

COASTAL CAROLINA UNIVERSITY

***Department of Intercollegiate
Athletics***



***Student-Athlete Handbook
2011-2012***

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History and Traditions

COASTAL CAROLINA UNIVERSITY

Higher education in Horry County, South Carolina had its beginning with the formation of the Coastal Educational Foundation on July 23, 1954. The Foundation gave birth to the Horry County Higher Education Commission, which was created by statute on April 9, 1959. These two groups established and supported Coastal Carolina Junior College, the forerunner of Coastal Carolina College of the University of South Carolina.

Coastal Carolina College signed its first contract with the University of South Carolina on August 1, 1959, and received its first students with the beginning of the fall semester on September 21, 1960. Coastal Carolina served as a two-year regional campus of the University for the next thirteen years.

By special legislation, Coastal Carolina added a junior year to its educational program beginning with the fall semester of 1973. Subsequently, in the fall semester of 1974, Coastal Carolina became a four-year branch of the University of South Carolina with the authority to award baccalaureate degrees in several areas.

In September 1987, Coastal Carolina College embarked on a new era with the opening of the first residence hall complex on campus. The six apartment-style buildings housed 420 students. Facilities have now been expanded to accommodate approximately 1250 students.

On July 1, 1993, Coastal Carolina College officially separated from the University of South Carolina System, became an independent institution and changed its name to Coastal Carolina University.

BIG SOUTH CONFERENCE

The Big South Conference, formed on August 21, 1983, presently includes ten institutions in three southeastern states: North Carolina, South Carolina and Virginia. Big South membership includes Coastal Carolina University, UNC-Asheville, High Point University, Charleston Southern University, Liberty University, Gardner Webb University, Radford University, Winthrop University, Presbyterian College, Virginia Military Institute, Campbell and associate member Stony Brook University (Football).

In 1992-93, the conference conducted championships in twelve sports, including baseball, basketball, cross country, golf, soccer and tennis for men and basketball, cross country, softball, tennis, golf and volleyball for women. Presently the league holds championships in football, baseball, men's basketball, women's basketball, men's cross country, women's cross country, men's golf, women's golf, men's soccer, women's soccer, softball, men's tennis, women's tennis, men's indoor and outdoor track & field, women's indoor and outdoor track & field and women's volleyball.

Dr. Edward M. Singleton was selected as the league's first commissioner. In 1989, George F. "Buddy" Sasser replaced the retiring Dr. Singleton as commissioner, and under his leadership the conference continued its growth and development. During Sasser's tenure, the conference membership increased to ten schools and the geographic borders stretched to include Maryland.

In the summer of 1996, The Big South Conference office relocated from its Myrtle Beach office to Rock Hill, S.C. From its Rock Hill office, it recently moved to Charlotte, NC. Kyle Kallander replaced Buddy Sasser as Big South Commissioner. Buddy Sasser had served as Commissioner during the seven years previous to Kallander's appointment.

In twenty-five years as an NCAA Division I Conference, the Big South has earned automatic bids in several NCAA Championships. Presently, the Big South Conference holds automatic bids in baseball, football, men's basketball, women's basketball, men's golf, women's golf, men's soccer, women's soccer, softball, women's tennis, men's tennis, and volleyball.

ACADEMIC AWARDS

Each year the Big South Conference honors all male and female student-athletes who accumulate a grade point average of 3.0 or better on a 4.0 scale. These students are given certificates as members of "The Big South Conference Presidential Honor Roll."

The Big South Conference presents the George A. Christenberry Award for Academic Excellence each year to the male and female student-athletes who attain the highest grade point averages during their college careers and are graduates of a member institution during that year.

THE GEORGE F. "BUDDY" SASSER CUP

In past years, the Big South Conference has awarded a Commissioner's Cup to the Big South member institution that has demonstrated the greatest all-around athletic performance in a calendar year. In 1999 the Commissioner's Cup was renamed the George F. "Buddy" Sasser Cup in honor of his years of dedication to the Big South Conference. The George F. "Buddy" Sasser Cup is presented to the member institution with the best overall record in conference competition. Points are awarded in the seventeen championships as follows:

First Place	8 points
Second Place	7 points
Third Place	6 points
Fourth Place	5 points
Fifth Place	4 points
Sixth Place	3 points
Seventh Place	2 points
Eighth Place	1 point

SASSER CUP CHAMPIONS

2010-11	Liberty
2009-10	Liberty
2008-09	Liberty
2007-08	Liberty
2006-07	Coastal Carolina
2005-06	Coastal Carolina
2004-05	Coastal Carolina
2003-04	Coastal Carolina

2002-03	Liberty
2001-02	Liberty
2000-01	Coastal Carolina
1999-00	Liberty
1998-99	Liberty
1997-98	Liberty
1996-97	UNC Greensboro
1995-96	UNC Greensboro
1994-95	UNC Greensboro
1993-94	Campbell
1992-93	Campbell
1991-92	Campbell
1990-91	Coastal Carolina
1989-90	Coastal Carolina
1988-89	Coastal Carolina
1987-88	Coastal Carolina
1986-87	Winthrop
1985-86	Winthrop

THE CHRISTENBERRY AWARD

The Big South Conference presents the **George A. Christenberry Award** for Academic Excellence each year to one male student-athlete and one female student-athlete who attain the highest grade point averages during their college careers and are graduates of a member institution during that year. In case of ties, additional awards are provided.

CHRISTENBERRY RECIPIENTS

2010-11	Katherine White, Coastal Carolina
2009-10	Mikaela Terry, Coastal Carolina
2008-09	Marcie Veitch, Coastal Carolina
2007-08	Felicitas Mensing, Coastal Carolina
2006-07	Anthony Franklin, Coastal Carolina
2005-06	Brittany Nelson, Coastal Carolina
2003-04	Keith Garramone, Coastal Carolina
2002-03	Kara Koppel, Coastal Carolina
1996-97	Tomas Malik, Coastal Carolina
1991-92	Ronald Ohrel, Coastal Carolina
1990-91	Bjorki Johannesson, Coastal Carolina
1989-90	Thomas Henderup, Coastal Carolina
1987-88	Thomas Drake, Coastal Carolina
1986-87	Herbert Jolley, Jr., Coastal Carolina
1985-86	Donald Pokorny, Coastal Carolina



THE BIG SOUTH CONFERENCE TEAM MEMBERS

COASTAL CAROLINA UNIVERSITY

P.O. Box 261954
College Road
Conway, SC 29528-6054
Enrollment: 8,300
Founded: 1954
Colors: Bronze and Teal
Mascot: Chanticleers



CHARLESTON SOUTHERN UNIVERSITY

P.O. Box 118087
9200 University Blvd.
Charleston, SC 29423-8087
Enrollment: 3,286
Founded: 1964
Colors: Blue and Gold
Mascot: Buccaneers



VIRGINIA MILITARY INSTITUTE

Lexington, VA 24450
Enrollment: 1,350
Founded: 1839
Colors: Red, White and Gold
Nickname: Keydets/ Runnin' Roos
Mascot: Kangaroo



GARDNER-WEBB UNIVERSITY

P.O. Box 997
Boiling Springs, NC 28152
Enrollment: 4,000
Founded: 1905
Colors: Scarlet and Black
Mascot: Bulldogs



HIGH POINT UNIVERSITY

Box 3429
University Station
High Point, NC 27262
Enrollment: 3,000
Founded: 1924
Colors: Purple and White
Mascot: Panthers



PRESBYTERIAN COLLEGE

503 South Broad St.
Clinton, SC 29325
Enrollment: 1,200
Founded: 1880



Colors: Garnet and Blue
Mascot: Blue Hose

LIBERTY UNIVERSITY

P.O. Box 20,000
3765 Candler's Mtn. Rd.
Lynchburg, VA 24506-8001
Enrollment: 10,400
Founded: 1971
Colors: Red, White and Blue
Mascot: Flames



UNIVERSITY OF NORTH CAROLINA-ASHEVILLE

One University Heights
Asheville, NC 28804
Enrollment: 3,500
Founded: 1927
Colors: Royal Blue and White
Mascot: Bulldogs



RADFORD UNIVERSITY

P.O. Box 6913
University Drive
Radford, VA 24142
Enrollment: 9,122
Founded: 1910
Colors: Red, Blue, Green and White
Mascot: Highlanders



WINTHROP UNIVERSITY

Winthrop Coliseum
Rock Hill, SC 29733
Enrollment: 6,600
Founded: 1886
Colors: Garnet and Gold
Mascot: Eagles



Stony Brook University

Stony Brook, NY (Football Associate Member)
Enrollment: 21,685
Founded: 1957
Colors: Red, White, and Grey
Mascot: Seawolves



Campbell University

PO Box 567
Buies Creek, NC 27506
Enrollment: 9,400
Founded: 1887
Colors: Orange and Black
Mascot: Fighting Camels



Goals and Objectives

ATHLETICS DEPARTMENT MISSION AND VISION

Mission, Vision, Philosophy, Diversity Statement & Guiding Principles

Mission Statement

The Coastal Carolina University Department of Athletics provides our student-athletes the opportunities and preparation to reach their potential as responsible and productive citizens through academic, athletic and personal success. In providing student-athletes the opportunity to achieve excellence in these three areas we are developing **Champions for Life**.

Vision

Chanticleer Athletics will become the premier Division I FCS Department of Athletics in the country.

Philosophy

The Coastal Carolina University Department of Athletics promotes success in collegiate athletics without compromising excellence in academics or compliance. Department staff and coaches encourage student-athletes to maintain a balance between athletics, academics and the social aspects of the collegiate experience. Athletic participation has the ability to provide an added dimension to the overall college experience of a student and to benefit the student in their personal and professional challenges.

Diversity Statement

The Coastal Carolina University Department of Athletics, through our mission of developing **Champions for Life**, embraces diversity among its student-athletes, coaches, and staff. As a Department of Athletics, we are committed to creating an inclusive community regardless of socioeconomic status, religion, gender, ethnicity, age, disabilities and sexual orientation.

Guiding Principles:

Each day the following principles will be the focus of the Department of Athletics staff:

- **Educate** our student-athletes on the importance and value of academic success and earning a degree from Coastal Carolina University.
- **Invest** the resources necessary to develop competitive sports programs that compete for conference, regional and national championships on an annual basis.
- Create and implement programming to **Teach** personal growth characteristics and opportunities to each of our student-athletes.

