

University of Connecticut Student-Athlete Handbook

Students who participate in intercollegiate athletics are responsible for knowing and complying with the rules contained in this handbook. The Division of Athletics reserves the right to amend and alter the rules and procedures in the handbook.

IF YOU HAVE ANY QUESTIONS REGARDING UCONN OR NCAA RULES AND POLICIES,
PLEASE CONTACT THE COMPLIANCE OFFICE AT
860-486-1211 or via email at NCAACompliance@uconn.edu.

IF YOU HAVE INFORMATION ABOUT A POTENTIAL NCAA RULES VIOLATION,
PLEASE CONTACT ONE OF THE FOLLOWING:

Compliance Office at 860-486-1211 or via email at NCAACompliance@uconn.edu

Director of Athletics' Office at 860-486-2725

Dr. Scott Brown, NCAA Faculty Athletics Representative at 860-486-0181

Listed below are the administrators who have program oversight for the indicated teams.
Should you have any questions or concerns please contact them.

Field Hockey, Lacrosse, Men's & Women's Swimming & Diving, Men's & Women's Track & Field, Softball,
Men's & Women's Tennis, Rowing
Pat Babcock/860-486-6054

Football, Men's & Women's Basketball
Jeffrey A. Hathaway (Assisted by Paul McCarthy) 860-486-2725

Men's & Women's Ice Hockey, Golf
Dino Mattessich/860-486-1657

Men's & Women's Soccer
Paul McCarthy/860-486-2725

Baseball, Volleyball
Vaughn Williams/860-486-4712

UNIVERSITY OF CONNECTICUT DIVISION OF ATHLETICS STUDENT-ATHLETE HANDBOOK
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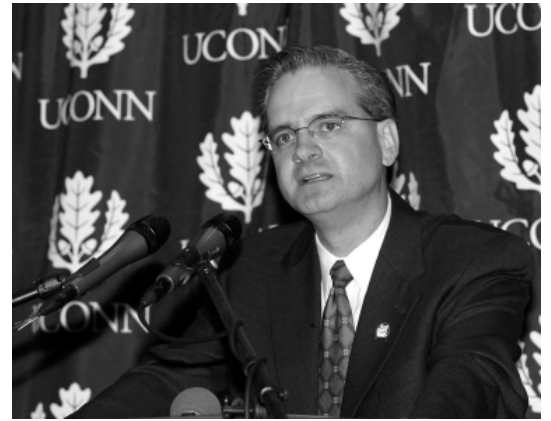
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Dear University of Connecticut Student-Athlete,

Welcome to a new and exciting year at the University of Connecticut! We are looking forward to another outstanding year for UConn Athletics, both academically and athletically. You will play an important role in making this year a memorable one.



We have three primary objectives for you and your fellow student-athletes – to earn your UConn degree, to compete in your respective sport at the highest level, and to become an active leader in your local community after graduation. It is our wish that your college experience at UConn will help fulfill your personal, academic, and athletic goals. Everyone in the Division is interested in seeing you succeed and stands ready to support you so that your college career is enjoyable and rewarding.

We expect that you will take responsibility for your own behavior, because we strongly believe that personal accountability is essential in order for you to succeed as a student-athlete at UConn. In addition, we urge you to support our “Husky Honor” initiative by displaying good sportsmanship and respect at all times during competition.

This Student-Athlete Handbook is provided to student-athletes for general guidance and informational purposes only. It does not constitute a contract, either express or implied. The University of Connecticut reserves the right to make changes in the Student-Athlete Handbook as deemed appropriate by University officials at any time without prior notice. Changes and updated material will be published and distributed to our student-athletes in a timely manner. A Contact Directory on the inside back cover of this Handbook provides names and phone numbers of people who can answer additional questions or provide a more detailed explanation of information covered here. Finally, the Handbook is designed to help you prioritize and blend your responsibilities as a student and an athlete. I hope you will thoroughly familiarize yourself with the material covered and refer to it as needed.

If any member of the Division of Athletics staff can be of assistance to you, please feel free to contact us. It’s a great time to be a Husky, and we look forward to our year together. Thank you for proudly representing our University through your participation as a UConn student-athlete.

Sincerely,

Jeffrey A. Hathaway
Director of Athletics



WELCOME TO THE UNIVERSITY OF CONNECTICUT (UConn)

You should feel proud that scholastic achievement and athletic abilities have created a place for you at UConn, where you will be challenged to reach your full potential as both a student and as an athlete.

Because the transition to a new environment is often difficult, this Handbook has been prepared to help you ease into University life, as well as to serve as a resource guide for returning student-athletes. The purpose of this Handbook is to answer the most commonly asked questions concerning your new surroundings, and to help orient you to the Division of Athletics.

Included in this guide is information related to your academic activities and your physical welfare, as well as necessary sports participation information.

If you read the helpful information contained in this Handbook and utilize the resources mentioned, you will find that you can settle into your new environment successfully.

History of the University

Since its establishment in 1881 as a modest agricultural school, the University of Connecticut has grown into one of the nation's most esteemed universities.

In 1893, the school's name was changed from Storrs Agricultural School to Storrs Agricultural College, reflecting its new status as a land-grant institution. In 1933, it became Connecticut State College and, six years later, the University of Connecticut.

Today at UConn, 14 colleges and schools offer seven undergraduate degrees and more than 100 academic majors. Its 29,517 students attend at various locations:

regional campuses in Hartford, Waterbury, Stamford, Torrington, and Groton; the School of Law and Graduate Business Learning Center in Hartford; the School of Social Work in West Hartford; and the Health Center in Farmington. The majority of undergraduate students, approximately 17,000, attend classes at the main campus in Storrs.

Today, the UConn campus includes about 120 major buildings, 4,100 acres in and around Storrs, and a library of more than three million volumes, the largest publicly supported collection of research materials in the state.

In addition to academic excellence and research, the University is committed to community service. Cultural enrichment is part of that mission. Jorgensen Auditorium on the Storrs campus regularly schedules internationally prominent symphony orchestras, musical soloists and chamber groups, dance companies and touring dramatic productions. These programs are complemented by Department of Dramatic Arts productions. The William Benton Museum of Art, acclaimed as one of Connecticut's finest art museums, mounts exhibitions whose diversity and quality contribute to the vitality of the arts at UConn.

The University's athletic prowess is a statewide source of pride. This overwhelming interest has, in fact, resulted in the largest media following (print and electronic) of any collegiate basketball program in the country. So extensive is the coverage, in fact, that this group has become known across the nation as "The Horde."

Divisional Philosophy

At UConn, excellence in academics and athletics are mutually compatible. High standards in both academic and athletic programs insure that students will be given the best possible foundation for their future lives and careers.

The Division of Athletics adheres, in principle and in fact, to the rules and regulations of The Big East Conference, the Eastern College Athletic Conference (ECAC) Hockey East, Atlantic Hockey

and the National Collegiate Athletic Association (NCAA).

The broad mission of the Division of Athletics at UConn is to provide an opportunity for students to enrich their college experience through comprehensive, challenging and professionally managed intercollegiate, intramural and recreational sports programs. Through associated athletic events, student-athletes are encouraged to achieve levels of excellence in competition and individual development, gaining interpersonal and leadership skills in the process. Additionally, the Division is dedicated to enhancing the University's reputation for integrity and excellence, as demonstrated by the performance of student-athletes, coaches and all Division staff members both on and off the field.

The existence of the intercollegiate athletic program provides University students, faculty, alumni and friends an opportunity to share in the life of the collegiate community. Because of the positive recognition involved, UConn's support on regional, state and national levels is enhanced.

Your success as a student-athlete at UConn must be measured first in terms of academic performance and then in terms of athletic performance. Intellectual growth and academic progress is the primary purpose for your being here. Representing the University in its intercollegiate athletic program is a privilege earned by your successful academic efforts, as well as by your athletic performance. Therefore, we believe our program's success must be measured by our ability to support you both as a student and as an athlete.

Although you may be "on display" much more than the average student because of your athletic participation, you must realize that this status confers no special privileges. You are expected to participate as a regular member of the student body, subject to the same regulations and afforded the same privileges as all other students. In fact, the following sections of this Handbook will emphasize how your increased visibility requires that you assume even more personal responsibility for your conduct.

Being a UConn student-athlete affords you a unique opportunity to grow mentally, physically and socially in an atmosphere of excellence. Everything—from the coaching, facilities and equipment to the academic support you receive—is planned to ensure that your collegiate experience will be a positive one.

Orientation

Because adjusting to a new environment may be a bit perplexing, most new students attend the University's summer orientation program.

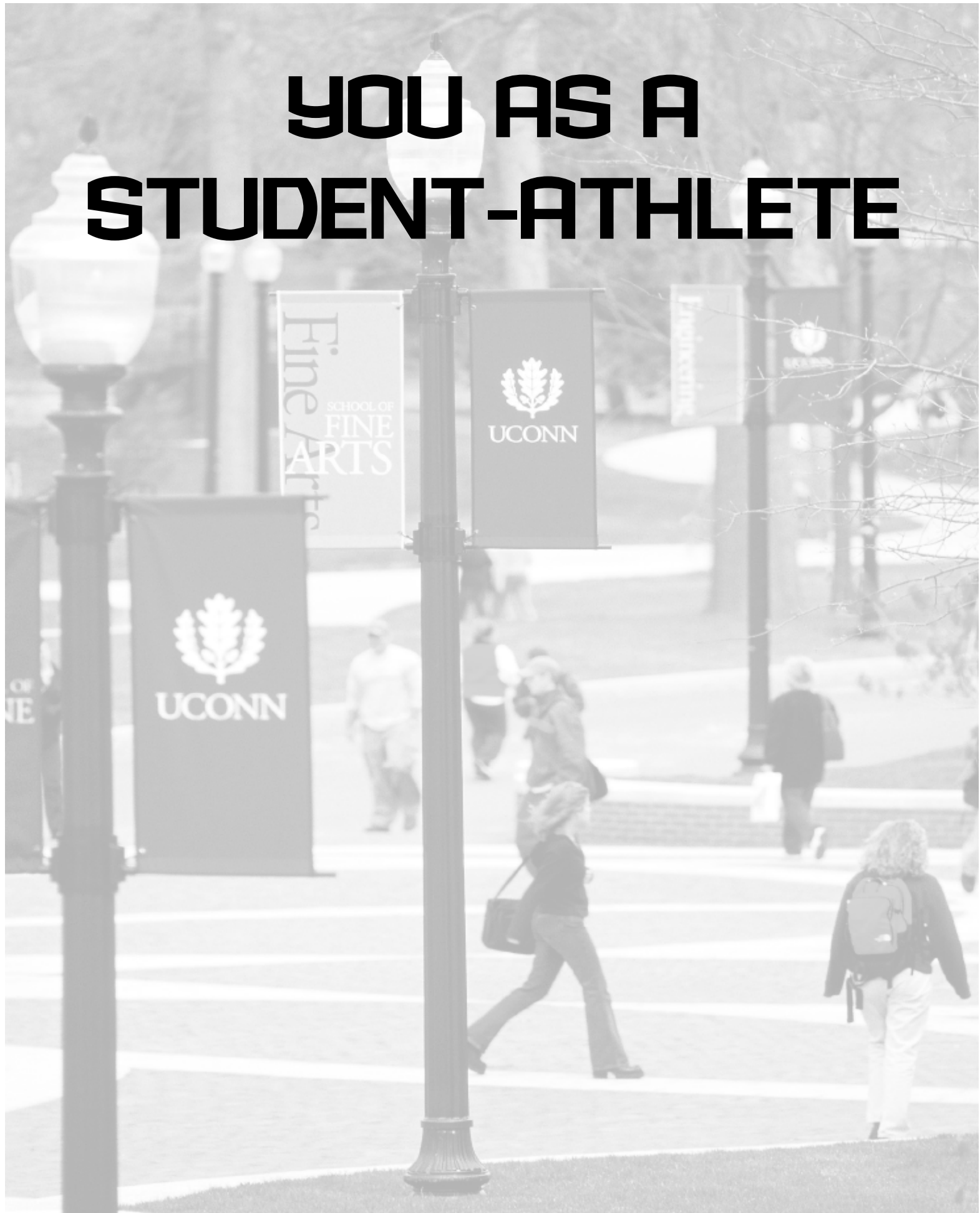
Student-athletes receive additional assistance. Before the first competition of the fall season, the Division of Athletics conducts an NCAA Squad Meeting for each team. During this meeting the Division's Compliance staff explains Division policies and procedures, as well as NCAA regulations and the Division's Substance Abuse Program. (Refer to the "NCAA Rules and Regulations" and "Your Physical Welfare" sections of this Handbook for further information.)

