistant Athletic Director	Stephany Dunmyer	
Sports Information Director	Samuel Carges	
Intercollegiate Coordinator	Shelley Hunter	
Faculty Athletic Representatives	Dr. Larry Hultgren Dr. Sue Larkin	

Team	Coach	Office Phone	E-mail
MEN'S BASKETBALL			
Head Coach	Dave Macedo	X3313	dmacedo@vwu.edu
Assistant Coach	Quinn McDowell	X3347	qmcowell@vwu.edu
WOMEN'S BASKETBALL			
Head Coach	Stephany Dunmyer	X2122	sdunmyer@vwu.edu
Assistant Coach	Brittany Glasco	X2114	bdglasco@vwu.edu
BASEBALL			
Head Coach	Chris Francis	X3348	cfrancis@vwu.edu
Assistant Coach	Thomas Seay	X3379	tseay@vwu.edu
CHEERLEADING			
Head Coach	Desiree Ellison	X3540	dmellison@vwu.edu
CROSS COUNTRY/TRACK			
Head Men's Coach	Mat Littleton	233-8830	mlittleton@vwu.edu
Head Women's Coach	Krista Littleton	233-8704	klittleton@vwu.edu
FIELD HOCKEY			
Head Coach	Christina Restivo	X3396	crestivo@vwu.edu
Assistant Coach	Sam Jackson	X3291	smiackson@vwu.edu
GOLF			
Head Coach	Rick Bidnick	X3387	rbidnick@vwu.edu
MEN'S LACROSSE			
Head Coach	J.P. Stewart	X3135	jpstewart@vwu.edu
Assistant Coach	Nick Northern	233-8763	nnorthern@vwu.edu
WOMEN'S LACROSSE			
Head Coach	Kendyl Clarkson	X3528	kclarkson@vwu.edu
Assistant Coach	Brooke Cabeceiras	233-8701	bacabeceiras@vwu.edu
MEN' SOCCER			
Head Coach	Chris Mills	X3120	cmills@vwu.edu
Assistant Coach	Dustin Shambach	233-8798	dshambach@vwu.edu
WOMEN'S SOCCER			
Head Coach	Jeff Bowers	X3285	jbowers@vwu.edu
Assistant Coach	Patrick Corbett		pcorbett@vwu.edu
Assistant Coach	Mario Hurdle	X3291	mhurdle@vwu.edu
SOFTBALL			
Head Coach	Brandon Elliott	X3307	belliott@vwu.edu
Assistant Coach	Jenna Wilson		
SWIMMING			
Head Coach	Mike Ginder	233-8745	mginder@vwu.edu
Assistant Coach	Heather Lundstrom		hlundstrom@vwu.edu
TENNIS (Men's & Women's)			
Head Coach	Martin Perry	233-8796	mperry1@vwu.edu
Assistant Coach	Thomas Rishcoff	(804)385-0334	trishcoff@vwu.edu
VOLLEYBALL			
Head Coach	Andrea Hoover- Erbig	X3136	ahoover@vwu.edu
Assistant Coach	Kala Herman	X8861	knquy@vwu.edu
ATHLETIC TRAINING			
Head Trainer	Corey Wingen	X3417	cwingen@vwu.edu
Assistant Trainer	Jessica Young	X8764	jyoung@vwu.edu

VIRGINIA WESLEYAN UNIVERSITY ACADEMIC CALENDAR 2018-19

Fall Semester

Orientation Scene I for Freshmen
 Fall student athletes arrive
 Fall Faculty Workshop
 New students arrive
 August Orientation for Freshmen
 New transfer students arrive
 Freshman Honor Convocation
 Residence halls open at 10:00 a.m. for returning students
Classes begin
 Labor Day Holiday (*no classes*) (*Labor Day laboratories meet another day - TBA*)
 Founders' Day Convocation
 EWP weekend classes begin
 Homecoming/Parent Weekend
 Fall Break (*Evening classes will meet Thursday, Oct.12*)
 Mid-Semester Progress Reports available on WebAdvisor
 EWP Advising/Registration for Spring 2018
 Advising Weeks for Spring 2018 Registration
 Advance Registration for Spring 2018 Semester begins
 Last day for dropping a course without automatic W
 Thanksgiving Holiday (*Only Monday evening classes meet this week.*)
 Classes resume
 PORT Day
 December Graduates' Recognition Ceremony & Reception
 Classes end (*Evening classes end Dec. 7*)
 Evening and weekend final examinations
 Reading Day
 Final examinations
 Semester ends after last exam
 Residence halls close at 5:00 p.m.

Spring Semester

Winter Session (*Residence Halls open for Winter Session on January 2.*)
 (*Drop WS course without record—Jan.5. Drop WS course without automatic W/F—Jan. 9*)
 Spring Faculty Workshop
 New Freshmen and transfer students arrive
 New Student Orientation
 Residence halls open at 10:00 a.m. for returning students
 Classes begin
 EWP weekend classes begin
 Mid-Semester Progress Reports available on WebAdvisor
 Spring Break
 Easter Sunday
 Classes resume
 EWP Advising/Registration for Summer/Fall 2018 begins
 Advising Weeks for Fall 2018 Registration
 Advance Registration for Summer and Fall 2018 begins
 Last day for dropping a course without automatic WF
 Faculty Assembly-Faculty approve graduates
 PORT Day
 Spring Honors Convocation & Academic Fair
 Classes end (*Evening classes end May 9*)
 Evening and weekend final examinations
 Reading Day
 Final examinations
 Residence halls close at 5:00 p.m., *except for graduates*
 Commencement
Summer Session begins
Summer Session ends