- **Develop** the athletic department's annual operating and capital project budgets by maximizing current funding streams and creating new revenue opportunities.
- Commitment to **Integrity** by developing and maintaining a comprehensive internal and external compliance program.
- **Financial stability** by implementing a zero based budget process that identifies and addresses actual unit and sport program funding requirements.
- Create an environment where the spirit of **Gender Equity** and respect for **Diversity** are fundamental components of the decision making process.
- **Unity** through the creation of a family environment that values each and every employee.
- **Embrace** our community through public service projects and initiatives.

COASTAL CAROLINA'S COMMITMENT

Coastal Carolina University is an equal opportunity institution committed to equal opportunity in employment and education, and does not discriminate on the basis of sex, race, color, religion or national origin, or against handicapped persons.

The University complies with nondiscrimination regulations under Title VI and Title VII of the Civil Rights Act of 1964; Title IX of the Education Amendments of 1972, as amended; and Sections 503 and 504 of the Rehabilitation act of 1973. The Board of Trustees, the President of the University and the Director of Athletics are highly committed to both the spirit and letter of the above federal, state and regional regulations.

Coastal Carolina University is an official member institution of the National Collegiate Athletic Association (NCAA) and the Big South Conference (BSC). In compiling this handbook, every effort has been made to comply with NCAA and BSC rules and regulations, and to implement all policies recommended by these authorities. This philosophy includes all aspects of intercollegiate competition, student-athlete treatment, and program administration.



Student-Athlete Code of Conduct

OBLIGATIONS AS A STUDENT-ATHLETE

You are subject to the university regulations which apply to all students. As a student-athlete, however, you have time commitments, physical demands, and public visibility which other students may not experience. Therefore, your obligations and rewards sometimes exceed those of other students.

The student-athlete shall uphold all National Collegiate Athletics Association and Coastal Carolina University rules, as well as other policies or procedures imposed by the University, Athletics Department or the coaching staff. The student-athlete is responsible for being aware of Coastal Carolina University and NCAA rules as they affect his or her athletic eligibility and progress toward a degree.

Attendance at **all** scheduled student-athlete meetings is **mandatory**. The student-athlete is a representative of Coastal Carolina University and, as such, should represent the University with the utmost integrity, dedication and pride.

Coastal Carolina University has established a tradition of ethical conduct at all levels and in all areas of University life. Intercollegiate athletics is no exception. In fact, the very nature of intercollegiate athletics leads to high visibility status as a part of an institution of higher learning. It receives extreme critical treatment by all news media and requires that careful measures be taken. All officials of the University, the Athletics Department staff, the student-athletes, the athletics booster club, officials, students, fans and any other participating partners should conduct themselves professionally, ethically, honorably, and in accordance with appropriate rules and regulations of the NCAA and the Big South Conference. **In particular, Athletics Department staff members and student-athletes must discipline themselves to know the rules and regulations and abide by them. Failure to follow the student-athlete code of conduct as described in this section could lead to the non-renewal of a student-athlete's athletics grant-in-aid.**

OBLIGATIONS AS A STUDENT

Your general obligation as a student is to make satisfactory progress toward a degree and to graduate from Coastal Carolina University. As a student you are expected to:

- attend all of your classes
- complete all class assignments
- inform instructors of expected absences due to official athletic events
- meet requirements for academic eligibility and progress toward your degree.

Misconduct that may result in disciplinary action includes, but is not limited to, the following offenses:

- Violation of written University policy or regulations contained in any publication or administrative announcement of Coastal Carolina University.
- Academic dishonesty, including, but not limited to, cheating and plagiarism.
- Furnishing false information to the University or other similar forms of dishonesty in University-regulated affairs, including knowingly making false oral or written statements to any University discipline board.

- Forgery, alteration, destruction or misuse of University documents, records, identification cards, or papers.
- Failure to comply with directions of or to present identification to University officials acting in the performance of their duties, or refusal to respond to a request to report to an administrative office.
- Use, possession, or distribution of illegal drugs and/or alcoholic beverages as defined in ***The 2011-2012 Coastal Carolina University Student Handbook***.
- Unauthorized entry into or use of University facilities.
- Use, possession, or carrying of firearms (including, but not limited to, pistols, rifles, shotguns, or ammunition), dangerous knives, explosives, or other dangerous weapons while on University owned or controlled property, or at University sponsored or supervised activities.
- Theft or damage to property of the University or to property of any of its members or visitors or knowingly possessing stolen property.
- Physical abuse of any person on or off University property, or conduct that threatens, or endangers the health or safety of another person.
- Disorderly conduct or lewd, indecent, or obscene conduct on or off University-owned or controlled property, or at University-sponsored or supervised activities.
- Behavior that would constitute a violation of local, state, or federal law on University property, or off campus, when such behavior has an adverse effect upon the University or upon individual members of the University community.
- Aiding, abetting, or attempting to commit an act or action that would constitute an offense under any of the types of misconduct stated under the items listed above or a violation of the Code of Student Conduct as outlined in ***The Coastal Carolina University 2011-2012 Student Handbook***.

Sexual Assault and Abuse: Coastal Carolina University will not tolerate sexual assault or abuse, such as rape (including acquaintance rape) or other forms of nonconsensual sexual activity. These acts degrade the victims, our campus community, and society in general. While the University cannot control all the factors in society that lead to sexual assault and abuse, the University strives to create an environment that is free of acts of violence.

Violations of this policy will result in disciplinary action, which may include separation from the University.

Sexual assault and abuse is nonconsensual physical contact of a sexual nature. Sexual assault and abuse can occur between acquaintances or parties previously unknown to each other.

PERSONAL CONDUCT

Appearance:

You are a highly visible representative of the university. Your clothing and appearance should always be appropriate for the function and location, particularly when traveling with your team. (Your coach will give you specific guidelines). All university issued clothing is only to be worn during official practices or events.

Note: Team issued clothing is not to be worn at any other time.

STUDENT-ATHLETE HOST POLICY

Your role as a Student-Athlete Host is very important in the recruiting process for your team. By agreeing to be a host, you take on responsibility to understand and abide by the NCAA, Big South Conference, and Coastal Carolina University rules. You are expected to display conduct of the highest integrity while representing your team and your school. **Any violation of University policy or laws of the state of South Carolina will not be tolerated.** Remember, you are an ambassador of our athletic department family. Your actions should reflect positively on the athletic department, Coastal Carolina University and yourself. You help provide an opportunity for prospects to evaluate the academic, campus, social, team and community environments, while maintaining standards of appropriate conduct and accountability.

OBLIGATIONS TO THE COMMUNITY

Your general obligations as a member of any community are to respect the rights of other community members and to obey policies, rules and laws of that community.

Your obligations extend beyond the classroom, the campus, community and the athletic field. Like all Coastal Carolina students, you are a member of several communities, and as such, are expected to obey the rules of each. You are not exempt from penalty if you violate their policies, rules and laws.

SOCIAL NETWORKING WEBSITES

The University and Athletics Department does not place any restrictions on the use of these sites by student-athletes. As a member of Coastal Carolina University's Intercollegiate Athletics Department, you are a representative of the university and always in the public eye. Please keep the following points in mind as you participate on social networking websites:

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online-even if you limit access to your site.
- Do not post information, photos or other items online that could embarrass you, your team or the University. This includes information, photos and items that may be posted by others on your page.
- Be aware of who you add as a friend to your site. Keep in mind, many people are looking to take advantage of student-athletes, while others want to get close to student-athletes to give them a sense of membership in the team.
- Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators such as stalkers, rapists, or thieves.
- The University, including coaches and administrators, have the right to monitor these websites.
- Student-athletes could face discipline and even dismissal for violation of standards or philosophies of the University, the Athletics Department and/or the NCAA.

Academic Policies and Procedures

ACADEMIC POLICY

Academic standards and requirements for student-athletes enrolled at Coastal Carolina University are no less stringent than for the general student population. Individuals wishing to participate in the athletic program must possess the skills and talents to excel in the classroom as well as on the field. The Athletics Department recognizes that participation in varsity athletics places exceptional demands upon a student's time and energy. To encourage each student-athlete to develop his or her full academic potential, the department has implemented a comprehensive academic advisory program. The Associate Athletics Director for Academics is responsible for the overall administration and management of the program. The goal of the program is to assist, guide, and counsel student-athletes in cooperation with their coach and faculty advisor.

The Academic Program for student-athletes encourages effective study habits, evaluates academic progress, and assists with any special problems. The Athletics Academic Staff will communicate regularly with the student-athlete's coach and the student-athlete to assist in meeting special needs. Normal academic assistance services are provided at no charge to the student-athletes.

Entering freshmen and transfer student-athletes must meet the admission requirements for Coastal Carolina University as well as the initial eligibility requirements of the NCAA.

Entrance requirements are developed and implemented by appropriate University officials. The Director of Athletics, coaches and the Student-Athlete Academic Staff act only as information sources when they communicate admission criteria to prospective students.

In order to maintain athletic financial assistance, the student-athlete must follow the academic policies and procedures described in this section.

ACADEMIC ADVISORS

During an athlete's first year, the athlete will be assigned an advisor in the First-Year Advising Office, according to the athlete's declared major. Undeclared athletes will also be advised in the First-Year Advising Office. Each athlete will meet with the assigned advisor at least three times per semester for the first year. During these sessions, the athlete and advisor will discuss an academic plan, academic resources and course scheduling. After completion of the student-athlete's freshman year, he/she will be assigned an advisor by the academic department of the student athlete's major.

However, the ultimate responsibility for fulfilling all academic requirements and selecting the most appropriate courses to achieve academic goals rests with the individual student-athlete.

To work effectively with academic advisors, student-athletes should:

- Be aware of all academic requirements for the degree program selected.
- Maintain a checklist for the major.
- Plan schedules for each semester and future semesters with the academic advisor. Pay careful attention to sequences of courses and course prerequisite information.

- Maintain regular contact with the academic advisor. Schedule appointments well in advance of deadlines (adds, withdrawals, registration for next term, etc.). Keep the academic advisor informed of changes in planning which would affect academic progress and goals.
- Inform the academic advisor that you are a member of an intercollegiate athletic team and, as such, must meet specific NCAA academic requirements in order to participate in competition.

REGISTRATION BLOCKS

In order for student-athletes to take advantage of priority and/or pre-registration opportunities, their record must be free from all registration blocks. A student who wishes to resolve a problem that resulted in a block or wishes to appeal the placing of the block should go to the first year advisor (freshman) or the academic department of the student's major on how to proceed in getting the hold removed.