Also, at the beginning of the year, your coach will schedule a team meeting to acquaint you with the services provided by the Counseling Program for Intercollegiate Athletes (CPIA). At this meeting, you will meet your team's counselor and be introduced to the program. Any questions you have about academics or the program in particular may be asked at this time. (Refer to the "Academics" section in this Handbook for further information.)

Student Contacts

On the inside of the back cover of this Handbook, you will find a listing of University and Division of Athletics staff members who are here to assist you. Their names and areas of responsibility are listed, as well as their phone numbers.

YOU AS A STUDENT-ATHLETE



YOU AS AN ELIGIBLE STUDENT-ATHLETE

There are special responsibilities and requirements that accompany the privilege of being a student-athlete at the University of Connecticut. Other students need not worry about athletic eligibility requirements, media relations, team travel rules, complimentary admissions, drug testing, etc. Thus, you have special interests and responsibilities that do not apply to other students. This part of the handbook has been developed to address just these types of privileges and responsibilities.

When you participate in intercollegiate athletic competition, you are representing the University and all the people who support us. As an intercollegiate athletic participant, you will be in the public eye, and your personal conduct should reflect favorably upon yourself, your team and the University. Furthermore, you are part of a larger team, made up of all the members of all intercollegiate teams at UConn.

A student-athlete at UConn, regardless of whether or not they were recruited, or whether or not they receive an athletics grant-in-aid, must go through the annual certification process. This is conducted for each team by the Compliance staff prior to the start of organized practice sessions. At the NCAA Squad Meeting, the athlete signs the NCAA Student-Athlete Eligibility Statement, NCAA Drug Testing Consent, the UConn Drug Testing Policy and the UConn Student-Athlete Code of Conduct. In addition, information regarding financial aid, summer jobs, summer athletic activities and sports participation histories are requested.

Once you are certified as eligible to compete at the beginning of each semester, you must remain academically and athletically eligible throughout the year in order to continue to participate in your intercollegiate sport. Additionally, we expect your best effort as a student-athlete, both on and off the playing field. Compete hard, but always in a sportsmanlike manner.

The University of Connecticut offers varsity sport opportunities for approximately 650 student-athletes. These opportunities include:

Men	Women
Baseball	Basketball
Basketball	Cross Country
Cross Country	Field Hockey
Football	Ice Hockey
Golf	Lacrosse
Ice Hockey	Rowing
Soccer	Soccer
Swimming and Diving	Softball
Track (Indoor)	Swimming and Diving
Track (Outdoor)	Track (Indoor)
Tennis	Track (Outdoor)
	Tennis
	Volleyball

The Big East Conference

The Big East Conference is the largest and most diverse Division I conference in the country. It was formed in 1979 and represents the athletic interests of 16 member institutions including the University of Cincinnati, University of Connecticut, DePaul University, Georgetown University, University of Louisville,

Marquette University, University of Notre Dame, University of Pittsburgh, Providence College, Rutgers University, St. John's University, Seton Hall University, University of South Florida, Syracuse University, Villanova University and West Virginia University. The Big East Conference has captured 25 national championships in six different sports and is a founding member of the Bowl Championship Series. For more information on the Conference and its membership, please visit www.bigeast.org.

Hockey East (Women's Ice Hockey)

The University of Connecticut competes in the Hockey East Conference in the sport of women's ice hockey. Other members of the league include: Boston College, Boston University, Maine, New Hampshire, Northeastern, Providence College and Vermont.

Atlantic Hockey (Men's Ice Hockey)

The University of Connecticut competes in the Atlantic Hockey Conference in the sport of men's ice hockey. Other members of the league include: Air Force, American International, Army, Bentley, Canisius, Holy Cross, Mercyhurst, Rochester Institute of Technology and Sacred Heart. The champion of the league will receive an automatic bid to the NCAA Championship.

GENERAL STUDENT-ATHLETE RULES

Each coach has his/her own very specific team rules covering everything from conduct to dress code. Again, if your coach has written team rules, you may wish to keep them in the back of this Handbook.

However, there are general rules that apply to all student-athletes:

- Always present a positive image; don't do anything to embarrass yourself, the team, your family or the University;
- Understand the importance of being punctual; be on time for every commitment;
- Be prepared to give 100% both mentally and physically in the classroom, as well as on the playing field;
- Do not consume alcoholic beverages on team trips, at athletic events or at events sponsored by the Division. Be aware that Connecticut law prohibits anyone under 21 from consuming alcoholic beverages. The coaching staff strongly suggests that those 21 and over also shun drinking establishments, as they have led to problems in the past;
- Do not use tobacco products of any kind while participating in practice or competition or while representing the University in any capacity. Tobacco use is prohibited at these times, and the Division, in concern for your health, discourages its use at any time. Use of tobacco products at practice or competition is a violation of NCAA rules and must be reported.

CODE OF CONDUCT

Earlier we mentioned that being a student-athlete carries with it a whole set of privileges and responsibilities. Our programs create a great deal of public and media attention. This interest is obviously of tremendous benefit to the University, the Division of Athletics and you. However, it also places upon all persons connected with the program a continuing responsibility to conduct themselves in an appropriate manner.

By joining the University's intercollegiate athletic program, you become a representative of your team and of your University. It is essential that you act responsibly and do nothing to jeopardize your opportunity to obtain maximum results from your University experience. Your personal conduct is a direct reflection on your good moral character and ethical judgment. You are expected to behave both on and off campus in a manner which brings credit to the University and your team.

Conduct Rules Sources

The Division of Athletics requires coaches, trainers and staff to conduct themselves in a way that creates a positive image of the people, values and traditions associated with the University, Conference and the NCAA. As a student-athlete, you are expected to uphold the same standards of conduct that have been adopted by the Division of Athletics and the University.

All UConn students are subject to the University of Connecticut Student Code including the "Responsibilities of Community Life," which is distributed at the beginning of the fall semester. This code applies to behavior of students while on or off University premises or while involved in off-campus University activities. In addition, you as a student-athlete are expected to abide by the Division of Athletics Student-Athlete Code of Conduct. Because of the visibility of student-athletes, you will be expected to extend these codes of behavior into all public behavior. The Division of Athletics will review violations of the Student Code and apply sanctions as deemed appropriate.

In addition, each student-athlete is subject to all rules and regulations that are required for individual participation on a specific team. While these rules may be particular to each team, they are presented to the student-athlete by the coaching staff with the full support of the athletic administration.

Once registered at the University, you are expected to conform to all federal, state and local laws, as well as the University regulations. As a student-athlete, you are in no way exempt from penalty if you violate these laws. Moreover, students penalized for violating public laws are not exempt from further prosecution by University authorities if their actions also violate University rules.

GOOD SPORTSMANSHIP – HUSKY HONOR

The University of Connecticut is committed to honoring collegiate athletic competition by demonstrating pride, responsibility and respect. The UConn community, fans, alumni, students, coaches, and student-athletes promote these core values as proud Huskies and first class competitors. Husky Honor is the good sportsmanship initiative of the University of Connecticut and is based on the three components of Pride, Responsibility and Respect.

Pride. Always act as a positive ambassador of UConn Athletics. Wear blue and white, and support your fellow student-athletes. When you attend other athletic events, remember that you are expected to demonstrate good sportsmanship there as well. Be proud of UConn but also be respectful.

Responsibility. Enter each competition expecting fairness. The proper attitude is of utmost importance. Don't enter a competition worried about your opponents' performance; enter a competition

with the idea of giving your best performance. Your coach will instruct you in positive techniques for communicating with officials, opponents and the public. You will also be advised on how to react to the aggressive or unsportsmanlike actions of others. One of your responsibilities as a student-athlete is to always display good sportsmanship at all athletic events. Recognize that sportsmanlike behavior will require effort on your part.

Respect. Compete hard, but play fair. Treat your fellow players equally and with respect. Unsportsmanlike conduct by others never justifies retaliation with unsportsmanlike conduct on your part. Don't make excuses or discuss a teammate's shortcomings. Almost every situation has a positive and negative side, so emphasize the positive. Support your officials; avoid criticizing them or blaming losses on their actions. Support team efforts by encouraging teamwork and mutual effort. Respect the officials, your team, coaches and fans, along with the opposing team, their coaches and fans.

Unsportsmanlike Behaviors

The University will not tolerate any of the following behaviors:

- Physically abusing an official, coach, athlete, opponent or spectator;
- Throwing of objects at individuals, spectators or across a field or arena;
- Seizing equipment or cameras from officials or the news media;
- Inciting players or spectators to violent action or any behavior which insults or disrespects an opponent's traditions;
- Encouraging our fans to boo an opposing team when introductions are made;
- Using obscene or inappropriate language or gestures to officials, opponents, team members or spectators;
- Making public statements which are negative, controversial or not in compliance with the Division's policy on media relations; and/or
- Violating generally recognized intercollegiate athletic standards or the value and standards associated with the University as determined by your Head Coach and approved by the Director of Athletics.