2018

June 22 & June 25
 August 17-19
 August 24
 August 26
 August 26
 August 27
 August 28
 August 28
August 29
 September 3
 September 6
 September 7-8
 October 5-7
 October 15-16
 October 19
 Oct. 29 – Nov. 2
 Oct. 29 – Nov. 9
 November 5
 November 9
 November 21-23
 November 26
 December 4
 December 9
 December 11
 December 11
 December 8-15
 December 12
 December 11-18
 December 18
 December 18

2019

January 3-25
 January 25
 January 24
 January 25
 January 26
 January 28
 February 1-2
 March 27
 Mar. 18-22
 Mar. 24
 Mar. 25
 April 1-5
 April 1-12
 April 8
 April 12
 April 26
 May 2
 May 3
 May 8
 May 8-14
 May 9
 May 10-11, 13-14
 May 14
 May 28
 May 22
August 23

Religious Holidays: Muslim & Jewish faculty, staff & students: Eid al-Fitr: begins at sunset June 14, ends sunset June 15
 Rosh HaShanah: begins at sunset Sept. 9, ends at sunset Sept. 11; Yom Kippur: begins sunset Sept. 18, ends at sunset Sept. 19.
 Passover: begins at sunset Apr. 19 ends at sunset Apr. 27, 2019

II. B. Guidelines Regarding Scheduling Conflicts between Academics and Athletics

1. Class attendance is expected of all students. Students who are participating in intercollegiate athletics should not miss class, seminar, or lab for practice.
2. Students who have a conflict between an athletic contest and a required academic activity, such as a class meeting or a lecture, should discuss it and try to come to an understanding regarding the conflict with their coach and their professor as soon as possible, preferably during the first week of the semester and certainly in advance of the conflict. When a mutually agreeable understanding is not reached, students should be mindful of the primacy of academics at VWU. Students should understand that acceptable arrangements might not be feasible for all classes, particularly seminars and laboratories.
3. Students should take their schedule of athletic contests into account as they plan their class schedules and may want to discuss this with their academic advisors. Students should provide coaches with a copy of their academic schedules and inform them promptly of any changes.
4. Coaches should make every effort to schedule practices and contests to avoid conflict with classes and should collect their students' academic schedules in an effort to coordinate team activities and minimize conflict. Coaches should instruct students not to miss class for practice and should encourage students to work out possible conflicts between classes and contests as early as possible.
5. Faculty should provide as complete a description of scheduling requirements as possible to their classes early each semester (preferably before registration or during the first week of classes); faculty and coaches alike should work with students to resolve contest-related conflicts.
6. Coaches and faculty alike should avoid last-minute scheduling changes whenever possible, and faculty should normally avoid scheduling extraordinary class meetings. Where possible, extraordinary sessions should be voluntary or offered with a choice of sections to attend. When a schedule is changed after students have arranged their commitments, it is important for the faculty member or coach to be flexible.
7. Normally classes will end each day by 4:15 p.m. (2 p.m. on Fridays). Seminars will often extend beyond 4:15 p.m. Afternoon laboratories are usually scheduled until 4:15 or 4:30 p.m., and students who encounter difficulties completing a lab may need to stay later than the scheduled time. Students in all cases are expected to keep to their academic commitments and then attend practices as soon as possible.

II. C. ACADEMIC SUPPORT SERVICES

Learning & Writing Centers

The Learning Center coordinates tutorial, placement, and academic support services at Virginia Wesleyan University. Academic support services include transitional advising during Summer Orientation and Winter Session, academic counseling for provisional students and those on academic probation, and disability services. Our mission is to give students the resources they need to become successful independent learners while maintaining an open channel of communication with faculty. We supplement faculty instruction by providing peer and professional tutoring, appropriate resource materials to supplement course work, study skills workshops, and alternate testing facilities for students with documented learning disabilities.

Location

The Learning Center is located in the Clarke Academic Center in room 223. Once inside the Clarke Academic Center, take the main stairs to the second floor. The Learning Center is the second door on the right.

Tutoring Schedules

Virginia Wesleyan offers several sources of academic support at **NO ADDITIONAL COST** to VWU students: The Writing Center, study skills workshops, individual tutoring in nearly every subject, and videos and workbooks for several courses. The tutoring sessions are conducted by both professional and peer tutors whom their respective departments have recommended. We also offer study skills assistance, academic counseling, support and accommodations for students with special needs, and testing.

What to expect when you arrive at the Learning Resource Center (LRC)?

-Procedures

1. Please sign in at the front desk.
2. If you wish to work with a tutor, sign in on the clipboard located at the far left of the counter. **Log in your first and last name, course name and number, and the name of your professor.**
3. After you have signed in, proceed into the main tutoring area. Your tutors will be sitting at tables with a sign denoting the subjects they tutor.
4. The tutor may currently be tutoring a student. Do not hesitate to join them. Tutors will work with you to the point where you can do some work on your own, and then will help the next student. This style is a good compromise between an information desk format and a totally one-on-one session with a tutor. The tutor will always check on you and monitor your progress.
5. If you have made an appointment with a **Writing Center Tutor**, please proceed into the main tutoring area and join your tutor at their table.
6. If you need assistance from a **Writing Center Tutor**, but you do not have an appointment, check the **Writing Center Appointment Book** to see if the tutor on duty is available. The Writing Center Appointment Book is located in the center of the counter. If the tutor is not working with a student, please feel free to approach the tutor and ask for assistance.
7. Please bring your textbook, class notes, calculator, and any study aids that your professor has provided.

FACULTY TEAM ADVISOR PROGRAM

The VWU Faculty Team Advisor Program seeks to help students achieve success in both their curricular and co-curricular pursuits, to highlight the common instructional mission shared by coaches and professors and to advance cooperation between coaches and faculty members around the University's mission. Each of our 22 sports, and cheerleading, is paired with a faculty member and provides opportunities for interaction at practices, games and social setting sponsored by our athletic department.