A student-athlete may be blocked from registering for future semesters for a variety of reasons. Some examples are:

- Scholastic deficiency or disciplinary reasons related to scholastic dishonesty.
- An accumulation of overdue, unpaid parking violation citations.
- Incomplete registration or admission requirements
- Being late with payments in the tuition payment plan.

ADVANCE REGISTRATION

First-year student-athletes should make an appointment with their first-year advisors **two weeks** before the regular registration period. Student-athletes/honor students have the opportunity to register for classes **one week** before the general study body. If a student-athlete misses this advanced registration period he/she will be forced to register with the general student body on the dates set by the University.

ADVISEMENT

- Make an appointment with your first-year advisor, or your major advisor, if you are a sophomore, junior or senior.
- Complete a registration form with your advisor and prepare a class schedule based on approved courses.
- Have your advisor sign the registration form.
- Obtain any special forms needed (special permission, overload of hours, independent study, etc.)

REGISTRATION

- During the week of advanced registration for student-athletes, log onto WebAdvisor and enter your class schedule as instructed by your advisor. **Be sure to print a copy of your completed schedule.**
- Be aware of any special permission needed or holds against your registration. Resolving problems which may block or delay registration is your own responsibility.

NOTE: All new, transfer and undeclared student-athletes should make an appointment for advisement through the Office of First-Year Advising (2nd floor, Prince Building).
Agatha O'Brien-Gayes, Student Services Program Coordinator (349-2720).

TEAM TRAVEL POLICY

Students are obligated to attend class regularly. Absences, excused or not, do not absolve a student from the responsibility of completing all assigned work promptly. Students who miss assignments, announced quizzes or other course work obligations due to excused absences will be allowed to make up the work in a manner deemed appropriate by the instructor. It will be the responsibility of the student to contact the instructor and make arrangements at the convenience of the instructor. The instructor is not obligated to allow a student to make up work missed due to an unexcused absence.

Absences will be excused for documented cases of:

- Incapacitating illness
- Official representation of the University(excuses for official representation)
- Death of a close relative
- Religious holidays

The instructor will determine whether other absences from class should be excused or unexcused. In the event of an impasse between the student and the instructor, the department chair and /or the dean of the college shall make the final decision as to whether an absence is to be considered excused.

An instructor is permitted to impose a penalty, including assigning the grade of F, for unexcused absences in excess of 25% of the regular scheduled class meetings. An instructor may require a more stringent class attendance policy. In such cases, the instructor will make this additional attendance requirement known to his/her dean. All instructors should state their class attendance and grading policy in the course syllabus.

If a student-athlete misses more than 25% of his/her classes due to team travel, then the travel must be approved by the Director of Athletics and the Faculty Athletic Representative.

All team travel should not begin for any team until after 12:00pm prior to the day of the scheduled competition, unless otherwise approved by the Director of Athletics.

At the beginning of each semester, the Office of Student Support Services will distribute a Missed Class Excuse Letter to all Coaches. The letter will have all dates of competition that will require missed class time. The Coaches are to give the letter to the student-athletes and the student-athletes are instructed to give each of their professors a copy of the letter. When the student-athlete gives the letter to their professor, the student-athlete should also have the professor sign the Notification of Absence Sheet to be turned into their Coach. This signature is a check to ensure the student-athlete distributed the paperwork to the professor. One week before a student-athlete misses class, he/she should remind the professor that they will be out of their class that week. They should discuss with the professor, at that time, when they can make up the work that will be missed due to the away competition. It is the responsibility of the student-athlete to coordinate all missed assignments with the professor.

DROPPING CLASSES

Check with your academic advisor, your head coach and the Student-Athlete Advisor before dropping any classes. Your eligibility and team performance can depend on it. Never drop below twelve credit hours.

GRADING SYSTEM

Enrollment in a course obligates the student for prompt completion of work, as well as for punctual, regular attendance and active class participation. Students have the responsibility to stay informed concerning all assignments made. Absences, whether excused or not, do not absolve the student from this responsibility.

The grading system outlined below has been in effect for all students at the University since the fall semester 1978. Under this system, undergraduate course credit will be granted only for earned grades of **A, B+, B, C+, C, D+, D** or **S**. Each of the following symbols will become a permanent part of the student's academic records when assigned:

A, B+, B, C+ C, D+ D and **F** carry the traditional academic connotations of excellent, good, average, poor, and failing performance, respectively.

S and **U** indicate, respectively, satisfactory (passing) and unsatisfactory (failing) performance in courses carried under Pass-Fail or noncredit options. No course carried under the Pass-Fail option will affect a student's Grade Point Average.

I, Incomplete, is assigned at the discretion of the instructor when, in the instructor's judgment, a student is unable to complete some portion of the assigned work in a course because of an unanticipated illness, accident, work-related responsibility, or family hardship. The grade of **I** is not designed to provide students additional time to complete course assignments unless there is some indication that such an unanticipated event prevented the student from completing the required course assignments on time. By arrangement with the instructor, the student may have up to one major semester or an agreed upon time limit in which to complete the work before a permanent grade is recorded. Re-enrolling in the course will not make up an Incomplete. The grade of **I** will no longer be computed into the grade point average until the course is completed and an appropriate grade is assigned. If the **I** is not completed in one major semester (or the agreed upon limit), it will be permanently changed to a grade of **F**. The responsibility for completing the requirements and assuring removal of an **I** rests directly with the student.

W is assigned for withdrawal from a course after the official late registration period and prior to the final day for withdrawal without failure. In summer terms, and other abbreviated terms, this period is equal to one third the total number of class days. Courses dropped during this period will not be recorded on the students' permanent record. In exceptional circumstances, the grade **W** may be assigned after the final day for withdrawal, and requires the concurrence of the course instructor and the Dean of the student's major. A grade of **W** will not enter into the GPA computation, but will be recorded on the student's permanent record.

WF is assigned for withdrawal from a course after the drop date (the deadline prescribed in the University's Academic Calendar for withdrawal without penalty) and is treated as an **F** in the evaluation of suspension/probation conditions and GPA computation.

GRADE POINT AVERAGE

The grade point average (GPA) is computed on the basis of all hours attempted for credit **except** for hours carried under the Pass-Fail option. The GPA is not affected by courses taken on a non-credit or audit basis. No course in which a grade of **S, U, AUDIT, or W** was earned is considered in computing the GPA.

The grade points earned in any course carried with a passing grade (A, B+, B, C+, C, D+ or D) are computed by multiplying the number of credits assigned to the course by a factor determined by the grade. For courses in which the grade of A was earned, the factor is 4; for B+ = 3.5; for B= 3; for C+ =2.5; for C= 2; for D+ = 1.5; and for D= 1. The grade point average is determined by dividing the total grade points earned by the total number of grade hours attempted (excepting hours carried on a Pass-Fail basis). No grade points are assigned to the symbols **F, S, U, WF, W, I, Audit or NR**.

GRADE FORGIVENESS POLICY

Students may apply the Grade Forgiveness Policy for up to 13 credits. Coastal Carolina University will exclude the grade and credit hours earned when calculating the student's cumulative GPA and earned hours. A course that has been repeated will count only once towards meeting graduation requirements and all grades (original and repeat) will be on the transcript and will be used in the calculation of graduating with honors. Only courses with original grades of C, D+, D, F or WF are eligible. The completed Course Repeat Request form must be completed and submitted through your WebAdvisor Account once the class your repeating has begun and before the end of the 'drop/add or drop with no academic record' period for the semester in which the course is being repeated.

For financial aid and scholarship purposes, duplicate credits do not count as credits completed for satisfactory academic progress except in certain cases.

WITHDRAWALS

Before withdrawing from any course, be sure to consult with the Student-Athlete Advisor. Check the University's Academic Calendar for the prescribed deadline date in each semester. A grade of **W** will be recorded on the permanent record after the official late registration period and up to the last date to withdraw without penalty. A grade of **WF** will normally be recorded for any course dropped after the last date to withdraw without penalty. A student may withdraw without penalty after the final drop day without failure only with the permission of the instructor concerned and the Dean of the school. Permission will be granted only when continuing would be detrimental to the student's health or has been made impossible by circumstances beyond the student's control. Application to withdraw with extenuating circumstances may be obtained from the Office of the Registrar or the student's Department Chair. The student will need to contact the Department Chair or Dean for guidance.

A student desiring to withdraw officially from the University should apply to the Office of the Registrar for a Withdrawal Application Form. An exit interview will be conducted to assist the student in completing the withdrawal form and to resolve any outstanding obligations. A student who leaves the University without following this procedure may

prejudice any further attempt to reenter the University and will receive a grade of **F** in all courses.

GRADE CHANGES

Grades may be changed only by the instructor of record. In the case of a deceased faculty member, or in extreme cases and for cogent reasons, the Provost may act in place of the faculty member of record in consultation with the major dean and the registrar. Petitions which involve changing a grade must be approved by the faculty member who assigned the grade. A petition that requests waiver of a University policy or regulation is not a grade change request. **NR**, no record, is assigned by the registrar's office only in the event an instructor fails to submit a student's grade by the proper time. It is a temporary mark on the transcript and must be replaced by a grade of **A, B+ B, C+ C, D+ D, F, WF, W, S, U or I**. If a replacement does not occur before the last week of the spring or fall semester following the term for which the grade was recorded, a grade of **F** will be assigned. The **NR** is ignored in computing the GPA. If you receive an **NR** on your grade report, take immediate steps to correct the problem so it will not come back as a failure.

PASS-FAIL GRADING

The Pass-Fail option is designed to encourage students to investigate fields outside their major curriculum in which they have a specific personal interest without affecting their grade point average. The only grades assigned on courses taken on the Pass-Fail option are **S** and **U**. A grade of **S** indicates a satisfactory performance and a **U** indicates unsatisfactory performance. A student will be given credit for courses in which the grade of **S** is earned, but these courses will not affect the computation of the GPA. Specific provisions of the Pass-Fail program are as follows:

- The Pass-Fail grading system is in effect for an indefinite period of time, subject to periodic review.
- The Pass-Fail option is available to all undergraduate students except those whose semester or cumulative GPA is less than 2.0.
- Students are permitted to exercise the Pass-Fail option only on elective courses.
- Students are permitted to take no more than eight courses on a Pass-Fail basis during their undergraduate career.
- The option is offered on all courses at the undergraduate level.
- A student wishing to exercise the option must have the permission of the dean of the school and the academic advisor.
- The option may be elected or revoked by the student no later than the last date for withdrawing from the course without penalty.
- Normal prerequisites may be waived for students taking a course on a Pass-Fail basis.
- No course carried on a Pass-Fail basis will be counted toward the hours required for either the President's or the Dean's Honor List.