Your coach may have more specific expectations concerning behavior, dress or sportsmanship. If so, he or she will inform you of these. Support your coach and concentrate on playing well. Good sportsmanship comes easily if you are proud of your performance.

TEAM TRAVEL

Your Head Coach will review the standards for team conduct which you should observe when you travel with your team. Specific requirements for dress, individual conduct, curfews and free time activities will be discussed.

Missed Classes

You may occasionally miss classes to participate in "away" athletic events. However, no official University policy exists that excuses student-athletes when they must be away from campus to represent the University in athletic competitions. Each faculty

member maintains full authority in terms of class attendance and may choose to deal with absences as he or she sees fit.

In general, faculty members are understanding, provided that students inform them prior to travel and as early as possible about anticipated absences. You should tell your professors at the beginning of each semester when you are going to miss classes due to athletic competition. This early information is especially important if you will be traveling on the date of a scheduled exam. Your instructor then has an opportunity to offer an early exam or make-up exam. In some cases, CPIA counselors can proctor exams "on the road."

If your instructor requires documentation of your team travel, request a letter from your CPIA counselor at least one week in advance of the trip.

At least four days prior to departure, you should reconfirm your absence with your professors. At that time, arrange to make up missed course work which results from traveling with your team.

Traveling Apart from the Team

In general, transportation is for team members, coaches and support personnel. There may be occasions when you would prefer to travel to or from an athletic event using other means of transportation. In that case, you must discuss your plans with your coach prior to departure from campus. If these alternate arrangements are approved by your coach, you must complete a release form waiving the University of responsibility. This form must be signed by the program administrator, coach and student-athlete with each keeping a copy.

Travel to NCAA Championships and Special Events During Vacation Periods

The University may provide transportation for you to travel from campus to the site of an NCAA championship or special event and back to campus. If you go home during the vacation period, the University may pay, in lieu of providing team transportation, the greater of the transportation costs for you to travel: round-trip, from campus to event site to campus; round-trip, from campus to your home to campus; or round-trip, from your home to event site then back to your home. The request to approve these transportation costs must be approved prior to travel home or the event site by the Head Coach and Director of Athletics or his designee.

Rules While On The Road

- Take casual clothing that is neat and clean. No ragged jeans, shirts, shoes, etc;
- At all times, keep your language clean;
- Absolutely no alcohol is to be carried or consumed while traveling to or from competition. Any athlete who violates this rule will be sanctioned;
- Absolutely no pornographic magazines, books or videos will be tolerated;
- When at hotels, absolutely no one but players will be allowed in rooms. This includes parents, friends, etc. Arrange to meet them in the lobby;

- Be a courteous guest. Keep TVs turned down and doors closed. Don't hang wet towels over furniture, etc;
- For your protection, do not leave money or other valuables unattended in your room;
- Absolutely nothing is to be taken from the hotel. Any damage reported by the management may result in sanctions against those registered in the affected room;
- Please remember that the Division pays for your transportation, room and board. This is in compliance with NCAA rules and regulations. Room service, laundry, phone calls, etc. at your place of lodging will be your responsibility;
- When arranged with the coach and hotel, a movie may be rented as entertainment, permissible under NCAA rules;
- Coaches may have their own additional rules while on the road.

Hazing

Hazing is prohibited under the State statute (see below) as well as by the University of Connecticut Student Code. The University does not condone hazing in any form. Any allegations of hazing by a student-athlete will be subject to penalties contained in the University of Connecticut Student Code. In addition, the Division of Athletics may apply sanctions as deemed appropriate, regardless of whether action under the Student Code is taken.

Connecticut General Statutes § 53-23a. Hazing.

- (a) For purposes of this section:
 - (1) "Hazing" means any action which recklessly or intentionally endangers the health or safety of a person for the purpose of initiation, admission into or affiliation with or as a condition for continued membership in a student organization. The term shall include, but not be limited to:
 - (a) Requiring indecent exposure of the body;
 - (b) Requiring any activity that would subject the person to extreme mental stress, such as sleep deprivation or extended isolation from social contact;
 - (c) Confinement of the person to unreasonably small, unventilated, unsanitary or unlighted areas;
 - (d) Any assault upon the person; or
 - (e) Requiring the ingestion of any substance or any other physical activity which could adversely affect the health or safety of the individual. The term shall not include an action sponsored by an institution of higher education which requires any athletic practice, conditioning, or competition or curricular activity.
 - (2) "Student organization" means a fraternity, sorority or any other organization organized or operating at an institution of higher education.
- (b) No student organization or member of a student organization shall engage in hazing any member or person pledged to be a member of the organization. The implied or express consent of the victim shall not be a defense in any action brought under this section.
- (c) A student organization which violates subsection (b) of this section (1) shall be subject to a fine of not more than one thousand five hundred dollars and (2) shall forfeit for a period of not less than one year all of the rights and privileges of being an organization organized or operating at an institution of higher education.

(d) A member of a student organization who violates subsection (b) of this section shall be subject to a fine of not more than one thousand dollars.

(e) This section shall not in any manner limit or exclude prosecution or punishment for any crime or any civil remedy.

University's Policy on Harassment

You are a part of a community that stimulates and supports individual ethical integrity, and celebrates community diversity. The University does not condone harassment directed toward any person or group within this community—students, employees or visitors. Every member of the University is to refrain from actions that intimidate, humiliate or demean persons or groups, or that undermine their security or self-esteem.

This includes behavior that denigrates others because of their race, ethnicity, ancestry, national origin, religion, gender, sexual orientation, age, physical or mental disabilities (including learning disabilities), mental retardation and past/present history of a mental disorder.

If you believe you are being harassed or otherwise subjected to discrimination as detailed above, you are encouraged to consult the Office of Diversity and Equity in Wood Hall, 1st floor, 241 Glenbrook Road, 486-2943.

Complaints against students are governed by the Student Code rather than this policy. Any such complaints should be directed to the Office of Community Standards in Wilbur Cross, Room 301, 233 Glenbrook Road, 486-8402.

Refer to the UConn Student Handbook section titled "Discrimination Complaint Procedures" for further information on policies and procedures for filing complaints.

RRES Crime

Any crime believed by a law enforcement officer to be motivated by RACE, RELIGION, ETHNICITY or SEXUAL ORIENTATION is considered a RRES crime. If you are victim of, or witness to, a crime you believe is motivated by bigotry or bias, report it to the UConn Police Department at 486-4800, 126 North Eagleville Road.

All crimes motivated by bias and bigotry have the potential to recur, escalate and lead to counter-violence. The Police Department therefore, will conduct a swift, thorough investigation of all reported or observed incidents. Special emphasis is placed upon victim assistance and community cooperation.

In addition, it is the policy of the UConn Police Department to seek the assistance of state and federal prosecutors in every case in which civil rights violations can be shown.

Alcohol Abuse

As an athletic participant, you may receive special attention from other students. Another added responsibility associated with this high visibility is that you are often perceived as a "role model". As such, you are expected to constantly present a wholesome public image. State law sets a minimum age for the purchase and consumption of alcoholic beverages at 21 years of age. Even after reaching 21 years of age, student-athletes are prohibited from

drinking alcoholic beverages when traveling with, or representing, their teams. Additionally, alcoholic beverages are not to be consumed while attending athletic or athletically sponsored events. Reported violations will be investigated by the Division of Athletics and appropriate actions will be taken.

Alcohol use may seem relatively harmless; however, excessive consumption of intoxicating beverages in private is also strongly discouraged, as it may have an adverse effect on your intellectual and athletic abilities. While you may feel a few drinks can't hurt anything, evidence shows that after drinking you're much more likely to place yourself in questionable situations which could have been avoided with clear thinking. Also, fair or not, the student-athlete is often the most visible individual in any group should trouble occur.

If you feel you have an alcohol or chemical abuse problem, talk to the Director of Sports Medicine Services at 486-0404 or contact the Department of Alcohol & Other Drug Services, 486-9431, located in Wilson Hall for assistance or information on alcohol and chemical abuse. All counseling, both within and outside the Division of Athletics, is confidential.

Results Of Irresponsible Drinking

If you are currently using alcohol, check your drinking behavior by asking yourself:

- How do I decide when, how much, where and what to drink?
- How does my behavior change when I've been drinking? Am I more likely to get into fights, have irresponsible sex?
- Do I use drinking as an excuse for irresponsible behavior?
- Do I drink to avoid thinking about situations and/or to deaden feelings?

Academic failure—resulting from partying instead of studying, sleeping in, cutting classes, attending classes, high or hung over;

Accidents—At least half, sometimes more, automobile, motorcycle and boating accident fatalities involve alcohol. 70% of drowning victims and 50% of burn victims were using alcohol at the time of their accidents;

Suicide—Since alcohol is a depressant, drinking may make a person feel worse. 25% of suicides involve alcohol;

Fights—Alcohol lowers a person's inhibitions, allowing the person to behave with less restraint than when sober. This means he/she can be more easily frustrated or angered, reacting violently to situations that normally might be ignored. The user is also more likely to become verbally abusive, thereby inviting a violent reaction;

Vandalism—Breaking windows, tearing down exit signs, pulling fire alarms, throwing food, stuffing toilets, etc. are almost always alcohol related;

Unsafe sex—Use of adequate protection is likely to be forgotten when one's judgment is clouded by excess alcohol. The same impairment of judgment can result in indiscriminate sexual activity;

Legal problems—Unruly behavior may result in mandated change of room assignment, being removed from residence hall, suspension from the University because of offenses engaged in while drunk, involvement with police, etc.

Guidelines for Safer Drinking

- Keep track of what and how much you are drinking. Be aware that other students may intentionally mix strong drinks, put alcohol and other drugs in food and punch, etc. Don't assume you know what you're drinking unless you've made your own drink;
- Don't assume you can trust someone you don't know well;
- Remember that when you invite a date into your dorm room, you are inviting him/her into your bedroom. Such behavior is often misinterpreted as an invitation to sex, especially if those involved have been drinking;
- Don't drive and drink and/or ride with someone who has been drinking. Designated drivers don't drink;
- Realize that some will try to get you drunk for their own reasons;
- Don't fast before drinking in order to save calories. You'll just get drunk faster, because alcohol will be more quickly absorbed into your blood stream;
- Beware of drinking games and "Around the World" parties. Realize that once you start, it will be very hard to back out;
- Beware of drinking when you are on prescription and/or over-the-counter medication. Some drugs are dangerous when mixed with alcohol;
- Use extra caution if you are not used to drinking and/or you are not used to being around people who have been drinking.

The following, are some good ways to say NO to drinking:

- I tried it and I don't like the effect it has on me;
- It makes me sick/sleepy;
- I'm trying to cut down;
- I'm on medication;
- I'm in training;
- I never drink the night before a test;
- I'm driving; or
- I drank too much last night.