Baseball (Coach Chris Francis)	Adam Ruh
Women's Basketball (Coach Stephany Dunmyer)	Dr. Joyce Easter
Men's Basketball (Coach Dave Macedo)	Takeyra Collins
Cheerleading (Coach Desiree Ellison)	Mrs. Robin Takacs
Women's Cross Country (Coach Krista Littleton)	Dr. Kathy Stolley
Men's Cross Country (Coach Mat Littleton)	Dr. Scott Hinze
Field Hockey (Coach Christina Restivo)	Dr. Rebecca Hooker
Women's Golf (Coach Rick Bidnick)	Dr. Kevin Kittredge
Men's Golf (Coach Rick Bidnick)	Dr. Kevin Kittredge
Women's Lacrosse (Coach Kendyl Clarkson)	Thomas Liverman
Men's Lacrosse (Coach J.P. Stewart)	Dr. Crit Muniz
Women's Soccer (Coach Jeff Bowers)	Dr. Susan Larkin
Men's Soccer (Coach Chris Mills)	Dr. Wayne Pollock
Softball (Coach Brandon Elliott)	Dr. Hilve Firek
Swimming (Coach Mike Ginder)	Dr. Doug Kennedy
Women's Tennis (Coach Martin Perry)	Dr. Antje Schwennicke
Men's Tennis (Coach Martin Perry)	Dr. Antje Schwennicke
Women's Track (Coach Krista Littleton)	Dr. Kathy Stolley
Men's Track (Coach Mat Littleton)	Dr. Scott Hinze
Women's Volleyball (Coach Andrea Hoover)	Dr. Kellie Holzer

II. E. ATHLETIC ELIGIBILITY/CONFERENCE/NCAA

Eligibility

A student-athlete must carry a minimum of 12 credit hours throughout his/her season. If he/she withdraws from or audits a class and drops his /her credit hours below 12 hours, he/she is immediately ineligible for intercollegiate practice or competition. He/she may not practice with or be near the team, which includes wearing practice gear. A copy of the NCAA Division III manual is available in the athletic office.

Withdraw From Class

Please refer to the academic calendar for the last day to withdraw from class. Do not drop below 12 credit hours. Student-athletes have a responsibility not to jeopardize his or her team's standing.

Amateurism

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

 Taken pay, or the promise of pay, for competition in that sport

 Agreed to compete in professional athletics in that sport

 Played on any professional athletics team as defined by the NCAA

 Used your athletic skill for pay in that sport.

 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

Student Athlete Expectations

1 To practice personal and academic integrity at all times.

2 Student-athletes are, at all times, representatives of the Department of Athletics and Virginia Wesleyan University. Therefore, it is the responsibility of the student-athlete to conduct himself or herself in a manner deemed appropriate to faculty, coaches, and the athletic administration at all times.

3 To demonstrate respect, integrity, responsibility, sportsmanship, and servant leadership.

4 Student-athletes are to dress appropriately when representing Virginia Wesleyan University as deemed by the coaches and athletic administration.

5 Alcoholic beverages or non-prescription substances/drugs are not to be possessed or consumed by student-athletes, student managers, or student athletic trainers, despite age, during Virginia Wesleyan University athletic-related travel, competition, practice, or activity unless of age with the discretion of the coach.

6 Student-athletes are to abide by the NCAA tobacco policies, which states that participants, coaches, trainers, game administrators, or officials, are not permitted to use tobacco products in the playing areas during all NCAA regular season and national tournament competition and practices for such competition.

7 Student-athletes are expected to regularly attend all academic classes, to notify instructors in a timely manner when they will be away from class for scheduled athletic contests, to make appropriate arrangements with instructors to make up missed tests and other assignments due to athletic contests in addition to completing all course requirements.

8 Student-athletes are to arrive at class on time, not leave early, be prepared for all classes, be attentive in taking notes, and active in participating in class discussions.

9. Student-athletes are to communicate openly, honestly and respectfully with others as well as respect the property of others. All student-athletes are to refrain from and eliminate hazing/initiation of any type.

10. Student-athletes are to discourage bigotry, respect differences and learn from

III. Division III Philosophy Statement

Colleges and universities in Division III place the highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience, and an environment that values cultural diversity and gender equity among their student-athletes and athletics staff. To achieve this end, Division III institutions:

1. Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
2. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
3. Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
4. Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
5. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
6. Encourage participation by maximizing the number and variety of sport offerings for their students through broad-based athletics programs;
7. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
8. Assure that athletics participants are not treated differently from other members of the student body;
9. Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
10. Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's

athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;

11. Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admission process;
12. Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;
13. Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
14. Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
15. Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
16. Support ethnic and gender diversity for all constituents;
17. Give primary emphasis to regional in-season competition and conference championships; and
18. Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

IV. STUDENT-ATHLETE RESPONSIBILITIES

A. Campus Citizenship

B. Hosting Recruits

As you probably remember from when you were a recruit, making a visit to VWU's campus is an important part of the recruiting process. We want our recruits to experience the many things that make us and our athletic department so special. You play an important role in making sure that our recruits feel welcome and have a great experience while they are here.

We also want to ensure the safety and well-being, as well as protect the eligibility, of our student-athletes and the recruits they are hosting. For this reason, Virginia Wesleyan University has established guidelines for both recruits visiting our campus and the student-athletes who will be hosting them.

For our student-athlete hosts, these rules outline the applicable NCAA rules and institutional policies of which student-athletes must be aware when hosting a recruit and also outlines appropriate conduct and activities while hosting a recruit.