TRANSFER CREDIT

A student-athlete transferring to the University from another college or university must, before enrolling in class at the University, have transcripts evaluated by the Department of Admissions **and** the Dean of the school enrolled. It is only through such evaluation

that a student will know definitely which transferred courses are applicable toward Coastal degree requirements in his/her major. A student transferring from an institution not accredited by the appropriate regional accrediting association may validate credits earned at the unaccredited institution by examination. Any course questioned by the Director of Admission or Dean must be validated by departmental examination. Credit from foreign colleges/universities must be validated with each individual department in consultation with the major school. The results must be submitted to the Registrar by the major school. Full information concerning validation procedures may be obtained from the Director of Admissions or the Registrar. A maximum of 76 credits may be transferred for degree credit from a regionally accredited two-year college transfer program. A maximum of 90 credits may transfer for degree credit from a regionally accredited four-year college or university.

Credit for work completed at other institutions on a transient basis by Coastal students will not be accepted for transfer if the student has previously failed an equivalent course at the University. Credit for other courses will be accepted only under the conditions that; (1) each course has been approved in advance by the appropriate Dean or the Provost and such approval is filed in writing with the Office of the Registrar; and (2) each course has been passed with a grade acceptable for transfer purposes.

GPA is calculated on the basis of all work in the student's career at Coastal Carolina. Credits earned at other institutions and transferred to Coastal may be used to satisfy program requirements, but will not be calculated as part of the GPA.

A student planning to pursue work at other institutions, via distance learning, or other non-traditional sources, must complete this work before attaining senior classification (90 credits), since the last thirty (30) credits (representing the senior year's work) must be earned in residence at the University. (Bylaw 14.4.3.4.3 states: Correspondence, extension and credit-by-examination courses taken from an institution other than the one in which a student-athlete is enrolled as a full-time student shall not be used in determining a student's academic standing or progress toward degree.) The student should check with the Department Chair of his/her major before pursuing any non-resident credits that are needed for a Coastal Degree.

TRANSCRIPTS

A transcript of a student's record carries the following information: Admission data, current status, a detailed statement of the scholastic record showing courses pursued with credits carried, credits earned, grades, grade points, grade point average, and system of grading. All failures, incomplete grades, and penalties such as suspension or other restrictions are also indicated.

All requests for transcripts must be in written form. Any student who needs a transcript copy or a certified copy of the end-of-semester grade report may complete a Special Enrollment form at the Office of the Registrar. With the exception of copies made for internal use, no copy of a student's permanent record (transcript) will be released to anyone without the student's written consent. In addition to the written consent, each transcript request should include full name or names used, social security number, dates of attendance, location of attendance, and date of birth to assure proper identification of the record requested. No transcript will be issued to a student who is indebted to the University. A partial transcript may be issued.

ACADEMIC CLASSIFICATION

Classification is based on the total number of semester credits earned. A student must have earned 30 credits to be classified as a sophomore, 60 for classification as a junior and 90 for senior classification. Students are classified at the beginning of each semester.

SCHOLASTIC DEFICIENCY

Any student whose semester, yearly or cumulative GPA is below 2.0 is considered to be scholastically deficient. A notice of this deficiency will appear on the student's grade report at the end of each term. The Dean of each School, or designated Departmental Chair will review all deficiency situations short of suspension and determine the appropriate action to be taken. Scholastically-deficient students who have failed to make satisfactory progress toward completion of their degree may be placed on scholastic probation of such terms as appropriate officials may designate, or may be advised to withdraw from the major or from the University. Students who fail to meet the conditions of the probation may be required to leave that degree program.

PROBATION & SUSPENSION

Academic Probation - Students are placed on probation when the level of their academic performance is endangering their opportunity to earn a degree from the University. Students must earn a minimum cumulative grade point average on graded hours at Coastal Carolina University to avoid being placed on probation.

When a student's academic level of achievement falls below a 2.0 cumulative grade point average, but within the range indicated in the probation/suspension table(see table on next page), the student is placed on probation. Probation appears on a student's academic record at the end of the Regular Semesters (Fall and Spring) A student is removed from the probationary status at the end of the fall or spring term in which the cumulative grade point average is at least a 2.0.

The following rules apply to students who are on probation:

- 1) May not enroll in more than 13 credits per semester
- 2) Required to have their course schedules and credits reviewed and approved by their academic advisers at the beginning of each semester.
- 3) Required to meet at least two times per semester with their academic advisers, and
- 4) Required to attend a one day Dean's Academic Counseling Seminar at the beginning of each semester.

A student who enrolls while on probation must demonstrate progress toward the attainment of a degree by earning at least a 2.0 semester grade point average in each term to be allowed continued enrollment and to avoid suspension. Once the student has earned at least a 2.0 cumulative grade point average, the student is considered to be making satisfactory academic progress and is no longer subject to the rules of probation.

Academic Suspension- Students are suspended from Coastal Carolina University at the end of the fall or spring if:

- 1) The student's cumulative grade point average falls below the suspension level as indicated in the probation/suspension table (see table below); or
- 2) While on probation, the student fails to earn a minimum 2.0 semester grade point average in any term.

Note: First-semester freshmen and transfer students will not be suspended during the first semester of enrollment. First-semester freshmen and transfer students who fall below a 1.50 cumulative grade point average, however, will be placed on probation and subject to the rules of probation.

The first academic suspension means a required separation from Coastal Carolina University for the semester (fall or spring) immediately following the semester in which the suspension occurs. A second or indefinite, suspension means a required separation from Coastal Carolina University for a minimum of one calendar year. Notice of suspension is placed on the student's permanent academic record.

After the first suspension is served, a student must be readmitted to the University through the Admissions Office. Suspension, including reinstatement by petition or administrative action, will remain on the academic record and will be considered as a suspension for subsequent decisions.

Probation & Suspension Chart:

<u>Cum. CCU Hours</u>	<u>Cum. CCU GPA Probation</u>	<u>Cum. CCU GPA Suspension</u>
0 - 15	1.30-1.99	Below 1.30
16 - 29	1.40-1.99	Below 1.40
30 - 44	1.50-1.99	Below 1.50
45 - 59	1.50-1.99	Below 1.50
60 - 74	1.60-1.99	Below 1.60
75 - 89	1.70-1.99	Below 1.70
90 - 104	1.80-1.99	Below 1.80
105 +	1.90-1.99	Below 1.90

REPEATED COURSE WORK

If a student wants to repeat a course, the repetition must occur before he or she completes a more advanced course in the same subject. What constitutes a more advanced course is determined by the head of the department offering the course.

Credit for a course that was failed may be obtained only by registering and repeating the course **at Coastal Carolina.**

Credit for each repeated course may only be used once towards degree requirements. If a student repeats a course in which a grade of B or better has been earned, he or she cannot receive grade points for the repeated course, unless their assigned catalog states the course may be repeated for credit.



Academic Support Services

Academic Support Services Goals and Objectives

Mission Statement:

The goal of the Coastal Carolina University Athletic Department and Student-Athlete Academic Support Services is to provide a comprehensive program that emphasizes academic success and personal development.

Goal 1

Provide student-athlete's educational opportunities and services that promote academic success

Goal 2

Provide student-athlete's educational opportunities and services that promote personal development

Goal 3

Provide coaches with timely and accurate information regarding student-athlete's academic progress.

Goal 4

Provide state of the art facilities and resources for promoting student-athlete academic success

Goal 5

Work in collaboration with other administrative offices on campus to ensure academic success of all student-athletes

The Office of Athletic Academic Support Services serves Coastal Carolina University student-athletes by focusing on three major areas:

- Fostering the total development of student-athletes within academic, personal, career and service areas
- Insuring compliance with NCAA, Big South Conference, and Coastal Carolina University rules and regulations
- Provide academic support programs to all Coastal Carolina University student-athletes

The basic goal of the academic support services is to assist, guide and counsel student-athletes in cooperation with their coach and faculty advisor to ensure that all student-athletes receive the skills needed to graduate and be competitive in the job market. The academic program for student-athletes encourages effective study habits, evaluates academic progress and assists with any special problems. The athletic Academic Staff will communicate regularly with the student-athlete's coach and the student-athlete to assist in meeting special needs. Normal academic assistance services are provided at no charge to the student-athletes.

Each varsity sport is designated a staff member from Academic Services that includes (but is not limited to) the following responsibilities:

- Monitoring the academic progress and eligibility status of the assigned student-athletes and communicating this information to the coaches
- Ensuring each student-athlete has the opportunity to meet continuing eligibility requirements
- Assisting the student-athletes with registration and course selection
- Advising the student-athletes in strategies and practices on how to be successful in college
- Adhere to all NCAA, Big South Conference, University and Department policies and procedures published in the NCAA Division I Manual, Big South Handbook, University Catalog, Code of Student Conduct and Student-Athlete Handbook

STUDY HALL POLICY

The purpose of study hall is to have student-athletes work in a structured environment while working on class assignments. Tutorial services are provided for student-athletes if an academic problem should arise.

Study Hall is available for all student-athletes. Student-athletes enrolled will be required to attend team study hall for a minimum of 6-8 hours per week. Some student-athletes will be required to attend two hours of lab time that will be assigned by the coach and team academic advisor.

At the end of each semester, the head coach will evaluate each student-athlete's academic performance in his/her program. Additional study hall may be required for those student-athletes with poor academic performance.

Study hall is located in Will Garland Academic Enhancement Center. Student-athletes using the study hall facility will have the opportunity to use the Learning Assistance Center as part of their study hall experience.

MENTOR PROGRAM

The mentoring program provides student-athletes an opportunity for one-on-one academic assistance. These sessions are designed to help students deal with organization and time management issues. Mentors meet with their students on a weekly basis to assist student-athletes in meeting academic goals. Basic responsibilities for mentors include: dissecting the syllabi, and making daily and weekly schedules for the student-athletes, that include homework assignments and scheduled exams. All mentors will communicate with student-athletes and academic coordinators on a regular basis.

Goals of the Mentoring Program:

- To support the academic development of the student-athletes
- To promote understanding and communication between the student-athlete and the academic coordinator

- To be a helpful resource to the student-athlete
- To increase the understanding of what it takes to be a successful student
- To assist student-athletes in improving time management skills

TUTOR PROGRAM

The tutoring program is a free service to all Coastal Carolina University student-athletes. The tutors are available to assist student-athletes in having the most academic success as possible. Tutors are available to assist students in subjects such as, Math, Science, Writing, Humanities, Business, Foreign Language and any other subject that may be requested.