Date Rape

Acquaintance rape or date rape has become a topic of conversation on college campuses nationwide. You may be unaware that the term "rape" includes types of behavior other than the brutalizing of a person or sexual intercourse at knifepoint. Sexual intercourse against an individual's will is also rape.

For answers to your questions on this subject, and for help or support after being sexually assaulted, contact the Women's Center on the 4th floor of the Student Union Building, Room 421 at 486-4738 for counseling and referrals. The Women's Clinic provides 24-hour emergency service for victims of physical and sexual assault. Call 486-4738 on weekdays before 5:00 pm and 486-4700 after 4:30 pm and on weekends. The Clinic is staffed by nurse practitioners with gynecological consultants. All services are free and confidential.

Use of Non-Therapeutic Drugs

The Division of Athletics strongly believes that non-therapeutic drugs can be harmful to both your academic and athletic performance. Since drugs often produce behavioral changes, their use can cause problems not only for you but for your teammates as well.

Because of the seriousness of this problem, the Division of Athletics requires your attendance at drug education sessions to deter drug-related problems, and prescribes counseling and rehabilitation, if needed, to deal with any problem you might already have. A more in-depth discussion of the Division's drug education, testing and counseling program can be found in the "Your Physical Welfare" section of this Handbook.

NCAA RULES AND REGULATIONS

In order to participate in intercollegiate sports, you must maintain your athletic and academic eligibility. Your coach, the Compliance staff, UConn's NCAA Faculty Athletics Representative and the President of the University work together to ensure adherence to all NCAA and Conference rules and regulations regarding eligibility.

Though NCAA and Conference rules may seem complicated, they ensure that all teams play according to the same rules, with no team having an unfair competitive edge.

Great effort is made by the University administration to see that you and all staff members are familiar with these rules and understand that any deviation from them, whether knowingly or through ignorance, is not condoned by the Division of Athletics or the University.

If you have any questions regarding UConn or NCAA rules and policies, please contact the Compliance Office at 860-486-1211.

If you have information about a potential NCAA rules violation, please contact one of the following:

Compliance Office
860-486-1211
NCAACompliance@uconn.edu

Director of Athletics' Office
860-486-2725

Dr. Scott Brown
NCAA Faculty Athletics Representative
860-486-0181

The following sections on eligibility requirements are intended to reinforce the rules and requirements that have been discussed during your NCAA Squad Meeting. These references are not intended to be all inclusive. Student-athletes should become familiar with the "Academic Regulations" section of the annual University Catalog and seek clarification from the NCAA Faculty Athletics Representative, CPIA counselor or the Compliance Office. Your eligibility to participate in athletics is based on your academic performance as well as upon your adherence to a variety of non-academic eligibility regulations.

Academic Eligibility

The procedure for obtaining and maintaining academic eligibility is described below.

The University's Registrar's Office, in conjunction with the NCAA Faculty Athletics Representative, is responsible for certifying that you have met the NCAA eligibility requirements. Your eligibility to participate in intercollegiate athletics is determined by reviewing your NCAA clearinghouse information (incoming freshman), your registration records and your academic performance.

To maintain your eligibility you must:

- Have been admitted as a regularly enrolled, degree seeking student according to the published entrance requirements of your institution;
- Be in good academic standing according to the standards of the institution; and
- Be enrolled in at least a minimum full-time baccalaureate degree program (not less than 12 semester or quarter hours) and maintain satisfactory progress toward that degree;
- Be enrolled in a full-time graduate or professional degree program (not less than nine credits); or
- Be enrolled and seeking a second baccalaureate degree at your institution.

NCAA and University of Connecticut rules require that you must be a full-time degree-seeking student in order to represent UConn in athletics. This means you must be enrolled in a minimum of 12 credits of work. You are ineligible to practice or compete during any time:

- Your registration falls below 12 credits;
- Your registration for admission is canceled; or
- You withdraw from the University.

If you are enrolled in less than a full-time program, you are eligible to compete only if you are enrolled in the last term of your degree program and are carrying credits necessary to finish your degree. The Office of the Registrar and CPIA Counselors must approve this and the Compliance Office notified by the Registrar.

Changes in your enrollment (e.g. petition to add/drop course, late enrollment, instructor drops, etc.) should be submitted prior to the published deadlines to ensure that your records are accurate and complete. You must have the approval of your Academic Advisor and CPIA Counselor to drop a class. This policy is designed to prevent you from making changes in your academic schedule that may jeopardize either your academic or athletic eligibility status.

Eligibility for Practice

You are eligible to practice if you are enrolled in a minimum full-time program of studies leading to a baccalaureate or equivalent degree as defined by the regulations of the institution.

Continuing Eligibility – All sports (For those student-athletes first entering a collegiate institution as a full-time student on or after August 1, 2003):

If you are entering the institution for the first time on or after August 1, 2003, your eligibility for competition shall be based upon satisfactory completion of at least:

- 24-semester hours of academic credit prior to the start of the institution's third semester following your initial full-time enrollment;
- 18-semester hours of academic credit since the beginning of the previous fall term or since the beginning of the institution's preceding regular two semesters (hours earned during the summer may not be used to fulfill this requirement); and
- Six-semester hours of degree applicable academic credit each regular academic term in which you have been enrolled.

You must choose a major that leads to a specific baccalaureate degree by the beginning of your third year of enrollment (this includes transfer students who have not yet completed an academic year in residence or used one season of eligibility in a sport at their current institution).

If you are entering your second year of collegiate enrollment, you must present a cumulative grade-point average that equals at least 90 percent of the institutions overall cumulative grade-point average required for graduation (based on a 4.00 scale i.e. 1.8).

If you are entering your third year of collegiate enrollment, you must have completed successfully at least 40 percent of the course requirements in your specific degree program and you must present a cumulative minimum grade-point average (based on a 4.00 scale i.e. 1.9) that equals at least 95 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, a student-athlete's grade-point average will be certified on a term-by-term basis.

If you are entering your fourth year of collegiate enrollment, you must have completed successfully at least 60 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (based on a 4.00 scale i.e. 2.0) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, your grade-point average will be certified on a term-by-term basis.

If you are entering your fifth year of collegiate enrollment, you must have completed successfully at least 80 percent of the course requirements in your specific degree program and you must present a cumulative grade-point average (based on a 4.00 scale i.e. 2.0) that equals at least 100 percent of the institution's overall cumulative grade-point average required for graduation. For this purpose, your grade-point average will be certified on a term-by-term basis.

Please note: Pursuant to University of Connecticut requirements, you must obtain a 2.0 grade-point average in order to graduate.

NCAA Squad Meeting

Before you begin to practice in your sport each year, an NCAA Squad Meeting is held for each team. At this time, rules and procedures are explained and any questions you may have concerning eligibility are answered. You will also be asked to complete and sign forms including the NCAA Student-Athlete Eligibility Statement, NCAA Drug Testing Consent, the UConn

Student-Athlete Code of Conduct, the UConn Drug Testing Policy and a questionnaire designed to seek NCAA rules-related information on summer jobs, summer league, and financial aid.

You may not participate in intercollegiate athletics unless you have participated in the team NCAA Squad Meeting or met individually with the Compliance Office. This must be done prior to your first practice in each sport in which you participate. After the annual fall certification, your continued eligibility will be monitored by your CPIA counselor, who will conduct an updated academic review prior to the beginning of the spring semester. You will receive a letter from the Compliance Office if you become ineligible at mid-year. If you have questions about your eligibility, contact the Compliance Office or your CPIA counselor.

Athletic Eligibility

There are a variety of non-academic, NCAA-related rules that may affect your eligibility as a student-athlete. A brief description of some of the significant ones follows:

Amateur Status Rules

The following are NCAA rules that you must adhere to in order to maintain your amateur status.

Within Your Sport, You CANNOT

- Accept payment or the promise of payment (in cash, prizes, gifts or travel) for participation in your sport (except in individual sports). In individual sports, a student-athlete may accept prize money based on his or her place finish or performance in an open athletics event (an event that is not invitation only), provided the competition occurs outside the institution's declared playing and practice season during the institution's summer vacation period. Such prize money may not exceed actual and necessary expenses and may be provided only by the sponsor of the open event. The calculation of actual and necessary expenses shall not include the expenses or fees of anyone other than the student-athlete (e.g., coach's fees or expenses, parent's expenses). If you are a student-athlete in an individual sport and are interested in receiving prize money based on your place finish or performance in an open athletics event please contact your coach and the Compliance office prior to any participation in the event or acceptance of any prize money;
- Enter into an agreement of any kind to compete in professional athletics (you cannot negotiate a verbal or written professional contract);
- Request that your name be put on a draft list for professional sports (except in the sport of basketball) or try out with professional sports. If you are a basketball student-athlete and are interested in entering a professional league's draft one time during your collegiate career please contact your coach and the Compliance office.

In Any Sport, You CANNOT

- Agree to have your picture, name or likeness used to promote a commercial product;
- Be represented by an agent or organization in order to market your athletic skills or reputation;

- Receive any benefit that is not available to other students at the University;
- Use your athletic skills for payment;
- Play on any professional athletic team or on a team where one or more of the members receive payment in excess of actual and necessary expenses;
- Have your athletically related financial aid determined by anyone other than the University;
- Participate on teams other than those fielded by the University during the season (Soccer and Softball after May 1). (This includes tryouts, exhibitions or tournament games.)

Extra Benefits

You are asked to be especially careful about accepting any "extra benefits" from an athletic booster or supporter.

An "extra benefit" is defined as any special arrangement by an athletic representative (booster) or an institutional staff member to provide a student-athlete or his or her relatives with a benefit not permitted by the NCAA legislation. There will be eligibility consequences if you are found to have accepted anything that is impermissible under NCAA rules.

Some examples of "extra benefits" and things that you must be particularly careful about include (but are not limited to):

- Loans or cash, in any amount (even for just 5 minutes), or co-signing for a loan;
- Special discounts on goods and services such as car repairs, haircuts, legal services;
- Discounted meals at local restaurants;
- Free or reduced housing and/or board during the summer or academic year;
- Payment for your transportation or loaning you a vehicle for a trip home or to any other location for ANY reason;
- Payment of room, board or transportation costs for your friends or family when they visit campus or attend an away athletic contest;
- Free long distance phone calls for you, your friends or relatives;
- Gifts of any kind, including birthday and holiday gifts;
- Transportation while employed that is not provided to all employees.

It is important for you to remember that the rules regarding "extra benefits" are in effect throughout the entire year, including the summer and semester breaks.

If anyone approaches you with offers such as those above, you should notify your Head Coach or the Compliance Office as soon as possible. Remember that you are the one who will suffer and potentially lose participation opportunities by accepting anything that is against NCAA rules.