These guidelines include the following:

- A coach or staff member **may not** provide a student-athlete or prospect with the use of a vehicle.
- VWU **may** provide only one student-athlete host per prospect with a meal only if they are accompanying the prospect on the meal.
- VWU **may** provide a host with a maximum of \$20 for each day of the official visit to cover the actual costs of entertaining the prospect (and the prospect's parents, legal guardian or spouse).
- These or other funds **may not** be given to the prospect or used for the purchase of souvenirs.
- The student host **may** be provided a complimentary admission to accompany the prospect to an institution's home athletic contest.
- The institution **may** provide reasonable entertainment within **30 miles** of the institution's campus to the prospect, their parents or legal guardians and spouse only. It is not permissible to entertain siblings, friends or other guests of the prospect.
- Individuals involved in the recruiting visit (including the prospect) are expected to act in a responsible manner and to abide by the law. **The use of alcohol or drugs in recruiting is illegal thus strictly prohibited. This includes being under the influence of alcohol or drugs at any time while you are hosting a prospect during his/her recruiting visit.**
- A prospect is **never** to be left alone or with a non-team member.

V. STUDENT-ATHLETE ACADEMIC REQUIREMENTS

Beginning in the fall of 2014, in order for student-athletes to participate in **all intercollegiate athletic related activities** at Virginia Wesleyan University, they must meet the following academic requirements:

Number of semesters	GPA required for full participation in athletics	Credit hours required for full participation in athletics
After one semester	1.8	12
After two semesters	1.8	28
After three semesters	2.0	40
After four semesters	2.0	56
After five semesters	2.0	68
After six semesters	2.0	84
After seven semesters	2.0	96

Any student-athlete falling below the GPA and credit requirements will not be excused from any **academic responsibility*** for any **intercollegiate athletic related activity***.

- First semester ends with the conclusion of Winter Session.
- Second semester ends with the conclusion of the Summer Sessions.

*Academic responsibilities include, but are not limited to:

- Physically attending a class; submitting an academic assignment
- Taking an exam, an interactive tutorial or computer-assisted instruction
- Attending a study group that is assigned by the professor
- Participating in an online discussion about academic matters

*Athletically related activities include, but are not limited to:

- Practice
- Competition
- Team meetings
- Film sessions
- On-court or on-field activities called and required by any member of the team and confined primarily to members of the team.

VI. SOCIAL MEDIA AND HAZING

SOCIAL NETWORKING POLICY

Student-athletes must be concerned with any behavior that might embarrass themselves, their teams, and/or Virginia Wesleyan University. This includes any activities conducted online. Virginia Wesleyan University supports and encourages individuals' expression of First Amendment rights of free speech. This includes participating in online social networking sites (Facebook, Pinterest, etc.).

The University and Athletics Department does not place any restrictions on the use of these sites by student-athletes. However, we remind you that as a member of the VWU Intercollegiate Athletics Department, you are a representative of the university and are always in the public eye. Please keep the following guidelines in mind as you participate on social networking websites.

- Before participation in any online community, understand that anything posted online is available to anyone, anywhere, at any time because posts can be stored even after they have been deleted by the user. Any text or photo placed online is completely out of your control the moment it is placed online- even if you limit access to your site.
- For your safety, do not post home addresses, local addresses, phone number(s), birth dates or other personal information, photos or other items that could embarrass you, your team or Virginia Wesleyan University. This includes information, photos and items that may be posted by others on your page.
- Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators.
- Be aware of who you add as friend to your site – many people are looking to take advantage of student-athletes, while others want to get close to student-athletes to give themselves a sense of membership in the team.
- Virginia Wesleyan University, coaches and administrators can easily access the websites.
- Student-athletes could face discipline and even dismissal for violation of the Policies and Procedures or philosophies of Virginia Wesleyan University, the Athletics Department and/or the NCAA.

Individuals within the University and law enforcement personnel check these websites regularly. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applicants. We advise Virginia Wesleyan University student-athletes to exercise extreme caution in their use of social networking websites.

Definition of Hazing:

Any act committed against someone joining or becoming a member or maintaining membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person.

Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities! Hazing creates an environment/climate in which dignity and respect are absent.

TERMINOLOGY

Subtle Hazing: Behaviors that emphasize a power imbalance between new members and veterans of the team. Too often they are mistakenly accepted as “harmless”. Most often they involve ridicule, embarrassment and humiliation, and could even be considered as harassment! Some new members seem to expect such treatment (e.g., name calling, etc.) and endure it for the sake of acceptance!

Harassment Hazing: Behaviors that cause emotional anguish or physical discomfort that put unnecessary stress upon the victims (e.g., verbal abuse and threats, etc.).

Violent Hazing: Behaviors that have the potential to cause physical and/or emotional harm (e.g., beating, branding, excessive exercise, forced alcohol consumption, etc.).

EXAMPLES

A. SUBTLE HAZING

Behaviors that emphasize a **power imbalance** between new members and other members of the group or team. They are termed “**subtle hazing**” because they are often **inappropriately taken-for-granted** or accepted as harmless or meaningless. Subtle hazing typically involves activities or attitudes that breach reasonable standards of mutual respect, and place new members on the receiving end of **ridicule, embarrassment and/or humiliation**. New members often feel the need to endure subtle hazing to feel like part of the group or team. Some types of subtle hazing may also be considered harassment hazing.

Some Examples:

- Deception
- Assigning demerits with implied consequences
- Silence periods with implied threats for violation
- Deprivation of privileges granted to other members
- Requiring new members to perform duties not assigned to other members
- Socially isolating new members
- Line-ups and drills/tests on meaningless information
- Name calling
- Requiring new members to refer to other members with titles (e.g., Mr., Miss), while they are identified with demeaning terms (rookie, fresh meat, dogs)
- Expecting certain items to always be in one’s possession.

B. HARASSMENT HAZING

Behaviors that cause **emotional anguish or physical discomfort** required of those new team members joining the group. Harassment hazing **confuses and frustrates, and causes undue stress**, for new members. Some types of harassment hazing can also be considered violent hazing.