Tutors are highly-qualified conscientious students that are recommended by our prestigious faculty. They are selected on their basis of knowledge of the subject and their ability to effectively communicate with student-athletes.

Tutors are available throughout the semester to work with student-athletes on a regular basis or on an as needed basis through appointments that can be either weekly or bi-monthly. Some tutors will also be readily available at nightly study hall sessions and also in the Math and Writing Learning Assistance Centers.

Goals of the Tutoring Program:

- Provide the best academic support possible to our student-athletes
- Provide the most qualified tutors to our student-athletes
- Promote understanding and communication between the student-athlete and the academic coordinator
- Assist students in a better understanding of the content information

Requesting a Tutor:

Student-athletes should notify their academic coordinator that a tutor is needed. Tutor information will be given to the student-athlete and they will be instructed to contact the tutor within two days of receiving the tutor information to schedule the first tutoring session. The student-athlete will then set up a regular schedule of tutoring sessions with the tutor. It is the responsibility of the student-athlete to come on time and prepared for all tutoring sessions.

Expectations for all Student-Athletes that have a Mentor/Tutor:

- Be on time! Tardiness or failure to show up for a tutoring/mentoring session could result in the loss of a tutor or a mentor. If the student-athlete needs to cancel a session, they should give the tutor/mentor a 24 hour notice
- Always have a list of current assignments and syllabi for your tutor/mentor
- Come to the session prepared. Bring all materials needed
- Actively participate in the session. Arrive with questions and objectives that you would like to have discussed. Do not rely on the tutor/mentor to do all the work
- Meet with the tutor/mentor on a regular basis. Meeting the night before the exam is not enough. Do not expect them to work miracles. Establish a routine and continue that routine throughout the semester

- Utilize the tutor as a resource, not as the teacher of the class. Tutors are supplemental instruction, they are not going to re-teach the class
- Be respectful and establish a good relationship with the tutor/mentor

Student–Athletes Missing a Tutor/Mentor Session:

- 1st Missed Session: A warning will be issued to the student-athlete. The coach and sport supervisor will be notified of the missed meeting.
- 2nd Missed Session: A fee of \$10.00 will be charged to the student-athlete. The coach and sport supervisor will be notified.

ATHLETIC-ACADEMIC PARTICIPATION POLICY

Coastal Carolina's highest priority is that students entering the University obtain their undergraduate degrees. To this end, the University generally monitors the progress of all of its students toward satisfying the requirements for graduation. The minimum requirement for graduation from the University is a 2.0 cumulative grade point average. Each student-athlete is expected to maintain this average while participating as an athlete. Student-athletes who drop below a 2.0 GPA or fail to make satisfactory academic progress will be contacted by a member of the Athletic Department Academic staff.

They will be required to:

- 1) Receive frequent counseling by an Athletics Academic Advisor and/or their coach
- 2) Attend mandatory and supervised study hall, and
- 3) Complete sessions for improving study skills. They will also receive frequent monitoring of class attendance.

Student-Athlete Class Attendance Policy

The Coastal Carolina University Department of Athletics is committed to providing each student-athlete with a positive academic experience. Academic achievement is always the result of hard work and effort. Academic achievement is a challenge that must be met by each student-athlete.

While student-athletes will be required to miss classes as a result of travel and scheduled competitions, these absences are generally anticipated and excused. However, unexcused absences cannot be permitted as they are in conflict with the concept of the “student-athlete”.

The Department of Athletics expects student-athletes to attend all classes on time and in full, to complete all assignments and exhibit appropriate behavior both in and out of class when interacting with University faculty and staff. As one way of assisting our student-athletes in achieving academic success, The Coastal Carolina Department of Athletics is proposing the following attendance policy with the understanding that each sport may endorse a more restrictive policy.

Student-athletes bear the responsibility for informing their professors of impending class absences due to competition. However, student-athletes should refer to their course syllabus for the final word on assignment completion for any given class. Therefore, students are responsible for reading the syllabus closely to be certain they understand and are prepared to meet the instructor's expectations. Student-athletes maintain the responsibility for communication with faculty prior to missing scheduled assignments and for making arrangements with faculty to complete all missed assignments. Problems in completing missed assignments due to athletic competition are to be reported to Academic Support Services. **Student-athletes are not permitted, under any circumstances to miss class to attend practice or other athletic department events unrelated to official competition.**

The Department of Athletics will use in-person class checks, telephone/e-mail correspondence with professors and progress reports to monitor class attendance. Coaches should notify Student-Athlete Academic Support Services if they would like the staff to follow-up on a specific student-athlete's class attendance. This policy applies to all student-athletes, except those exempt from the Class Attendance policy based on the following parameters:

- Juniors/Seniors with a cumulative GPA of 3.0 or higher will not be subject to the class attendance policy nor be subject to the associated penalties. A junior will be defined as a student-athlete having earned (or transferred) at least sixty (60) hours of graded credit.
-

Sanctions for missed classes due to unexcused absences (per course):

**Note: The following sanctions apply for all academic terms – Fall, Spring and Summer.*

1. **First Unexcused Absence** – Reported to Head Coach.
2. **Second Unexcused Absence** – Reported to Sport Administrator and Head Coach.
3. **Third Unexcused Absence** – Letter to Student-Athlete and Head Coach. Student-Athlete will be suspended from 1 practice beginning with the next scheduled practice.
4. **Fourth Unexcused Absence** – **Suspension from 10% of the team's regular season scheduled competitions beginning with the next scheduled competition.**
5. **Each Subsequent Unexcused Absence** – Suspension from 1 competition beginning with the next scheduled competition.

Suspension Criteria:

1. A suspension is defined as the inability to participate during an entire game and/or competition. Suspension(s) will be served at the first available opportunity and must be served consecutively as applicable.
2. Absences are calculated per course. Students who miss 4 classes in one course will be subject to a 10% suspension. Each subsequent absence in that course will result in being suspended for 1 additional competition.

3. If the calculation of a suspension results in a percentage of a contest, the following formula shall be used:
 - a. .4 and below – round down to the nearest contest.
 - b. .5 and above – round up to the nearest contest.
4. The calculation of absences and penalties will be “reset” at the beginning of each academic term (Fall, Spring and Winter and Summer Terms).
5. Scrimmages and Exhibition games shall not be used in determining the total number of a team’s regular season scheduled contests.
6. Scrimmages and Exhibition games shall not be used to satisfy suspensions.
7. Suspension from practice will be for the next scheduled practice. Suspension from competition will be for the next scheduled contest, including post-season. If a sport splits their competition season between “championship” and “non-championship” segments, suspensions shall be served during the segment of the season concluding with the NCAA Championships (also known as the “championship” segment). If the next scheduled contest will not be until the following academic year, the suspension will carry over to that year.
8. The student-athlete and the head coach must be issued written notification by the Department of Athletics after the third absence.
9. If the Department of Athletics receives a progress report with four or more absences from a professor without any prior notice of class absences; the student-athlete absences will be recorded as three and associated penalties will be administered.

Appeals Process:

If a student-athlete believes the information related to class absences is inaccurate, he/she has 48 hours from the time of notification to submit a written request disputing the absences to the Associate Athletic Director for Academic Services. The appeal will be reviewed by the Associate Athletic Director for Academic Services or designee and forwarded to the Director of Athletics office for review and ruling. The decision of the Director of Athletics is final. This policy can be amended at the discretion of the Director of Athletics.



NCAA Eligibility and General Requirements

ELIGIBILITY

Coastal Carolina University monitors the academic progress of student-athletes in accordance with NCAA rules and regulations and those outlined in the ***Coastal Carolina University Catalog***.

The official academic record of each student is maintained by the University Registrar. The Student-Athlete Academic Advisor maintains unofficial records of student-athletes and works directly with student-athletes, coaches, the Athletic Director and the NCAA Faculty Representative to monitor academic progress and athletic eligibility.

Student-athletes should read the ***Coastal Carolina University Catalog*** for information about:

- Deficiency Points/Grade-Point Requirement.
- Registration.
- Transfer Students.
- Academic Deadlines.

CREDIT LOAD

The NCAA and Coastal Carolina University mandate that only full-time candidates for a baccalaureate degree and full-time graduate student-athletes shall represent the University in an intercollegiate athletics contest. **If a student-athlete drops below full-time status (fewer than 12 credits at any time during the semester), he or she immediately becomes ineligible to compete. Any student-athlete who competes while ineligible will cause forfeiture of any competition in which he/she participated.** Student-athletes must consult with the Student-Athlete Advisor, their faculty advisor and their coach before dropping courses! Exceptions to full-time status may be granted if the student-athlete is a graduating senior in his or her last semester and needs fewer than 12 credits to graduate.

GRADUATE STUDENTS

A graduate student may be eligible to participate in intercollegiate athletics if the student-athlete has completed baccalaureate degree requirements, has not exceeded the NCAA calendar year limitation on eligibility, and is a full-time student in a graduate degree program.

STUDENT-ATHLETE SATISFACTORY PROGRESS RULES

All student-athletes at Coastal Carolina University should pay special attention to the following NCAA requirements. For additional information and clarification, please contact the Student-Athlete Academic Staff at 349-2315.

Eligibility for Competition
Bylaw 14.4.3.1
(6 Hour Rule)

Eligibility for competition shall be based upon the completion of six-semester hours of academic credit the preceding regular academic term in which the student-athlete has been enrolled at any collegiate institution.

A student-athlete must not drop below 12 hours (full time status) and must receive academic credit for a minimum of 6 hours in order to remain eligible the following semester.

Fulfillment of Credit-Hour Requirements
Bylaw 14.4.3.1
(18 Hour Rule)

Subsequent to the student-athlete's first academic year in residence, or after the student athlete has utilized one season of eligibility in any sport at the certifying institution, eligibility for competition shall be determined by the student-athlete's academic record in existence at the beginning of the fall semester or at the beginning of any other regular term of that academic year, based upon:

- Satisfactory completion prior to fall semester of a cumulative total of **at least 18 semester** hours during the previous academic year (Fall and Spring Semester).

Note: Hours taken during the summer will not count toward this requirement and,

- Satisfactory completion **of a minimum of 6 hours** of academic credit in the previous academic semester

Fulfillment of Percentage of Degree Requirements
("40/60/80" Rule)

A student-athlete who is entering his or her fifth semester of collegiate enrollment shall have completed at least 40% of the course requirements in the student's specified degree program. This applies to the eligibility not only of a continuing student, but also of a transfer student from a two or four year collegiate institution, even if the student has not completed an academic year in residence or used a season of eligibility at Coastal Carolina University.