Gambling and Bribery

Hopefully you, as a student-athlete, will never be approached in an attempt to involve you in a gambling or bribery situation. However, on some campuses in the past, student-athletes have become involved with organized gambling operations. The results of this involvement may be both severe and tragic, not only for the individual but also for the entire Division of Athletics.

Gambling is one of the major sources of revenue for organized crime. Be aware that the gambling industry is constantly seeking sources of information, since operators use inside information to set the betting line or odds. It is possible that you may be approached and questioned about the condition and attitude of other team players. As a student-athlete, you may be asked to alter a game in some manner and be offered favors or gifts for doing so.

If this occurs, you must report the incident to your coach immediately. The University and the Division of Athletics are committed to combating all forms of gambling and bribery. Any attempt to procure this information through bribery of a sports participant is a felony. You should keep in mind that your participation in gambling interests, even in the most minor fashion, may jeopardize your athletic eligibility and possibly your career.

Gambling (NCAA Bylaw 10.3)

The NCAA rules on gambling prohibit student-athletes from knowingly being involved in any of the following activities:

- Providing information concerning intercollegiate athletics competition to individuals involved in organized gambling activities;
- Soliciting a bet on any professional or intercollegiate team;
- Accepting a bet on any team representing the institution;
- Soliciting or accepting a bet on any intercollegiate competition for any item (e.g., cash, shirt, dinner) that has tangible value; or
- Participating in any gambling activity that involves professional or intercollegiate athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

You are required by the NCAA and the Division of Athletics to report any individual who offers gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of any contest. Such individuals should be reported to your coach, sport administrator, and/or the Compliance Office. The rules prohibiting gambling as described above also apply to your coaches and all other staff members in the Division of Athletics.

Eligibility Consequences

The NCAA has adopted a two-tiered penalty structure for student-athletes who violate the gambling rules.

Penalty A: **Permanent Loss of All Remaining Eligibility In All Sports**

If you:

- Engage in any activity designed to influence the outcome of a contest;
- Engage in any activity designed to affect win-loss margins (i.e. "point shaving");
- Solicit or accept a bet on your institution; or

- Participate in any gambling activities through a bookmaker, a parlay card or any other method employed by organized gambling that involves your institution.

Penalty B: **Ineligible for All Competition for Minimum One Year and Loss of One Season of Competition**

If you:

- Solicit or accept a bet on intercollegiate or professional athletics; or
- Participate in any gambling activity that involves intercollegiate or professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.

Under this level, if a student-athlete involved in a subsequent violation of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

You should also be aware of the legalities of gambling at an institutional and state level. Understand that the consequences at the University level may be expulsion, and the University will also assist with the enforcement of federal, state, and local anti-bribery laws.

Situations to Avoid

Be sure to report any such attempts to your coach, sport administrator and/or the Compliance Office. As always, you jeopardize your eligibility by showing dishonesty in evading or violating NCAA rules. Keep in mind the following guidelines related to gambling:

- Never supply information about your team to strangers;
- Never accept any "free rides" from strangers such as meals, presents, etc.;
- Never accept any money from a "fan" for a game "well played";
- Never discuss the condition of injured teammates or the attitude of your team with anyone other than your teammates and coaches;
- Never attempt to sell your complimentary admissions to anyone.

Whom to Contact

If you should have any questions regarding gambling, please contact one of the following:

UConn Police	
24 hour hotline	860-486-4800
Major Ron Blicher	860-486-4808
NCAA	
Rachel Newman	317-917-6222
Bond, Schoeneck & King	
Rick Evrard	913-234-4400
UConn Athletics	
Jeffrey A. Hathaway	860-486-2725
Neal Eskin	860-486-2725
Paul McCarthy	860-486-2725
Pat Babcock	860-486-6054

Marielle vanGelder 860-486-1211
NCAA Faculty Athletics Rep.
Scott Brown 860-486-0181

Medical Hardship

A "medical hardship" is defined as an incapacitating injury or illness which occurs under the following conditions: (1) it occurs during the first half of the playing season that concludes with the NCAA Championship in the sport and results in the incapacity to compete for the remainder of that playing season; (2) it occurs in one of the 4 seasons of intercollegiate competition at any 2-year or 4-year collegiate institution; and (3) it occurs before you have competed in 3 contests/dates of competition or 30% of the scheduled events in your sport (whichever is greater). A student-athlete may be granted an additional season if they suffer a medical hardship. If you believe that you have a situation that meets this criteria, please see the Compliance Office.

Outside Competition (Academic Year and Summer)

Please remember that NCAA rules do not permit student-athletes to participate as members of any outside team in non-collegiate amateur competition during the academic year. There are a few exceptions to this rule. If you are interested in participating on an outside team during the academic year, you must see your Head Coach and the Compliance Office to determine if such participation is permissible.

Participation on outside teams during the summer is permissible. The NCAA does restrict the number of individuals from UConn who can participate on the same team in the sports of baseball, basketball, field hockey, lacrosse, soccer, softball and volleyball.

Summer Basketball Leagues

If you wish to participate in a summer basketball league, the league must be certified by the NCAA. You must see the Compliance Office to confirm certification of the basketball league and obtain the approval of the Director of Athletics prior to any participation in basketball during the summer. A student-athlete may compete during the period between June 15 and August 31 or the institution's opening day of classes (see Bylaw 17.02.11.3), whichever comes earlier.

Transfers

The NCAA requires extensive documentation on a transfer student-athlete who wishes to compete in athletics at a new school (referred to as the certifying institution) prior to certification of eligibility. All students who have ever attended a 2- or 4-year school full-time, even those who did not participate in athletics at the former institution, are considered to be a transfer. A "Transfer Student-Athlete Certification of Eligibility" form must be completed by the Compliance Office, Transfer Admissions (2-4, 4-2-4 only) and the Registrar's Office before a transfer student-athlete can be certified.

All transfer student-athletes must meet with the Compliance Office during the initial student-athlete meeting or individually before they can participate.

Factors Affecting Eligibility After Transfer

Your status as an eligible UConn student-athlete who has transferred from another 2- or 4-year school may be dependent on several factors. These may include:

- Were you a "qualifier", "partial-qualifier" or "non-qualifier" coming out of high school or prep school?
- What was your athletic history at your former institution?
- What was your age when you first entered a 2- or 4-year school full-time?
- Do you qualify for a waiver of the residence requirement?
- Does your previous institution have any objection to a waiver?
- Were you recruited out of high school?
- Did you attend a UConn branch school that did not conduct an intercollegiate athletics program?

As you can see, your status as a transfer can be a very complicated issue. It is important that you inform your head coach, upon initial contact, of any transfer history you may have. You would then need to make an appointment to discuss your history with the Compliance Office in order to determine your eligibility.

Transfer from One Big East School to Another

Student-athletes in the sports of football and men's and women's basketball are not permitted to transfer, directly or indirectly, from one BIG EAST institution to another BIG EAST institution and participate in athletics. There are no exceptions or waivers to this rule.

Student-athletes in all other sports may transfer, directly or indirectly, from one BIG EAST institution to another BIG EAST institution and participate in athletics provided that prior to competing for the second Conference institution the student-athlete serves a year in residency at the second Conference institution. During the year in residency [two full semesters or three full quarters (which shall be determined in accordance with NCAA rules associated with transfers)] the student-athlete shall not lose a year of eligibility, and shall be eligible to practice and receive athletically-related financial aid.

In all situations, the NCAA rules regarding transfer students must be applied.

Transferring from UConn

The decision to transfer from UConn to another institution is a matter that requires very careful thought. Below is a summary of NCAA rules which will help you better understand the consequences of such a decision.

- Before you may begin to discuss possibilities with a new school, your potential future school must first receive written permission from the UConn athletic administration;
- First, inform your coach of your interest in going elsewhere. It is important for you to understand that if you or your parents make contact with a new school they are obligated to let UConn know. The new school must receive written permission from us in order to have further discussions with you;

- NCAA regulations require that you sit out at the new institution for one academic year prior to participating in athletics unless you meet the requirements of the “One-Time Transfer Exception”. This exception is not available to football, basketball or men’s ice hockey players, unless you are transferring to a Division I-AA, II or III institution;
- One-Time Transfer Exception - In sports other than football (except when transferring from Division I-A to Division I-AA), basketball or men’s ice hockey, it is possible under NCAA rules to receive a one-time exception to the one-year residency requirement under certain circumstances. In other words, you may be immediately eligible at a new school if all of the conditions listed below are met:
 - You participate in a sport other than football, basketball or men’s ice hockey;
 - It is your first transfer from one four-year college;
 - You are in good academic standing and would be eligible if you returned to UConn;
 - A graduate student-athlete who is enrolled in a specific degree program in a graduate or professional school of an institution other than the institution from which he or she previously received a baccalaureate degree may participate in intercollegiate athletics, provided the student-athlete has eligibility remaining and such participation occurs within the applicable five-year period set forth in Bylaw 14.2.;
 - The University of Connecticut certifies in writing that there is no objection to the granting of an exception to the one-year residency requirement;
 - A participant in Division I-AA football at the institution to which the student is transferring may use this exception only if the participant transferred to the certifying institution from an institution that sponsors Division I-A football and has two or more seasons of competition remaining in football or the participant transfers from a Division I-AA institution that offers athletically related financial aid in football to a Division I-AA institution that does not offer athletically-related financial aid in football.

If you are not granted permission to discuss transfer possibilities with the new school, you may request a hearing with an institutional committee outside the Division of Athletics. If you are denied a “release” to waive the residence requirement, you will be ineligible to receive athletic aid at the new institution. You may decide to go ahead and transfer anyway, in which case you would be able to practice. However, you could not receive athletic aid nor could you compete.

In all transfer cases, it is vital that you become familiar with the ramifications of your activities before you take action. Consult the Compliance Office or the Faculty Athletics Representative for information as soon as you think you may want to transfer.

Countable Athletically Related Activities

The NCAA has established time limitations on your athletic participation. Your participation in countable athletically related activities is limited to a maximum of 4 hours per day and 20 hours per week, with one mandatory day off (which may include a travel day) during the season. Outside of the declared playing season, your participation in countable athletically related activities is limited to a maximum of 8 hours per week, limited to those

activities listed below. In addition, you must have two mandatory days off during this time. At the request of a student-athlete(s), a coach may provide individual skill instruction during 2 of those 8 hours. This “individual skill instruction” is voluntary and must be at your request.

Countable athletically related activities may not be conducted at any time (including vacation periods) following competition, except between contests, rounds or events during a multiday or multievent competition (e.g., double-headers in softball or baseball, rounds of golf in a multiday tournament).