Some Examples:

- Verbal abuse
- Threats or implied threats
- Asking new members to wear embarrassing or humiliating attire
- Stunt or skit nights, with degrading, crude or humiliating acts
- Expecting new members to perform personal service to other members, such as carrying books, errands, cooking, cleaning, etc.

- Sleep deprivation
- Sexual stimulations
- Expecting new members to be deprived of maintaining a normal schedule of bodily cleanliness
- Expecting new members to harass others

C. VIOLENT HAZING

Behaviors that have the potential to, and frequently do, cause physical and/or emotional, or psychological harm.

Some Examples:

- Forced or coerced alcohol or other drug consumption
- Beating, paddling or other forms of assault
- Branding
- Forced or coerced ingestion of vile substances or concoctions
- Burning
- Water intoxication
- Expecting abuse or mistreatment of animals
- Public nudity
- Expecting illegal activity
- Bondage
- Abductions/kidnappings
- Exposure to cold weather or extreme heat without appropriate protection

THE HAZING TEST

- Is this a team or group activity in which members are encouraged or expected to attend, and in which minors are consuming alcohol?
- Will current members refuse to participate with new members?
- Does the activity risk emotional or physical abuse?
- Is there a risk of injury or a question of safety?
- Would you have any reservations describing the activity to your parents, coach, professor or university official?
- Would you object to the activity being photographed for the school newspaper or local television news?

Hazing vs. Team Building	
Hazing	Team Building
humiliates and degrades	promotes respect and dignity
tears down individuals	supports and empowers
creates division	creates real teamwork
lifelong nightmares	lifelong memories
shame and secrecy	pride and integrity
<u>is a power trip</u>	<u>is a shared positive experience</u>

VII. CELEBRATING OUR SUCCESSES

SAAC, Deans List, Chi Alpha Sigma, VWU Athletic Awards Banquet

What is a Student-Athlete Advisory Committee? (SAAC)

Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs.

The information that follows will assist you in understanding how the network of SAACs, from individual campus committees to the conference and/or national committees, interact and support one another to shape intercollegiate athletics policy and enhance the student-athlete experience.

History of the NCAA Student-Athlete Advisory Committee

An association-wide SAAC was adopted at the 1989 NCAA Convention and was formed primarily to review and offer student-athlete input on NCAA activities and proposed legislation that affected student-athlete welfare.

The initial national committee was comprised of student-athletes from all membership divisions for the purpose of ensuring that the student-athlete voice was one that accounted for the myriad of educational and athletics experiences of both female and male student-athletes at all NCAA member institutions. In August 1997, the NCAA federated along divisional lines. The federation caused the SAAC to expand to three SAACs representing NCAA Divisions I, II and III.

Each national divisional committee is comprised of both female and male student-athletes charged with the responsibility of assisting in the review of NCAA proposed legislation and representing the voice of the student-athlete in the NCAA governance structure. This is accomplished by providing student-athlete input on issues related to student-athlete welfare that are division-specific. (Federation has increased student-athlete participation in the governance process of intercollegiate athletics by increasing the number of SAAC members from the former Association-wide committee of 28 student-athletes to a sum total of 79 members serving on the national Divisions I, II, and III committees).

The input of the respective Divisions I, II and III SAACs continues to be sought by a variety of constituencies within the Association. Student-athlete committee members have the opportunity to speak with their respective NCAA Management Councils, and the Divisions II and III SAACs continue to speak to legislative issues on the NCAA Convention floor.

National SAACs (Divisions I, II and III) at a glance

- Generate a student-athlete voice within the NCAA structure.
- Solicit student-athlete response to proposed NCAA legislation.
- Recommend potential NCAA legislation.
- Review, react and comment to the governance structure on legislation, activities and subjects of interest.
- Actively participate in the administrative process of athletics programs and the NCAA.
- Promote a positive student-athlete image.

Mission Statement of the National SAACs

"The mission of the National Collegiate Athletic Association Student-Athlete Advisory Committee is to enhance the total student-athlete experience by promoting opportunity, protecting student-athlete welfare and fostering a positive student-athlete image."

Dean's List Awards

Twice a year, the student athletes who have made the Dean's List are honored at an awards ceremony during the halftime of a men's or women's basketball game. Friends and family are invited and a reception follows the ceremony.

Chi Alpha Sigma

The National College Athlete Honor Society was founded at DePauw University, Greencastle, Indiana on May 17, 1996, by DePauw head football coach and professor of kinesiology, Nick Mourouzis. Mourouzis recognized that there were many organizations that honored students for outstanding academic or athletic achievements, but none that did both. Chi Alpha Sigma hopes to bring honor and recognition to deserving student-athletes, their families, teams, athletic departments, and colleges in much the same way as Phi Beta Kappa honors scholastics. Each head coach nominates student athletes in January and the induction is held in April.

Must attend a four-year accredited college or university that is a member of the NCAA or NAIA.

Must have earned a letter in a varsity intercollegiate sport sponsored by the NCAA or the NAIA.

Must have achieved at least junior academic standing by the fifth semester or seventh quarter as determined by the certifying institution.

Must have achieved a cumulative 3.4 (on a 4.0 scale) or equivalent grade point average by the time of the selection process.

Must have endorsement from the head coach of his/her sport.

Must have official documentation from the registrar's office as to class standing and grade point average.

Must be recommended by the college or university Chapter Advisor.

Must be of good moral character.