NOTE: The student-athlete must also officially declare his/her major by the beginning of classes of his/her fifth semester (junior year).

A student-athlete entering his or her seventh semester of enrollment shall have completed at least 60% of the course requirements in the student's specified degree program. A student-athlete entering his or her ninth semester of enrollment shall have completed at least 80% of the course requirements.

NOTE: Any student-athlete who plans to change his/her major, should check with the Athletic Academic Support Services Staff to make sure the changes will not affect his/her eligibility status.

Fulfillment of Minimum Grade-Point Average Requirements

Bylaw 14.4.3.3.

("90/95/100" Rule)

A student-athlete who is entering his or her third semester of collegiate enrollment, shall present a cumulative minimum grade point average that equals at least 90% **(1.800)** of Coastal Carolina's overall cumulative minimum grade-point average required for graduation (2.000). This applies to the eligibility of a mid-year transfer student from a two or four year collegiate institution who has completed an academic term in residence, or has used a season of eligibility at Coastal Carolina.

A student-athlete who is entering his or her fifth semester of enrollment shall present a cumulative minimum grade-point average that equals at least 95% **(1.900)** of Coastal Carolina's overall cumulative grade-point average for graduation (2.000). A student-athlete entering his or her seventh and subsequent semesters shall present a cumulative minimum grade-point average that equals Coastal Carolina's overall cumulative grade-point average for graduation **(2.000)**.

NCAA RULES WHICH AFFECT ELIGIBILITY

EXTRA BENEFIT

An extra benefit is any special arrangement by a college or university employee or representative of the school's athletic interests to provide a student-athlete or the student-athlete's relative or friend a benefit not clearly stated in the **NCAA MANUAL**. If a benefit is not generally available to all students, it is not permissible by NCAA rules. For example, student-athletes may not have free or reduced cost professional or entertainment services such as, physical therapy and/or chiropractic treatments, as well as, movie tickets, restaurant meals and the use of an automobile. Violation of the NCAA "Extra Benefits" rule by a student-athlete may result in loss of eligibility.

GAMBLING

In accordance with NCAA rules and regulations, staff members of a conference office, staff members of the athletic department of a member institution and student-athletes cannot knowingly provide information to assist individuals involved in organized gambling activities concerning intercollegiate athletics competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the institution, solicit or accept a bet on any intercollegiate competition for any item (cash, shirt, dinner) that has tangible value, or participate in any gambling activity that involves intercollegiate or professional athletic through a bookmaker, parlay card or any other method employed by organized gambling. If a student-athlete has any concerns regarding gambling activities, he/she should bring these concerns to the attention of his/her coach or athletic department staff immediately. If a student-athlete is caught in a gambling activity, his/her eligibility to participate in intercollegiate athletics will be jeopardized.

EMPLOYMENT

Student-athletes are allowed to earn legitimate on and off-campus employment income during the academic year. Please note the following guidelines:

- The student-athlete may not receive any extra compensation from the employer due to the benefits he/she has obtained through participation in athletics.
- The student-athlete is compensated only for work actually performed.
- The student-athlete is compensated at an equivalent rate with the common rate for similar services in the local area.

ATHLETICS REPRESENTATIVES (BOOSTERS)

The NCAA allows student-athletes some access to athletic representatives. However, all student-athletes must follow guidelines set forth in bylaw 13.0 in regard so their relationship with such representatives. Athletic representatives are those individuals who are known or should be known by members of the University or Athletic Department Administration to have acted in the interest of the Athletic Department in some manner. Such actions would include:

- Holding previous or current membership in the Chanticleer Club.
- Making donations of any kind to a men's or women's athletic team.
- Promoting the athletic program.
- Assisting in the recruitment of prospective student-athletes.

Specifically athletic representatives are allowed to:

- Provide employment for prospective and enrolled student-athletes at the regular rate of pay for similarly situated non-athletic employees.
- Invite a team for dinner. Arrangements for this activity should be made through the head coach.
- Attend junior high school, high school or collegiate public (awards banquet, dinner) events.

Any individual who becomes an athletic representative retains such identity indefinitely.

GENERAL PLAYING SEASON REGULATIONS

Each individual sport at Coastal Carolina must adhere to practice and playing season regulations as set forth by the NCAA. Such regulations include:

- A maximum of eight hours per week of required strength and conditioning in the off-season.
- A maximum of four hours of practice and/or competition per day (applies only whenever school is in session).
- A maximum of 20 hours of practice per week (applies only whenever school is in session).
- A student-athlete is required to have one day off during the season and two days off during the off season.

Coaches are required to hand in monthly forms documenting the above guidelines. The signature/initials of a student-athlete verifying the information is required.

PROFESSIONAL STATUS: AGENTS

It is necessary that each student-athlete understand the NCAA rules related to professional sports. Violations of rules concerning agents could have serious consequences for the student-athlete and the university.

NCAA rules prohibit:

- Agreeing, either orally or in writing, to be represented by an agent or professional organization in the marketing of athletic ability or reputation until after completion of the student-athlete's last completion, including post season games.
- Negotiating or signing of a playing contract in any sport in which a student-athlete still wishes to compete at the NCAA Division I level.
- Asking to be placed on a professional league's draft list.
- Accepting payment of expenses or gifts of any kind (including transportation and meals) from an agent.
- Receiving preferential benefits or treatment (i.e. loans with deferred payback basis) because of reputation, skill or payback potential as a professional athlete.

If there are questions concerning participation in professional sports or involvement with agents, please see Administrative Staff and/or Compliance for assistance.

TRANSFER POLICY

Student-Athletes who wish to transfer to another institution must first receive a permission to contact letter prior to having **ANY** contact with other institutions. This applies to both student-athlete initiated contact and contact initiated by other institutions.

Procedure to obtain permission to contact:

- A student-athlete must inform and gain approval from his/her coach prior to obtaining contact letter.
- The student-athlete's coach will inform the Director of Compliance of the decision to grant permission for contact
- Once permission is granted, the student-athlete will be informed by the Director of Compliance to meet with the Faculty Athletic Representative to conduct an exit interview.
- Upon completion of the exit interview, the Student-Athlete should contact the Director of Compliance to obtain the permission to contact letter.
- If permission is denied, the student-athlete may appeal the decision by contacting the Athletic Director

Coastal Carolina University does **NOT** grant permission for student-athletes to transfer to other Big South member institutions.

Please note: Not following these transfer policies is a violation of NCAA Bylaw 13.1.1.3. and may impact the student-athletes eligibility.

Financial Assistance

GENERAL SCHOLARSHIPS

A wide variety of scholarships are available to students attending Coastal Carolina University. Each scholarship has distinctive criteria (e.g. academic major, financial need, residency). Scholarship eligibility is determined from a general application and scholarship awards are subject to availability of funds.

Requests for the application and information relating to the scholarship program should be obtained from the Financial Aid Office in the Edward M. Singleton Building.

GRANTS-IN-AID

Each sport is allocated a specific number of grants-in-aid (scholarships) based on NCAA and Coastal Carolina University regulations. These scholarships are awarded by the University Financial Aid Office on the recommendation of the Head Coach of the sport and the approval of the Director of Athletics. Scholarships are awarded for one academic year.

The Head Coach makes recommendations regarding renewals on or before July 1 of the academic year for which it is awarded.

Coaches who reduce or cancel a student-athlete's athletic aid must be approved by the Director of Athletics. Should a reduction and/or cancellation be approved by the Director of Athletics, the student-athlete will be notified in writing of the reduction/cancellation. The student-athlete will have 30 days in which he/she may appeal the reduction or cancellation. The student-athlete should contact Director of Financial Aid, Student Affairs and Scholarships in the Office of Financial and Scholarship.

9th/10th SEMESTER (Fifth Year Aid) STUDENT-ATHLETE GRANTS-IN-AID

When receiving fifth year aid, the student-athlete will receive athletic scholarship funds based on the amount of athletic scholarship received the previous academic year and not to exceed full out-of-state tuition. Room, meals, and books are not included in fifth year athletic scholarships.

To be eligible for fifth year aid, student-athletes must:

- Be within 30 hours of graduation
- Exhausted all athletic eligibility
- Be in good standing with the respective sports programs, athletic department, and university
- Meet the application deadline for the fifth year application
- Each candidate is subject to the approval of the Student-Athlete Fifth Year Committee
- Student-athlete must be in good academic standing

To Participate and Remain in the Program Student-Athletes must:

- Maintain 12 credit hours unless the student-athlete is in the final semester prior to graduation and degree completion
- Maintain NCAA academic eligibility at all times
- Will work a maximum of five hours per week or 75 hours per semester for the athletic department as assigned
- Must attend all fifth year meetings
- Must maintain a 2.0 cumulative GPA and follow his/her academic plan

SUMMER SCHOOL

Due to budgetary constraints, summer school is only offered to a select number of student-athletes, and to those student-athletes who need to attend for eligibility purposes. **Starting in the summer of 2012, no student-athlete will receive athletic aid to cover the cost of summer school if they receive an F in any class during the 2011-2012 academic year.** Student-athletes who qualify to receive athletic aid for summer school will only receive up to a **maximum of 3 credit hours** worth of tuition. Anyone requiring more than 3 hours will be personally responsible for the cost associated with the additional hours.

Failure to pass or withdrawal from a summer school class may result in the student-athlete being charged for the amount of athletic aid received for that class.

Note: Summer School Policy is subject to change due to budgetary restrictions throughout the fiscal year.

Attendance of Summer School at another Institution (Transient Study)

Credit for work completed at other institutions by Coastal Carolina University students will not be accepted for transfer if the student has previously failed to earn the required grade in an equivalent course at Coastal Carolina University. Credit for other courses will be accepted only under the conditions that:

- Each course has been approved in advance by the Dean or the Provost and such approval filed in writing with the Office of the Registrar
- Each course has been passed with a grade adequate for transfer purposes (normally a C or above)
- Each course was taken for "academic credit"

PROFESSIONALISM

An individual is not eligible for participation in an intercollegiate sport or receipt of athletic financial aid if that individual has ever been a professional in that sport. An individual becomes a professional if he/she:

- Signs a contract or commitment of any kind in that sport, regardless of its legal enforceability or any consideration received.
- Participates on a team and knows (or had reason to know) that the team is a professional athletics team in that sport.

- Receives, directly or indirectly, a salary or reimbursement of expenses from a professional organization in his/her sport based upon athletics skill or participation, except as permitted by NCAA bylaw 12.1.1.