Sports other than Baseball and Football. Participation by student-athletes in individual skill-related instruction in sports other than baseball and football is permitted outside the institution’s declared playing season, from the institution’s first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the institution’s final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes from the team may be involved in skill-related instruction with their coaches from September 15 through April 15. Prior to September 15 and after April 15, no more than four student-athletes from the same team may be involved in skill-related instruction with their coach(es) at any one time in any facility. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

Bowl Subdivision Football [FBS]. Activities between the institution’s last contest and January 1 are limited to required weight-training, conditioning and the review of game film. A student-athlete’s participation in such activities shall be limited to a maximum of eight hours per week, of which no more than two hours per week may be spent on the viewing of film. All activities beginning January 1 and outside the playing season shall be conducted pursuant to Bylaw 17.11.6.

Baseball. In baseball, participation by student-athletes in skill-related instruction is permitted outside the institution’s declared playing season, from the institution’s first day of classes of the academic year or September 15, whichever occurs earlier, to one week prior to the beginning of the final examination period at the conclusion of the academic year [see Bylaw 17.1.6.2-(a)]. More than four student-athletes may be involved in skill-related instruction with their coaches from September 15 to one week prior to the final examination period for the fall term and from January 15 through April 15. No more than four student-athletes may be involved in skill-related instruction with their coaches at any one time in any facility prior to September 15, from the opening day of classes of the institution’s second academic term to January 15 (for those institution’s that begin classes prior to January 15) and after April 15. Skill-related instruction shall not be publicized and shall not be conducted in view of a general public audience.

Individual skill instruction is permissible in all sports except football. Countable athletically related activities include:

- Practice and competition;
- Required weight training and conditioning;
- Participation in a Divisional physical fitness class or individual
- workouts;

- Divisional review of athletic practice, contest films videotapes;
- Required camp, clinic or workshop participation;
- Athletically related meetings;
- Required on-court/on-field activities; and
- . Required team-building activities.

These NCAA regulations will be further explained by your coach.

Practice

A practice is any meeting, activity or instruction involving sports-related information and having an athletic purpose which is held at the direction of, or supervised by, any member of the University's coaching staff. A team meeting to discuss only the drug-testing program, academic orientation, etc. would not be considered practice, and it would not count against your hour limitations.

Complimentary Admissions

Complimentary admissions to team competitions are distributed in accordance with NCAA rules and regulations, which allow each student-athlete a maximum of four complimentary admissions per event in his/her sport. NCAA regulations do not permit the distribution of "hard tickets". Admission is through a pass list. It is not permissible to receive anything of value in exchange for use of complimentary admissions.

Allocation of Complimentary Admissions

All eligible UCONN student-athletes whose events require paid admission receive four complimentary admissions per home event in their sport. Two complimentary away admissions are provided to eligible members on the official traveling roster for each event. The NCAA has eliminated the restrictions on who may receive the player complimentary admissions. However, UConn institutional policy prohibits UConn Faculty or Staff members from receiving complimentary admissions. Additionally, high school/AAU/club team/2-year college coaches must be placed on an institutional 'blue card' to receive complimentary admissions to home games. If you are interested in having an individual who fits into one of these categories attend a home game please contact your coach or the Compliance Office to initiate the 'blue card' admission process. Student-athletes may now designate any four individuals on their ticket request list. A letter will be distributed to all student-athletes and parents describing complimentary admission policies and procedures.

Additional Admissions

Complimentary admissions can be transferred to a fellow team member. If you are interested in transferring complimentary admissions, you must do so by using the online player-guest management system. Be aware that you become responsible for any team member's guest even if you transfer your complimentary tickets to them.

Procedure for Obtaining Complimentary Admissions

Complimentary admissions (maximum of four for all home events) may be submitted online through the player-guest management system. You will be issued login and password information prior

to the start of the season. Visit UConnHuskies.com and click on your sport on the left hand tool bar. Under "Team Links" click "Player Guest Management" and login to the system. Follow the instructions to proceed with signing up your complimentary admissions.

Information for Your Guests

Please inform your guests that they must present a valid photo I.D. to obtain admission. For all home events held on campus, the designated gate will open one and a half hours prior to the game and remain open until the beginning of the second half. The opening of designated gates for complimentary admissions for home events held off-campus are determined by the stadium management. Guests are admitted through a pass list.

For men's and women's basketball in Gampel Pavilion, guests should use the West Entrance and follow signs to Will-Call. For games at the XL Center, guests should enter through the main lobby and proceed to the complimentary admissions tables on the left-hand side. The football complimentary admissions windows are located at Gate C of Rentschler Field. Soccer guests should enter the gate nearest the scoreboard. Ice hockey guests should enter the main entrance of the ice arena and proceed to the complimentary admissions table. Please remind your guests that they are also the guests of the University and should conduct themselves in an appropriate manner.

RECRUITING PHILOSOPHY AND OFFICIAL VISIT POLICY

Recruiting Philosophy

Prospective student-athletes and their families should be afforded the opportunity to fairly and ethically assess their opportunities for academic and athletic success and integration into the University of Connecticut experience. The University of Connecticut personnel should be afforded the opportunity to fairly and reasonably evaluate a prospective student-athlete for admission and participation in the University's intercollegiate program.

The University of Connecticut is committed to operating the athletic program with the highest standards of behavior and practices in all areas, including recruiting. All University personnel and students involved in the recruiting of prospective student-athletes will conduct all recruiting activities in accordance with this commitment and in compliance with all applicable NCAA regulations.

In order to guide the staff, coaches, student hosts and visiting recruits, the University has established this policy to clearly state the University's expectations for recruiting visits, to provide a meaningful framework for a prospect and the University to make an informed decision about the prospects attendance at the institution and participation in the athletic program. This policy has been established as a procedure for staff and students to report concerns about recruiting practices, to state the University's intention to deal with any inappropriate recruiting activities swiftly, and to reinforce education and training in relevant areas to assist staff and students to adhere to these high standards. The University seeks to prevent recruiting abuses by these actions.

The recruiting process offers an avenue to extend athletic participation beyond high school, but a more important goal is that prospects selected to be student-athletes at this University contribute constructively to the academic mission of the institution and in turn, benefit by gaining knowledge and tools through education and athletics participation in preparation for their vocations and future contributions to society.

COACHES RESPONSIBILITIES

Screening of Recruits

- Head Coaches are responsible for evaluating a recruit's character and citizenship, and for recruiting individuals who will share the University's commitment to the highest standards of behavior and attitude;
- Head Coaches are expected to communicate to recruits and parents their expectations in terms of behavior and attitude prior to the official visit;
- If any coach receives information that a recruit has had any incidents in his/her background such as arrests, citations, or any other potentially embarrassing incidents or incidents that would indicate a lack of character, the coach is to make the Director of Athletics aware of those issues so that a joint decision can be made on whether or not to continue recruitment.

Activities During Official and Unofficial Visits

Coaches are held accountable for selecting responsible hosts who will follow the coaches' instructions and avoid inappropriate behaviors.

Coaches are responsible to instruct their assistant coaches and student hosts about what types of behavior and activities are appropriate and inappropriate. While good judgment is expected of student-athletes, and all possible activities cannot be listed, following are some examples of inappropriate and appropriate activities:

Inappropriate activities:

- Attendance at adult entertainment facilities;
- Excessive meals;
- Provision of alcohol to recruits;
- Provision of excessive transportation, such as limousines;
- Use of escort services, exotic dancers, or any other similar services;
- Participation in any unethical or illegal activity, that violates criminal law or NCAA rules such as provision of drugs or participation in gambling activities;
- Activities at any location that may cause a perception of impropriety.

Appropriate activities:

- Take the prospect out for a snack;
- Take the prospect to the movies;
- Take the prospect to an on campus athletic or student event;
- Take the prospect to a video games arcade or to play pool;
- Take the prospect to engage in recreational activities (e.g., swimming, bowling, etc.);

Coaches are responsible for asking the host what free time or social activities are planned for the recruit, and for asking after the visit what activities occurred.

Coaches are responsible for informing the host that providing alcohol to anyone is prohibited and will not be tolerated.

Coaches are not permitted to use student groups or students other than student-athletes on that particular team for planned activities with recruits without prior approval of the Director of Athletics or sport administrator. In all cases, such use will not be approved unless the group or individuals report to an office outside of Athletics and perform the same duties for all prospective students.

Coaches are encouraged to have all recruits (including parents, if present) meet with an academic advisor to discuss their academic goals and expectations. This may also include an interview with a faculty member in their academic area of interest and/or observing a class.

Travel, Meals, Lodging, Recruiting Aides, Prospect and Student Host Forms

- Recruits utilizing air transportation to visit campus will use coach class commercial airfare;
- For on campus transportation, only the following vehicles will be used: office vehicles normally used by the Division of Athletics, Admissions and the Visitor Center to transport prospective students during campus visits; personal vehicles of student-athletes; and personal vehicles of coaches;
- All recruits and their parents/guardians will be housed in standard lodging available to all guests at that particular hotel/inn, or in a University dormitory;
- All meals provided to recruits and their parents/guardians will be comparable to meals provided to student-athletes during the academic year;
- No personalized recruiting aides (such as personalized jerseys, personalized audio or video scoreboard presentations, etc.) may be used. Also, no game day simulations may be implemented;
- Student hosts are required to read and sign a Student Host Receipt Form prior to receiving host money;
- Use the student host money to entertain the prospect following the appropriate forms of entertainment as outlined in these policies;
- Following entertainment activities, return the prospect safely to their place of lodging within a reasonable hour or by the curfew, if established by the coach;
- Return any unused host monies to the head or assistant coach;
- Inform the head or assistant coach of the entertainment activities that occurred during the visit;
- The recruit is asked to read and sign a Prospect Receipt Form at the conclusion of the visit;
- The coach will complete and sign the Official Visit Recruiting Record and then submit to the Compliance Office within 5 days after the visit has ended.

Oversight, Monitoring and Enforcement

While the control of the Athletic program rests with the President and the Director of Athletics, others at the University have important roles to play in preventing and reporting recruiting abuses.

- The responsibilities of the head coach are clearly stated above;
- The Sport Administrators are responsible to monitor recruiting activities to be sure the coach is fulfilling his/her responsibilities as noted above;
- The Compliance Office will assure that the coaches have reviewed these policies and that the coaches have reviewed these policies with their teams;
- The Compliance Office will assure that the following documents are submitted after each official visit: signed Official Visit Recruiting Record (showing a complete itinerary including methods of transportation, documentation of individuals present at all meals), signed Student Host Receipt Form, signed Prospect Receipt Form;
- Staff, coaches and student-athletes will be informed that any concerns about the recruiting process should be reported to the Associate Director of Athletics for NCAA Rules Education and Compliance Services, who will in turn inform the Director of Athletics, so that appropriate action can be taken. In cases of potential NCAA infractions, institutional investigative and enforcement policies will be followed, including informing the Faculty Athletics Representative and Office of the Attorney General. If circumstances warrant further action, appropriate campus and/or law enforcement authorities will be informed. If as a result of investigations it is determined that a violation(s) occurred, swift and appropriate action will be taken along with a self-report of the violation(s) submitted to the Big East Conference and/or the NCAA. An annual report of all recruiting violations shall be filed with the Big East Conference;
- Staff, coaches or student-athletes found to be in violation of these policies would face disciplinary action, which may include termination of employment or cancellation of athletics aid.