VIII. ATHLETIC TRAINING/SPORTS MEDICINE

Athletic Training Room Rules

1. No Cleats or muddy shoes allowed
2. No food or drink allowed
3. No profanity
4. Be on time for all treatments and rehab
5. Be respectful of fellow athletes and athletic trainers
6. No book bags, equipment bags, or sports equipment are allowed
7. No smokeless tobacco is allowed
8. Do not touch anything without permission
9. The athletic training room is not a hangout. If you are not getting treatment, please leave
10. No horseplay allowed
11. Do not play with any rehab equipment without permission
12. Athletes do not treat themselves in the athletic training room. This includes electrical modalities, accessing medication and rehabilitation equipment.
13. If you cannot follow the rules then you will be asked to leave!
14. Only current VWU athletes with a current athletic physical are entitled to athletic training services.

Athletic Training Room Hours

Monday-Thursday: 10 a.m. – 12 p.m., 1-4:30 p.m., 6-6:30 p.m.

Friday: 12-2 p.m., 4-5 p.m.

- A. All morning treatment and rehab sessions are by appointment only
- B. We will be open 1 hour prior to every practice and 2 hours prior to every athletic event
- C. We will be here approx. 30 minutes after every athletic event
- D. Weekend hours will be determined based on game and practice schedules
- E. Athletic Training room hours are subject to change at anytime based on athletic training staff availability, sports season, and university breaks. We will try to post changes on the athletic training room door.

Athletic Training Emergency Contact Numbers

Campus Security: 455-3349, Front Gate: 455-3289

Head Athletic Trainer

Corey Wingen, (757) 455-3417; Fax: (757) 233-8753

Assistant Athletic Trainer

Jessica Young, (757) 455-8764; Fax: (757) 233-8753

Graduate Assistant Athletic Trainers

Nicole Curry, (757) 455-3417; ncurry@vwu.edu

Abrianna D'Onofrio, (757) 455-3417; adonofrio@vwu.edu

Virginia Institute of Sports Medicine: (757) 422-8476

Dr. Wong: (757) 318-6900

Dr. Campbell: (757) 422-8476

Dr. Miller: (757) 422-8476

IX. Virginia Wesleyan University

DEPARTMENT OF ATHLETICS

ALCOHOL AND DRUG POLICY

AS A VIRGINIA WESLEYAN UNIVERSITY STUDENT YOU ARE REQUIRED TO COMPLY WITH THE DRUG AND ALCOHOL POLICY OF THE INSTITUTION, REGULATIONS OF THE COMMONWEALTH OF VIRGINIA LAWS AND FEDERAL LAWS REGARDING ILLEGAL DRUGS. FURTHERMORE, AS A STUDENT-ATHLETE YOU ARE ALSO REQUIRED TO COMPLY WITH NCAA BANNED SUBSTANCE POLICIES AND THE FOLLOWING ALCOHOL AND OTHER DRUG POLICY FOR VIRGINIA WESLEYAN UNIVERSITY.

STATEMENT OF PURPOSE:

THE ATHLETIC DEPARTMENT AT VIRGINIA WESLEYAN UNIVERSITY DOES NOT SUPPORT THE ILLEGAL OR IRRESPONSIBLE USE OF ALCOHOL OR OTHER DRUGS. OUR DEPARTMENT BELIEVES THAT THE USE OF ALCOHOL, TOBACCO, AND OTHER DRUGS CAN BE DETRIMENTAL TO ACADEMIC AND ATHLETIC PERFORMANCE. THEREFORE, THE ATHLETIC DEPARTMENT ALCOHOL AND DRUG POLICY WAS DEVELOPED IN ACCORDANCE WITH THIS PHILOSOPHY. THE FOLLOWING PROGRAM OBJECTIVES ARE ALSO CONSISTENT WITH THIS PHILOSOPHY:

- INFORM STUDENT-ATHLETES AND STAFF OF THE NCAA, DEPARTMENTAL, UNIVERSITY, AND STATE POLICIES CONCERNING ALCOHOL AND OTHER DRUG USE.**
- DISCOURAGE ALCOHOL ABUSE, UNDERAGE DRINKING, AND THE USE OF ILLEGAL DRUGS AND BANNED SUBSTANCES BY VWU STUDENT-ATHLETES.**
- IDENTIFY STUDENT-ATHLETES WHO MAY HAVE PROBLEMS AND ASSIST IN PROPER TREATMENT.**
- CREATE A POSITIVE AND HEALTHY ATMOSPHERE FOR VIRGINIA WESLEYAN ATHLETES.**

THE JURISDICTION OF THE ATHLETIC DEPARTMENT REGARDING DRUG AND ALCOHOL OFFENSES BEGINS THE FIRST DAY OF PRACTICE FOR A STUDENT-ATHLETE AND CONTINUES UNTIL THE STUDENT IS NO LONGER CONSIDERED A STUDENT-ATHLETE AS PER THE NCAA DEFINITION OF STUDENT-ATHLETE. POLICY VIOLATIONS THAT OCCUR AT THE END OF A SPORTS SEASON OR THOSE THAT OCCUR DURING A SEASON, BUT ARE NOT DISCOVERED UNTIL THE END OF THE SEASON WILL BE APPLIED TO THE NEXT SPORTS SEASON IN WHICH THE ATHLETE PARTICIPATES.

THE COACH MAY HAVE THE OPTION OF MAKING ANY SANCTION MORE STRINGENT, BUT NOT ANY LESS STRINGENT

COMMONWEALTH OF VIRGINIA LAW REGARDING ALCOHOL USE: PERSONS UNDER THE AGE OF 21 MAY NOT PURCHASE, POSSESS, OR CONSUME BEER, WINE, OR DISTILLED SPIRITS

NCAA REGULATIONS REGARDING TOBACCO USE: THE USE OF TOBACCO PRODUCTS IS PROHIBITED IN ALL SPORTS DURING PRACTICE AND COMPETITION.