It is essential that student-athletes know the NCAA rules related to professional sports. A violation of the rules concerning an agent could have severe negative consequences for the University and the student-athlete.

NCAA rules forbid a student-athlete to:

- Agree, orally or in writing, to be represented by an agent or organization in the marketing of his or her ability or reputation until after completion of the last intercollegiate contest, including post season;
- Negotiate or sign a playing contract in any sport in which the student-athlete intends to be compete;
- Ask to be placed on a professional league's draft list, except as provided for basketball per NCAA Bylaw 12.2.4.2.1.;
- Accept payment of expenses or gifts of any kind from an agent (includes meals and transportation);
- Receive preferential treatment or benefits (loans with deferred payment) because of reputation, skill or payback potential as a professional athlete; and
- Retain professional services for personal reasons at less than the normal charge from a representative of his or her school's athletic interest.

BOOK POLICY AND PROCEDURES

If books are awarded please follow the guidelines below:

- The Compliance Office will compile a list of student-athletes receiving textbook scholarships and submit this list to the bookstore prior to the beginning of the upcoming semester. The Compliance Office will also provide the bookstore with academic schedules (per semester) for each student-athlete receiving a textbook scholarship.
- The bookstore will use the above information to prepackage books for student-athletes. These books are available for pick-up the week classes begin for the semester.
- Once books are picked up, invoices are sent to the Compliance Office and monitored to verify that student-athletes have not been over-awarded in terms of book scholarships.
- Items listed on each receipt will then be transposed onto book return receipts to be used at the end of the semester.
- Each student-athlete is required to return books to the bookstore at the end of each semester during the week of final examinations, during a set time and to a designated member of the athletic department.
- The Compliance Office compiles a list of student-athletes who did not return books by 5:00pm on the last day of examinations. The list, which will including books not return and the total dollar value of those books, is passed onto the Bursar's Offices and the charges are applied to the appropriate accounts.
- Books obtained through textbook scholarship must be purchased through the CCU Bookstore on campus unless otherwise authorized.

As stated above, student-athletes receiving textbook scholarships will be charged for all books not return by 5:00pm on the last day of examinations each semester. A textbook scholarship covers only the actual cost of books. It does not cover additional items such as notebooks, date books, calculators, backpacks or apparel. Items such as these and any other non-essential purchases will have to be paid for by the student-athlete. Because books have a tangible value remaining on them at the end of the semester, it would be considered an extra benefit to allow student-athletes to keep them. If a student-athlete wants to keep a book, he or she will be charged accordingly.



Student-Athlete Welfare

ATHLETIC TRAINING

Coastal Carolina University

Mission Statement: The Coastal Carolina University Athletic Training Department will strive to provide the most efficient and effective interdisciplinary care available to help prevent and manage athletic related injuries or illnesses.

The Coastal Carolina Athletic Training Program consists of four NATA certified staff athletic trainers, six interns, thirteen affiliated team physicians and many local allied health care providers and specialists.

Athletic trainers are educated and highly skilled allied health care professionals. In cooperation with physicians and other allied health care providers, athletic trainers function as members of the athletic health care team. Athletic trainers are required to maintain Continuing Education Requirements by their national certifying body (NATA Board of Certification) and the State of South Carolina.

Athletic Trainers are certified by the National Athletic Trainers' Association Board of Certification and in South Carolina by the Department of Health and Environmental Control (DHEC). These bodies require written and oral examinations that test skills in the five domains of athletic training once a degree program has been completed.

All Athletic Trainers are expected to be competent in the following areas:

- Risk management and injury prevention
- Pathology of injuries and illnesses
- Assessment and evaluation
- Acute care of injury and illness
- Pharmacology
- Therapeutic modalities
- Psychosocial intervention and referral
- Health care administration
- Professional development and responsibility
- Provide therapeutic exercise for general medical conditions and disabilities
- Nutritional aspects of injury and illness

ATHLETIC TRAINING ROOM

Policies and Procedures

The Coastal Carolina University Main Athletic Training Room (ATR) is located at Brooks Stadium. There is a satellite facility for men's and women's basketball, and volleyball located in Williams Brice Room 106. Hours of operation are posted at each facility. A member of the Athletic Training Staff is available at all practices and/or competitions for all intercollegiate sports.

In order for the ATR to operate effectively, the following guidelines must be adhered to by all student-athletes:

- REPORT ALL INJURIES AND/OR ILLNESSES TO ATHLETIC TRAINING STAFF IN TIMELY MANNER
- ALL REHAB SHOULD BE CONDUCTED PRIOR TO 1PM
- PROFANITY WILL NOT BE TOLERATED
- CELL PHONES WILL NOT BE ALLOWED IN ATHLETIC TRAINING ROOM. PLEASE TURN THEM OFF PRIOR TO ENTERING
- NO FOOD AND/OR DRINK ALLOWED
- NO TOBACCO PRODUCTS
- NO HORSEPLAY
- PLEASE REMEMBER THAT THE ATHLETIC TRAINING ROOM IS A CO-ED FACILITY AND SHOULD BE TREATED AS SUCH
- ONLY THOSE IN NEED OF TREATMENT AND/OR REHAB ARE ALLOWED IN ATHLETIC TRAINING ROOM
- PLEASE SHOWER PRIOR TO TREATMENT AFTER PRACTICE AND/OR GAMES
- DO NOT ALTER TEMPERATURE OF WHIRLPOOLS WITHOUT AUTHORIZATION OF ATHLETIC TRAINING STAFF
- DO NOT ADJUST TV AND/OR RADIO WITHOUT PERMISSION
- STUDENT-ATHLETES ARE NOT ALLOWED TO USE PHONES OR COMPUTERS FOR PERSONAL BUSINESS
- YOU MUST SIGN IN UPON ENTERING ATHLETIC TRAINING ROOM FOR TREATMENT OR REHAB
- NO SHOES ON THE TABLES
- NO CLEATS AND/OR SPIKES IN ATHLETIC TRAINING ROOM
- DO NOT CLUTTER ATHLETIC TRAINING ROOM WITH BAGS, JACKETS, ETC. PLEASE LEAVE UNNECESSARY ITEMS IN HALLWAY
- NO SELF TREATMENTS. ATHLETES ARE NOT ALLOWED TO ADJUST MODALITIES WITHOUT ASSISTANCE FROM AN ATHLETIC TRAINER
- TREATMENTS ARE NOT AN EXCUSE TO MISS CLASSES AND/OR PRACTICE
- DO NOT ASK FOR AN EXCUSE FROM THE ATHLETIC TRAINING DEPARTMENT

PRE-PARTICIPATION PHYSICALS

- All students who participate in intercollegiate athletics must have a current physical on file in the athletic training room. Policy requires that a "licensed medical doctor" perform this physical. Physicals must be completed within six months of participation date. **Each athlete is required to have a physical, using our form, prior to participation in any intercollegiate activity. The Coastal Carolina sports medicine staff will provide physicals for all student-athletes or he/she may receive a physical from their family physician.**
- Per NCAA guidelines all students who participate in a "Tryout Session" must have full physical exam completed and on file.

MEDICAL RELEASE INFORMATION

Prior to participating in athletics at Coastal Carolina University, several forms must be completed. These include that aforementioned pre-participation physical examination, a participation waiver form (both of which accompany the physical form) and an emergency information form. This is especially vital because it provides valuable information that would be needed in case of an emergency. In addition, we also require

a copy of all medical cards (front and back). If the primary insurance is changed at any time during the academic year, a copy of the new information must be provided to update your medical file. This information allows us to send and receive pertinent medical information from other medical providers and insurance companies, which allows us to expedite payment if you become injured and incur medical bills.

All student-athletes are required to supply and complete this information prior to competing or practicing.

INSURANCE

Coastal Carolina University provides a secondary insurance policy. It is important that the aforementioned steps, to provide the sports medicine staff the necessary copies of medical cards and demographics. When an injury occurs and it is necessary to refer that student-athlete to physician, those charges will go through the student-athlete's primary insurance. Depending on what that particular insurance company does on the claim, Coastal Carolina University's secondary insurance policy will consider the excess. The secondary insurance policy does not cover: pre-existing injuries, non-intercollegiate athletic injuries and congenital injuries. However, even with coverage from both the individual and the athletics department insurance, all costs may not be covered. Should this happen, the student-athlete could be responsible for the payment of the remaining balance.

NOTE: Coastal Carolina University is not responsible for any medical bills incurred while the student-athlete is injured if the student-athlete does not have a primary insurance policy. DO NOT cancel your primary insurance policy and expect to have medical bills paid through Coastal Carolina University. All referrals for second opinions must be authorized by the Athletic Training Department to be eligible for consideration of payment through the University's secondary insurance policy.

NON-ENROLLED FRESHMAN

It is against NCAA rules (13.2.7) for any prospect that is not currently enrolled to receive medical services from the athletic department.

IN THE EVENT OF AN INJURY

At Coastal Carolina University:

- Athletic and other injuries that occur should be reported to the athletic training staff when the injury occurs. The staff will evaluate the injury and determine the appropriate course of action. Treatment is based on the athletic trainer and established protocols furnished by the team physicians. In most cases, injuries are minor in nature and the athlete can be successfully treated in the athletic training facility. If the injury is a major injury, the athletic training staff will refer the athlete to the team physician.

Traveling with an athletic team:

- In most cases a member of the athletic training staff will travel with your team; in the event one is not available, please notify your coach or see the medical staff

of the host team. It is important that you report any injuries to the staff athletic trainers once you return to campus.

Parents:

- Our team physicians are board certified or eligible orthopedic surgeons – with subspecialty training in sports medicine, hand surgery, foot & ankle surgery and spine surgery.
- If you have questions or are concerned about an injury that your son or daughter has suffered while participating in intercollegiate athletics at Coastal Carolina University, please call contact the ATR directly.

GENERAL AND FOLLOW-UP CARE

- In order to ensure that athletes recover from their athletic injuries, it is extremely important that they make every effort to comply with the recommended care that is specified by the athletic training staff member until no further care is required as determined by the staff.
- The athletic training staff is not responsible for your recovery if you fail to comply with your treatment or rehabilitation schedule as instructed. Your lack of attendance will be reported to the coaching staff.

REFERRALS

- Once a member of the athletic training staff has seen an injured athlete, they will then determine whether referral to one of our Team Physicians is necessary. If further referral is necessary, the Team Physician will then make that decision to refer to the appropriate health care provider. All decisions made by the Team Physician, with consultation by the referral physician are final. An athlete who takes matters into their own hands, or who is referred to a health care professional by someone other than a member of the athletic training staff, **WILL NOT** be covered by the Coastal Carolina University Athletic Department secondary insurance policy.