Education

In order for these guidelines to be effective, they must be well understood and widely distributed.

- The Director of Athletics will reinforce these policies with the coaching staff periodically throughout the year;
- The Associate Director of Athletics for NCAA Rules Education and Compliance Services will arrange for annual recruiting policy review sessions for all coaches and for each team;
- The Compliance Office will review these expectations with student-athletes at the annual NCAA Squad Meeting prior to participation each year;
- As part of the Champs Life Skills program, the Athletic Department will continue to evaluate the educational programming provided. Educational sessions included in Champs Life Skills and/or Freshman Year Experience class programming may include: presentations by Campus Police regarding conduct on and off campus, presentations on sexual assault issues, programs seeking to eliminate the abuse of alcohol and drugs;
- This recruiting policy will be included in the annual NCAA rules review sessions for all coaches, in the Student-Athlete Handbook, and in the compliance section of the Athletics Department website.

Recruiting Policy Review Procedures

The development of these policies is contributable to the Compliance Office with assistance from the Attorney General's

Office, outside legal counsel (Bond, Schoeneck & King), Faculty Athletics Representative and Director of Athletics. These policies have been reviewed and approved by the University President, Legal Counsel, Faculty Athletics Representative, Director of Athletics and filed with the Big East Conference Office.

Finally, these policies will undergo an annual review by the Associate Director of Athletics for NCAA Rules Education and Compliance Services and once every four years by the President's Athletic Advisory Committee (PAAC) and outside legal counsel (Bond, Schoeneck & King) independent of the Division of Athletics.

Hosting a Prospective Student-Athlete

When a prospective student-athlete visits UConn, you may be asked to serve as his or her host. From your own recruitment experience, you know that the NCAA has strict rules and regulations that must be followed. Please keep in mind that you are responsible for the prospect while he or she is on his or her visit

If you are a student-athlete host, the recruiting coach may provide you with \$30 for each day you host the prospective student-athlete. This is to cover all "actual and necessary" expenses you incur in entertaining the prospect and his/her parents/legal guardians. If you entertain more than one student-athlete, you may receive an additional \$15 per day for each prospect. This money may not be used for souvenirs (e.g. hats, t-shirts, institutional logo items, etc.). Additionally, at the time you receive expense money from the recruiting coach, you will be asked to sign a form stating that you received expense money. At this time, your coach will review with you the NCAA rules for hosting a prospective student-athlete.

If complimentary admissions are to be part of the entertainment package, your coach will explain the procedure for obtaining admission for both you and the prospective student-athlete. You should accompany the prospective student-athlete to that event during the prospect's visit to campus. Admission to games will be through the entrance that normally handles complimentary admissions. You and the prospective student-athlete are required to show a photo I.D. to obtain the complimentary admissions.

As a host, treat prospective student-athletes with the friendliness which typifies our athletics program. Give each of them a taste of the distinctive environment which makes UConn unique.

Do your best to represent the athletics program and the University favorably. Be aware that your impression of the prospective student-athletes you host will be of interest to your coach.

STUDENT-ATHLETE FINANCIAL AID

An athletics grant-in-aid, as well as other forms of financial assistance, may be provided to help you with your University expenses. Unlike other students, you must make sure such assistance does not conflict with any athletics grant-in-aid you receive.

Grant-In-Aid Information

Varsity teams are provided with a specific number of grants-in-aid (scholarships) in accordance with budgetary restrictions and NCAA regulations. These grants are awarded by the University upon the recommendation of the head coach and the approval of the Director of Athletics. Grants-in-aid are not reimbursement for services performed, but rather are provided to help student-athletes with their educational expenses. An athletics grant-in-aid is restricted to educational expenses such as tuition, fees, room, board and required course-related books. Additionally, athletics aid for Intersession and Summer School is upon recommendation of the CPIA counselor and head coach, and must be approved by the Director of Athletics.

Once a grant-in-aid is awarded, the University is committed to fulfilling its financial obligation to you until your eligibility is exhausted. However, please remember that athletics grants are one-year, renewable awards.

Grants-in-aid may be canceled or reduced during the period of the award if you:

- Render yourself ineligible for athletic competition;
- Misrepresent information on your application, Letter of Intent or Financial Aid Agreement;
- Engage in serious misconduct that brings substantial disciplinary penalty;
- Voluntarily withdraw from your sport for personal reasons.

Grants-in-aid may not be renewed for the reasons stated above as well as if you demonstrate an inability to reach reasonable performance goals, exhibit problems of motivation or incompatibility with the coaching staff or teammates.

For information on additional financial assistance available to you, including Pell Grants, see the "Financial Aid" section in this Handbook. Regardless of your financial situation, you are encouraged to discuss any related questions you may have with Pat Babcock, Associate Director of Athletics/Senior Woman Administrator, 486-6054.

Any financial assistance in addition to your grant-in-aid must be approved by the Financial Aid Office and the Associate Director of Athletics/Senior Woman Administrator to ensure that the grant or loan sought is in accordance with NCAA and Conference regulations. It cannot be stressed often enough that all financial assistance including grants, loans and employment during academic terms must be reported to the Financial Aid Office and your coach. Student-athletes have the opportunity to document this information at eligibility meetings each year. Failure to report all such income could affect your athletics eligibility.

It is permissible for student-athletes to work during the academic year. If you would like to work during the academic year, you must see the Compliance Office to complete the NCAA required forms and receive permission from your coach, CPIA counselor and the Compliance Office. If you fail to notify the Compliance Office and complete the NCAA mandated forms, you could become ineligible for participation in intercollegiate athletics. Even if you would like to work, but don't have a job lined up, you should start the process.

Full Athletics Grant-in-Aid

A full athletics grant-in-aid by NCAA definition is financial aid that consists of tuition and fees, room and board, and required text books. It does not cover course-related supplies (e.g. art supplies for an art course, etc.).

Procedures for Picking Up Your Stipend

If you are receiving a stipend in lieu of room and board and you live off-campus, you must have a signed copy of your lease on file in the Director of Athletics' office before a check will be issued. Checks will be issued on the first day of class at the beginning of the semester. The check may be picked up at the Office of the Bursar in the Wilbur Cross Building with a valid I.D. card.

Please note that you do not receive a check unless you are continuously registered for 12 or more hours or you are in your final semester.

If you have any questions concerning your stipend, please contact Pat Babcock, Associate Director of Athletics/Senior Woman Administrator, 486-6054.

Renewal or Non-Renewal of Athletics Grant-in-Aid

Under normal circumstances, renewal of aid for subsequent years is customary; however, NCAA rules forbid any commitment or guarantee beyond one academic year. Further, you may receive an athletics grant-in-aid for no more than five years within a six-year period, beginning with your initial full-time enrollment at any four-year college or two-year college.

In the event of a career-ending injury or illness as a result of participation in the athletics program, the Division normally renews the award, provided that you agree to perform appropriate alternate tasks within the Division. NCAA rules forbid the guarantee of an automatic renewal.

Student-athletes should be aware that it is not the policy of the Division of Athletics to discontinue scholarships solely because of a physical or mental health condition, either temporary or permanent. Concern over the loss of a scholarship should never serve as a deterrent to seeking appropriate care for any health issue. Specifically, the Division of Athletics considers pregnancy a health matter and strongly recommends that its student-athletes seek out appropriate medical care and support from the Division of Athletics and University resources. A pregnant student-athlete is subject to the same considerations as any other injured or ill student-athlete, and should not carry the concern that her pregnancy could lead to a discontinuation of her scholarship.

The renewal of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 prior to the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year whether the grant has been renewed or not renewed for the upcoming academic year. Notification of renewals and non-renewals must come from the University Financial Aid Office.

If you believe the decision to reduce or cancel your aid is unfair or unjustified, you may request a hearing as provided by NCAA regulations. To make this request, contact the Director of Financial Aid, located in the Wilbur Cross Building, Room 102 within 2 weeks of the date of the non-renewal or reduction letter. A hearing will be scheduled with the Financial Aid Appeals Committee. The appeal process must be completed prior to the commencement of the academic year of the award.

Inability to reach reasonable athletics performance goals, problems of motivation, incompatibility with the coaching staff or teammates, etc., are considered legitimate reasons for non-renewal. If, during the school year, you feel there is a possibility your scholarship may not be renewed, you should talk with your coach. Should you disagree with his or her assessment of your standing, contact the Director of Athletics as soon as possible.

Non-Renewal of Athletics Grant-in-Aid

- The head coach will meet with the student-athlete at the first sign of non-compliance of team rules to clearly delineate the responsibilities of the student-athlete to correct the reasons given by the coach as substandard. The head coach will memo the program administrator of this occurrence:
- If the student-athlete does not correct the behavior, the head coach will notify the program administrator of intent to recommend a student-athlete for non-renewal of athletics grant-in-aid and present supporting documentation. It is the Division of Athletics policy and philosophy to continue grant-in-aid unless a severe case would warrant recommendation of non renewal. This can NOT be due to an athletics performance reason and must follow NCAA Bylaw 15.3.4;
- If approved, the head coach must have met face to face with the student-athlete to discuss the possibility of non-renewal of athletics grant-in-aid;
- If, after a period of time, the student-athlete has not corrected the problem(s) as pointed out by the head coach in the face to face meeting, a formal written recommendation is submitted to the program administrator;
- The Division of Athletics notifies the Director of Financial Aid of the recommendation for non-renewal of athletics grant-in-aid for the student-athlete;
- The student-athlete is notified of the non-renewal of athletics grant-in-aid, including the reason, by letter from the Director of Financial Aid and the opportunity for a hearing. The student-athlete must notify the financial aid office within 14 days of the date on the letter;
- If the student-athlete does request a hearing within the prescribed time frame, a hearing is set-up in a timely manner. This hearing is scheduled at the convenience of the members of the Financial Aid Appeals Committee and the student-athlete is then notified of the date, time and place.

Hearing Protocol

A hearing brings several people together in an effort to allow for the full consideration of a financial aid appeal. The hearing participants may include the student-athlete, the coach, witnesses, one or more support persons and members of the Financial Aid Appeal Committee. The Director of Student Financial Aid Services will serve as Chair and will select two other University officials to

serve on the committee. The Associate Director of Athletics/NCAA Rules Education and Compliance Services will be present and serve as an information resource to the committee. The Chair shall have the authority to discharge or remove any person whose presence is deemed unnecessary or obstructive to the proceedings. The number of witnesses coming to the hearing should be presented to the Chair of the hearing at least two days prior to the hearing.