NCAA REGULATIONS REGARDING BANNED SUBSTANCES: ALL STUDENT-ATHLETES ARE REQUIRED TO ATTEND, ONCE PER YEAR, AN NCAA EDUCATIONAL SESSION REGARDING BANNED SUBSTANCES AND MUST SIGN THE NCAA DRUG TESTING CONSENT FORM.

THE ALCOHOL AND DRUG POLICIES OF THE ATHLETIC DEPARTMENT ARE NOT IN LIEU OF THOSE POLICIES SET FORTH IN THE VIRGINIA WESLEYAN STUDENT HANDBOOK AND PLANNER, BUT ARE DESIGNED TO SUPPORT THE VIRGINIA WESLEYAN COMMUNITY STANDARDS AND TO RAISE THE AWARENESS AND EDUCATE STUDENT-ATHLETES REGARDING THEIR RESPONSIBILITIES AS IT RELATES TO THESE POLICIES.

ALCOHOL POLICY STATEMENT

VIRGINIA WESLEYAN UNIVERSITY ATHLETIC DEPARTMENT DOES NOT CONDONE THE ILLEGAL OR OTHERWISE IRRESPONSIBLE USE OF ALCOHOL. ALCOHOL DEPENDENCE IS A PROGRESSIVE DISORDER IN WHICH BOTH PSYCHOLOGICAL AND PHYSICAL DEPENDENCY CAN DEVELOP. THE NEGATIVE PHYSICAL AND MENTAL EFFECTS OF THE ABUSE OF ALCOHOL ARE WELL DOCUMENTED. EVEN LOW DOSES OF ALCOHOL IMPAIR BRAIN FUNCTION, JUDGMENT, ALERTNESS, COORDINATION, AND REFLEXES. VERY HIGH DOSES CAUSE SUPPRESSION OF RESPIRATION AND DEATH. CHRONIC AND ABUSIVE USE OF ALCOHOL CAN PRODUCE ALCOHOL DEPENDENCY, DEMENTIA, SEXUAL IMPOTENCE, CIRRHOSIS OF THE LIVER, AND HEART DISEASE. THERE IS A HIGH CORRELATION BETWEEN ALCOHOL ABUSE AND ACADEMIC FAILURE. SUDDEN WITHDRAWAL CAN PRODUCE SEVERE ANXIETY, TREMORS, HALLUCINATIONS, AND LIFE THREATENING CONVULSIONS. THEREFORE, IT IS THE RESPONSIBILITY OF EVERY MEMBER OF THE UNIVERSITY COMMUNITY TO KNOW THE RISKS ASSOCIATED WITH ALCOHOL USE AND ABUSE. **IN ADDITION TO STUDENT-ATHLETES BEING SUBJECT TO STATE LAW AND UNIVERSITY POLICY, THE CONSUMPTION OF ALCOHOL BY STUDENT-ATHLETES IS PROHIBITED IN CONNECTION WITH ANY OFFICIAL INTERCOLLEGIATE ATHLETIC ACTIVITY.**

A STUDENT-ATHLETE WHO CONSUMES ALCOHOL WILL BE ACCOUNTABLE FOR ANY ALCOHOL RELATED INCIDENT IN WHICH HE OR SHE IS INVOLVED. IN SUCH CASES, THE STUDENT-ATHLETE IS SUBJECT TO UNIVERSITY, DEPARTMENT OF ATHLETICS AND/OR TEAM DISCIPLINARY ACTION.

THE DEPARTMENT OF ATHLETICS PROHIBITS THE USE OF ANY FUNDS TO BE USED TOWARD THE PURCHASE OF ALCOHOLIC BEVERAGES FOR STUDENT-ATHLETE CONSUMPTION. THIS PROHIBITION INCLUDES THE PURCHASE OF ALCOHOL FOR PROSPECTIVE STUDENT-ATHLETES BY CURRENT STUDENT-ATHLETE HOSTS AND THE CONSUMPTION OF ALCOHOL BY PROSPECTIVE STUDENT-ATHLETES WHILE VISITING THE UNIVERSITY. REGARDLESS OF WHETHER A STUDENT-ATHLETE HOST HAS REACHED THE LEGAL DRINKING AGE, PURCHASING ALCOHOL FOR CONSUMPTION BY A PERSON UNDER THE LEGAL DRINKING AGE (I.E. .A TEAMMATE OR A PROSPECTIVE STUDENT-ATHLETE) IS A VIOLATION OF STATE LAW.

THE ATHLETIC DEPARTMENT HAS APPROVED THE FOLLOWING POLICIES AND SANCTIONS:

VIOLATIONS OF THE COLLEGE'S ALCOHOL POLICY WILL BE DEALT WITH BASED ON THE COLLEGE'S COMMUNITY STANDARDS: EXPECTATIONS AND RESPONSIBILITIES. THE SANCTIONS THAT MAY BE IMPOSED WILL FOLLOW THE UNIVERSITY'S COMMUNITY ARBITRATION SYSTEM AND THOSE SANCTIONS ARE LISTED AND DEFINED IN THE VIRGINIA WESLEYAN STUDENT HANDBOOK AND PLANNER. THE FOLLOWING OUTLINES THE ATHLETIC DEPARTMENT'S ACTIONS IN CONJUNCTION WITH THOSE SANCTIONS.

- **OFFICIAL REPRIMAND:** THE STUDENT-ATHLETE WILL MEET WITH THE HEAD COACH AND BE DISCIPLINED AT THE COACH'S DISCRETION.