Department of Athletics Drug and Alcohol Policy:

Policy will be explained in detail during a pre-season meeting with each team. All student-athletes must complete a Drug and Alcohol Policy Consent Form prior to participating with their respective teams.

NCAA Banned Substances:

The NCAA has established a list of banned substances through adoption of Bylaw 31.2.3. Please contact NCAA education services or www.ncaa.org/health-safety for the current list. The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate

the supplement industry; therefore purity and safety of nutritional/dietary supplements cannot be guaranteed. Impure supplements may lead to a positive drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

EDUCATIONAL RIGHTS & PRIVACY (BUCKLEY AMENDMENT 1976)

At the beginning of each year, student-athletes are required to sign a conditional waiver of the Buckley Amendment. This grants permission to University faculty and staff to review the student-athlete's academic record and report it to the NCAA for the purposes of athletic eligibility.

In addition, student-athletes who are to be recognized for academic honors will be asked to complete a supplemental release form. The purpose of this second form is to grant permission to publicly release the student-athlete's grade point ratio to the public, media, and award sponsors.



STRENGTH & CONDITIONING

STRENGTH AND CONDITIONING AT COASTAL CAROLINA Athletics Department Weight Room

Freshmen and transfer student-athletes must have a medical checkup from the sports medicine staff before being allowed to train. The guidelines for the CCU Strength and Conditioning program are listed below:

- All workouts are mandatory. Each athlete is expected to complete the workout with full intensity.
- No athlete is excused from a training session without speaking to the strength coach. If an athlete is injured, the strength coach will consult with the trainer and a modified training sheet will be developed.
- Athletes will report on time to the training facility.
- Athletes will train in proper workout attire (t-shirts, shorts, sweat, and sneakers, preferably CCU issued). No other university will be represented. Clothing must be modest and not revealing. NO SPANDEX, SPORTS BRAS, TANK TOPS, CUT OFF T-SHIRTS, OR REMOVAL OF T-SHIRTS IS ALLOWED. No hats of any kind will be worn during training.
- Each athlete will strip down their bar and replaced weights. Dumbbells, straps, and clips will be placed in proper location.
- Each athlete will fill out their training log..
- Athletes will respect each other, the facility and the coaching staff or they will be removed from the room.
- No team or individual will be allowed to train without supervision. No exceptions!



STRENGTH & CONDITIONING

WEIGHT ROOM POLICIES

The use of the weight room, and any other CCU facility is a privilege, not a right. Failure to follow the policies and regulations will result in disciplinary action issued by the strength and conditioning staff and may include the removal from the weight room.

1. Respect for Staff

- a. Athletes must adhere to the coaching, direction and authority of the strength and conditioning coaches.
- b. Refrigerator and office supplies (i.e. phones, computers) are off limits unless given permission by strength coach.
- c. During team training times music will be chosen by team, approved by Head Strength and Conditioning Coach, exception football, during open training periods music will be chosen by Head Strength and Conditioning Coach.

2. Respect for Self and Others

- a. All athletes must sign-in during open training period.
- b. Food, drink and gum are not permitted.
- c. All jewelry will be removed including chains, earring and sunglasses for safety purposes.
- d. Athletic gear will be worn during training, which includes t-shirts, shorts, sweats, tennis shoes; preferably CCU issued (spandex, sport bras, tank tops must be covered by a t-shirt).
- e. Headphones will be worn in aerobic area only.
- f. Collars/clips are to be used when you are lifting with more than one plate.
- g. Spotters will be used when lifting (squats, bench).
- h. Horseplay takes away from intensity and will not be tolerated.
- i. Strength staff is not responsible for any items left in the facility. Any item left in the weight room will be thrown away by the end of the week.

3. Respect for Facility

- a. Plates and dumbbells will be placed in proper order and location.
- b. Towels are to be placed in the dirty bin after use.
- c. Spitting or defacing the facility will not be tolerated and will result in immediate expulsion.
- d. No tobacco, chewing gum, food, glass bottles are allowed in the facility.
- e. Only eligible athletes and athletic personnel may use the weight room during varsity hours.
- f. Dumbbells are not to be dropped in any area of the facility. Athletes should return dumbbells to the rack in the proper order.
- g. Athletes should attempt to minimize chalk powder on the floor

CHAMPS/LIFE SKILLS PROGRAM

The athletic department at Coastal Carolina University participates in the NCAA Champs/Life Skills Program. This program emphasizes five major areas of commitment: academics, athletics, personal development, career development, and community service. As a result of this endeavor several projects and programs have become an integral part of the athletic department. The following are some of the programs that have developed as a result of the Champs/Life Skills Program:

Educational Seminars

Guest lecturers and speakers are invited to speak to student-athletes on various topics. Some seminars are mandatory while others are attended on a volunteer basis. Topic areas may include but are not limited to: motivation, time management, resume writing, job interviews, nutrition, eating disorders, drug education and abusive relationships.

Community Service

Teams and individuals are encouraged to get involved with projects that will serve others on campus or in the community. Past projects have included assistance with Kids Voting, helping area flood victims, becoming e-mail pals, mentoring in area schools, visiting Grand Strand Rest Home, putting on sports clinics, appearing as guest storytellers in a classroom and volunteering for Special Olympics.

Student-Athlete Advisory Council (SAAC)

Mission Statement: The Student-Athlete Advisory Committee (SAAC) is assembled to create and inspire leadership by providing in-sight on the student-athlete experience and enhance the effectiveness of the Department of Athletics through academic and athletic excellence.

Structure

Officers:

Jessica Dennison, President, Women's Soccer
Jacob Downey, Vice President, Men's Soccer
Sarah Maples, Secretary, Softball

Representatives:

Two members from each sport including cheerleading

Expectations

- Active attendance at all bi-weekly meetings
- Promote healthy discussion regarding athletic and university policies
- Continuous communication with respective teams and coaches regarding committee discussions and events
- Participate in team, department and conference community service projects
- Encourage positive sportsmanship by supporting fellow student-athletes in their academic and athletic endeavors.

Opportunities

- Coordinate events within the Department of Athletics and throughout the community
- Assist with the creation of policies and procedures of the Department of Athletics
- Network with other student-athletes locally and nationally
- Discuss and vote on NCAA Legislation
- Gain valuable professional experience to assist with professional development

Careers

Coastal Carolina University has recently formed a partnership with Career Athletes to help provide student-athletes with career education. For more information, log on to www.careerathletes.com.



COASTAL CAROLINA UNIVERSITY

**DEPARTMENT OF ATHLETICS
Student-Athlete Host Agreement**

Prospective Student-Athlete _____
Sport _____

Student-Athlete Host _____

Your role as a student-athlete host is very important in your team's recruiting process. By agreeing to serve as a host, you take on a responsibility to understand and abide by NCAA, Big South Conference, Coastal Carolina University institutional guidelines, and CCU Athletics policies. You are expected to display conduct of the highest integrity while representing your team and your school. **Any violation of university policy or laws of the state of South Carolina will not be tolerated.** Please remember that you are an ambassador of our athletic department family. Your actions should reflect positively on the athletic department, this institution, and yourself. You help provide an opportunity for prospects to evaluate the academic, campus, social, team, and community environments, while maintaining standards of appropriate conduct and accountability.

1. You are responsible for keeping your recruit on time for appointments. You need to be constantly aware of the recruit's schedule. You must attend all functions with your recruit unless excused by your coach.
2. You may use student-athlete host money for entertainment or meals for only you and the recruit. Other team members must pay for their own meals and entertainment. The recruit may be entertained only within a 30-mile radius.
3. You must handle the money personally and not give it directly to the recruit. You cannot use the money to buy the recruit any kind of souvenir (i.e. t-shirt, hat). You cannot arrange for the recruit to receive a discount on merchandise at a sporting goods store or any other place of business.
4. You will need your own transportation. You cannot borrow a coach's car or any University vehicle. A coach can, however, provide you and the prospect with a ride on an official visit.
5. Representatives of Coastal Carolina University's athletic interests (boosters) are not allowed to be involved in recruiting a prospect. If during the official visit, you and the recruit come into contact with a representative of CCU's athletic interests, the conversation must be limited to an exchange of greetings.
6. You may receive a complimentary admission (pass list – no real ticket) when accompanying a prospect to a campus athletic event.
7. Alcoholic beverages are prohibited when entertaining a recruit. Underage drinking and the use of illicit drugs are against the law and therefore, prohibited.
8. Providing/purchasing sexual favors, attending adult entertainment establishments, purchasing pornography or any engagement with sexually explicit material is inappropriate and prohibited.
9. Engaging in any gambling of any kind (e.g. placing bets on athletic events) during the course of an official visit is forbidden.
10. Failure to abide by these and all NCAA, BSC, and CCU recruiting rules and regulations can result in suspension from your team, cancellation of your scholarship, loss of eligibility to compete, and sanctions in accordance with institutional code of student conduct.

My signature below indicates:

1. I have read the above guidelines and agree to abide by these and all NCAA, BSC, and CCU rules.
2. I have received \$_____ (not to exceed \$30/day) to entertain the prospective student-athlete named above.

Student-Athlete Host Signature: _____ **Date:** _____

I certify that the student-athlete host has read the above instructions and received entertainment/meal funding from me to be used in a manner consistent with NCAA, BSC, and CCU rules governing official visits.

Coach/Ath. Dept. Staff Signature: _____ **Date:** _____

Being selected as a student-athlete host is a great privilege, and as with any privilege comes responsibility. Please understand all of the ramifications before accepting this assignment and agreeing to the above terms.

**COASTAL CAROLINA UNIVERSITY
DEPARTMENT OF INTERCOLLEGIATE ATHLETICS**

At the conclusion of the team meeting, it is your responsibility to view the student-athlete handbook on our website at www.goccusports.com.

Please sign below stating that you have viewed the 2011-2012 Student-Athlete Handbook and understand you are responsible for following the guidelines set forth in its contents

Upon reading the Student-Athlete Handbook, Please RETURN This Document to your Head Coach.

I, _____, have viewed the 2011-2012 Student-Athlete Handbook.

I understand that it is my responsibility to read, know and follow the guidelines set forth in this handbook. In the event that I am not clear about any of the contents in the handbook, it is my responsibility to seek clarification from my coach or a member of the athletics department administrative staff.

Signature

Sport

Date