- **CONDUCT PROBATION:** THE STUDENT-ATHLETE WILL MEET WITH THE ATHLETIC DIRECTOR AND THE HEAD COACH TO DISCUSS THE CONSEQUENCES OF CONTINUED DISRESPECT OF THE UNIVERSITY'S ALCOHOL POLICY AND CONSEQUENCES WILL BE GIVEN ON A CASE-BY-CASE BASIS. THESE CONSEQUENCES **MAY** INCLUDE GAME SUSPENSION.
- **ALCOHOL PROBATION:** THE STUDENT-ATHLETE WILL MEET WITH THE ATHLETIC DIRECTOR AND THE HEAD COACH TO DISCUSS THE CONSEQUENCES OF CONTINUED DISRESPECT OF THE UNIVERSITY'S ALCOHOL POLICY AND CONSEQUENCES WILL BE GIVEN ON A CASE-BY-CASE BASIS. THESE CONSEQUENCES **MAY** INCLUDE GAME SUSPENSION.
- **DISCIPLINARY PROBATION:** THE STUDENT-ATHLETE WILL MEET WITH THE ATHLETIC DIRECTOR AND THE HEAD COACH. CONSEQUENCES **WILL** INCLUDE A ONE GAME SUSPENSION MINIMUM AND MAY INCLUDE OTHER PENALTIES IMPOSED BY THE HEAD COACH.

THE ALCOHOL AND DRUG POLICIES OF THE ATHLETIC DEPARTMENT ARE NOT IN LIEU OF THOSE POLICIES SET FORTH IN THE VIRGINIA WESLEYAN STUDENT HANDBOOK AND PLANNER, BUT ARE DESIGNED TO SUPPORT THE VIRGINIA WESLEYAN COMMUNITY STANDARDS AND TO RAISE THE AWARENESS AND EDUCATE STUDENT-ATHLETES REGARDING THEIR RESPONSIBILITIES AS IT RELATES TO THESE POLICIES.

DRUG POLICY STATEMENT

EVERY VIOLATION, WHETHER A FIRST OFFENSE OR A SECOND OFFENSE, CARRIES THE FOLLOWING SANCTIONS:

- **MANDATORY MEETING WITH THE DEAN OF STUDENTS**
- **MANDATORY MEETING WITH THE ATHLETIC DIRECTOR AND HEAD COACH**

ANY VIOLATION OF THE UNIVERSITY'S DRUG POLICY, WHICH IS FOUND TO BE TRUE, AND ADJUDICATED BY ARBITRATION OR ADMINISTRATIVE ACTION:

- 1. FIRST VIOLATION- ONE GAME SUSPENSION MINIMUM AND OTHER PENALTIES MAY BE IMPOSED BY HEAD COACH**
- 2. SECOND VIOLATION- SUSPENDED FOR REMAINDER OF SEASON AND MAY INCLUDE OTHER PENALITES IMPOSED BY HEAD COACH**

ANY POLICY VIOLATION INVOLVING THE USE OF NCAA BANNED SUBSTANCES WHICH IS FOUND TO BE TRUE.

- 1. FIRST OFFENSE: ONE GAME SUSPENSION MINIMUM AND OTHER PENALITES MAY BE IMPOSED BY HEAD COACH**
- 2. SECOND OFFENSE: SUSPENDED FOR REMAINDER OF SEASON AND MAY INCLUDE**

OTHER PENALTIES IMPOSED BY HEAD COACH

THE HEAD COACH MAY HAVE THE OPTION OF MAKING ANY SANCTION MORE STRINGENT, BUT NOT ANY LESS STRINGENT

THE FOLLOWING DEFINITIONS APPLY TO THIS DOCUMENT:

- **INTERCOLLEGIATE ATHLETIC ACTIVITY** –ACTIVITIES INCLUDING HOME AND AWAY COMPETITIONS (INCLUDING OVERNIGHT TRIPS), TEAM PRACTICES, HOSTING RECRUITS AND OTHER OFFICIAL TEAM FUNCTIONS.
- **UNIVERSITY COMMUNITY ARBITRATION SYSTEM**- THE ORGANIZATIONAL STRUCTURE OF THIS SYSTEM IS ANNUALLY PUBLISHED IN THE VIRGINIA WESLEYAN STUDENT HANDBOOK AND PLANNER. THE INFORMATION INCLUDES A DESCRIPTION OF THE FOLLOWING: THE COMPOSITION AND DUTIES OF HEARING BODIES, DUE PROCESS AND RELATED PROCEEDINGS, SANCTIONS, AND ADMINISTRATIVE ACTION.
- **MANDATORY MEETING WITH THE DEAN OF STUDENTS**- THE STUDENT-ATHLETE WILL BE REQUIRED TO MEET WITH THE DEAN OF STUDENTS WHO WILL, IN CONSULTATION WITH THE UNIVERSITY COUNSELOR AND THE CAB DETERMINE ANY APPROPRIATE REFERRALS. THE STUDENT-ATHLETE IS REQUIRED TO COMPLETE ANY ADDITIONAL REFERRALS MADE BY THE DEAN OF STUDENTS.
- **GAME(S) SUSPENSION**—ATHLETES WILL BE PERMITTED TO ATTEND AND PARTICIPATE IN PRACTICES CONDUCTED PRIOR TO OR BETWEEN THE GAME(S) SUSPENSION. ATHLETES WILL BE PERMITTED TO ATTEND HOME GAME(S) IN WHICH THEY ARE SUSPENDED BUT WILL NOT DRESS FOR COMPETITION AND WILL NOT TRAVEL TO AWAY CONTESTS.

THE ALCOHOL AND DRUG POLICIES OF THE ATHLETIC DEPARTMENT ARE NOT IN LIEU OF THOSE POLICIES SET FORTH IN THE VIRGINIA WESLEYAN STUDENT HANDBOOK AND PLANNER, BUT ARE DESIGNED TO SUPPORT THE VIRGINIA WESLEYAN COMMUNITY STANDARDS AND TO RAISE THE AWARENESS AND EDUCATE STUDENT-ATHLETES REGARDING THEIR RESPONSIBILITIES AS IT RELATES TO THESE POLICIES.