An essential component of any hearing is the determination and the weighing of the facts that pertain to the non-renewal of athletics grant-in-aid. Therefore, it is vital that personal statements and other information be presented clearly. All participants are expected to be respectful of each other's purpose in the hearing process and to conduct themselves according to the direction of the Financial Aid Appeals Committee Chair.

The hearing will open with the Chair of the Financial Aid Appeals Committee explaining the appeal process, including the organization of the hearing, participant presentations, rebuttal (if needed) and time lines on notification of results to all parties. The person(s) requesting the appeal hearing will give the first presentation, followed by the person representing the Division of Athletics. The committee may ask questions of either party as appropriate. The hearing will conclude with the Chair apprising all parties of the remaining process and timelines for notification. Within 10 days, the Financial Aid Appeals Committee will reach a decision. Each party will be notified of the committee's decision in writing.

An essential component of any hearing is the determination and the weighing of the facts that pertain to the non-renewal of athletics grant-in-aid. Therefore, it is vital that personal statements and other information be presented clearly. All participants will be notified of the committee's decision in writing. The committee's decision is final.

NCAA Student-Athlete Opportunity Fund (SAOF)

The Student-Athlete Opportunity Fund is intended to provide direct benefits to student-athletes or their families as determined by conference offices. As a guiding principle, the fund shall be used to assist student-athletes in meeting financial needs that arise in conjunction with participation in intercollegiate athletics, enrollment in an academic curriculum or that recognize academic achievement. Accordingly, receipt of Student-Athlete Opportunity Fund monies shall not be included in determining the permissible amount of financial aid that a member institution may award to a student-athlete. Further, inasmuch as the fund is designed to provide direct benefits to student-athletes, the fund is not intended to be used to replace existing budget items.

All student-athletes, including international, are eligible to receive SAOF benefits, regardless of whether they are grant-in-aid recipients, have demonstrated need or have either exhausted eligibility or no longer participate due to medical reasons.

Short Term Emergency Loans

Short-term emergency loans are available for all student-athletes for emergency situations. Please contact Pat Babcock, Associate

Director of Athletics/Senior Woman Administrator at 486-6054 for further information.

Post Eligibility Aid

The University is extremely proud of the high graduation rates of its student-athletes. Because it is the goal of the Division to help all student-athletes conscientiously working toward a degree, the Division of Athletics will make every effort to financially assist you if you have not graduated by the time you have completed your eligibility. Such aid cannot exceed five years and must occur within a six-year period. Such assistance must be recommended by your head coach to the Director of Athletics. This is not an automatic benefit; but if, based on your record, it is felt continued aid should be given; every effort is made to provide such assistance.

Professional Athlete – Financial Aid

The University is permitted (under NCAA rules) to provide financial aid to a professional athlete who has completed his or her four seasons of competition, provided the student-athlete receives no more than five years of such aid within six years after initial enrollment in a collegiate institution.

Illegal Benefits

Illegal aid is a topic that should concern every student-athlete, as it constitutes a serious violation of NCAA rules. If you accept illegal aid you may lose your eligibility, your scholarship and your right to compete in intercollegiate athletics. All financial aid should be awarded by the University and all other sources of financial aid must be declared each year. Any other source of assistance (outside of your immediate family) may jeopardize your eligibility under NCAA rules. Please check with the Compliance Office if you are unsure of any aid source.

The problem is that most student-athletes think of illegal benefits in terms of accepting gifts or money. While certainly that is one form of an illegal extra benefit, you also cannot:

- Receive more than the allotted number of complimentary admissions;
- Sell complimentary admissions at any price;
- Receive outside financial aid without notifying the Director of Financial Aid and Associate Athletic Director/Senior Woman Administrator; or
- Receive material benefits that are not available to the general student body.

This means that you should not accept special discounts on purchases or services, or even accept special payment arrangements on any purchases. Be very careful of “free” or “special” benefits that someone wishes to give you. If you are in doubt about such benefits, check with your coach or the Compliance Office.

University Charges Not Covered By The Division of Athletics

There are always questions about what expenses are covered when a student-athlete is receiving a full athletics grant-in-aid.

Tuition and fees, room and board, required course related text books are covered.

Some of the types of charges that the Division is not allowed to pay per NCAA rules and regulations are as follows:

- Long-distance phone charges made from your dorm room (or anywhere else);
- Cost of treatment for non-athletically related injuries;
- “Consumable university charges”, which can be anything from lab fees for breakage to non-required field trips;
- Library fines;
- Fines for damage to University property, including your dorm room;
- Replacement of a lost residence hall key;
- Replacement costs for a lost student I.D.;
- School supplies, dictionaries, reference books, pens, notebooks, paper, art supplies, etc. (unless provided by the NCAA Student-Athlete Opportunity Fund);
- Parking stickers or fines;
- Vehicle registration fee; and/or
- Loss of issued athletic equipment.

ADDITIONAL FINANCIAL ASSISTANCE

Any financial assistance in addition to a partial or full athletics grant-in-aid (such as outside grants and loans) must be in accordance with appropriate Conference and NCAA rules and regulations, and must be reported annually. Therefore, if you are on an athletics grant-in-aid, it is important that you check with your coach and the Compliance Office before accepting additional aid. Your combined aid amount may not exceed the equivalent of a full scholarship (a notable exception is described under “Pell Grant” below), and additional financial assistance may count toward team scholarship limitations as established by the NCAA. If additional funds are needed, the Student Financial Aid Office, 486-2819, Room 102 Wilbur Cross Building, will help you investigate the possibility of student loans or federal grants, as well as assist you with the application process.

Again, if assistance is sought from the Student Financial Aid Office, be sure to make clear any funding you already receive as a student-athlete. Before any other form of aid is accepted, you should discuss it with your coach or the Compliance Office.

Listed is a brief explanation of several options for additional financial assistance. Additional information is available from the Student Financial Aid Office and the Associate Athletic Director/Senior Woman Administrator.

Pell Grants

You may qualify as a recipient of both an athletics grant-in-aid and federal funds in the form of a Pell Grant. This money is available to you not only to supplement the funds of a partial scholarship, but may also entitle those on full scholarships to additional funds. Presently, you are allowed to receive Pell Grant funds up to \$5,550 above a full grant-in-aid.

These Federal Government grants:

- Require no repayment;
- Are determined by family need through a separate

federal calculation; and

- Are for undergraduates only.

Supplemental Educational Opportunity Grants (SEOG)

- Require no repayment;
- Are based on determined need of the family and available funding; and
- Are for undergraduates only.

College Work Study (CWS) Program

- Provides job experience and additional income to help meet daily expenses of the student, other than the fee bill charges;
- Awards aid based on the financial need of the family and availability of University funds; and
- Is for both undergraduates and graduate students.

Perkins Loans

- Offers low interest rates;
- Are based on the determined need of the family and funds available;
- Promissory note must be signed by the student for both the fall and spring awards (must be repaid); and
- Feature deferred repayment—nine months after graduation for new borrowers and six months after graduation for previous loan recipients.

Stafford Loans

- Offer low interest rates;
- Limit loan amounts—depending upon semesters completed;
- Are available through banks, credit unions and other outside lending institutions participating in the Federal Student Loan Program. Applications available at lender's office or Student Financial Aid Office;
- Are based on determined need of the family;
- Applications must be submitted to UConn to verify enrollment, cost of education, grade level and eligibility;
- Promissory note must be signed by student for agreement to repay; and
- Offer six-month grace period from graduation before student begins repayment.

Plus Loans

- Are available to parents to assist in meeting educational costs.

SLS Loans

- Are available to independent students to defray educational costs;
- Offer variable interest rate;
- Applications are available at all participating banks and credit unions;
- Applications must be submitted to UConn to verify enrollment, cost of education, grade level and eligibility; and
- Final approval is based on credit history and ability to repay which is verified by the lender.

Family Educational Loan Program (FELP)

- Is available to Connecticut residents or out-of-state students attending Connecticut schools;
- Offers fixed interest rate. While student is in school, and up to 6 months after graduation, only interest is due. Repayment of principal AND interest begins after that time; and
- Applications are available at the Student Financial Aid Office.

Procedures for Applying

The free application for Federal Student Aid is available after January 1 and must be received by the Federal Processor on or before March 1 for returning students. Incoming freshmen and transfers do not have a deadline although early filing is encouraged as financial aid is available on a first come basis.

The Federal Processor calculates the financial ability of your family to pay for your education. This information is then forwarded to UConn and is used to determine your eligibility to receive aid and the amount you may be awarded.

Additional documents you will need to submit include the previous year's Federal Income Tax returns for both you and your family. Copies must be signed and include all schedules and attachments.

Remember, additional information is available from the Student Financial Aid Office.

Non-resident Alien Student-Athlete Withholding Obligations

Scholarships, fellowship grants, grants, prizes and awards made by domestic sources are generally treated as income and therefore portions are subject to federal withholding tax. The Office of Accounts Payable will be the clearinghouse and will inform the Office of the Bursar the amount of tax that will be added to the fee bill each semester.

Non-Taxable Portion of Scholarship

- Tuition and fees required for enrollment or attendance at an educational organization, and
- Fees, books, supplies and equipment required for courses of instruction at the educational organization.

Taxable Portion of Scholarship

- Room, board, or incidental expenses received under the scholarship.

The institution must withhold tax at 14% on amounts received that are not for tuition and related expenses. A prorated portion of allowable personal exemptions based on the projected number of days that the student will be in the country is allowed. The amount will be charged to the fee bill.

There are certain countries that have a tax treaty with the United States and therefore nonresident alien students from these countries are tax exempt. Israel, Russia, and Trinidad are three of the countries with a tax treaty so these students will have no tax obligation.

NCAA Student-Athlete Opportunity Fund

International student-athletes who qualify for the \$500.00 NCAA Student-Athlete Opportunity Fund will be taxed at 14% on the amount, the same as they were taxed for the room and board portion of the athletics grant-in-aid.

The Student-Athlete Opportunity Fund is disbursed \$250.00 each semester and the Office of the Bursar will withhold \$35.00 from

each check to cover the tax. The student-athletes will be responsible for turning in receipts in the amount of \$215.00 rather than the \$250.00.

All international students must apply for a social security card with the social security administration if they intend to work on campus or to qualify for a treaty benefit. Additional information is available in the office of the Associate Director of Athletics/Senior Woman Administrator.

STUDENT-ATHLETE EMPLOYMENT

A student-athlete on a full athletics grant-in-aid may hold a job (on or off campus) during the academic year. Prior to beginning employment, you must secure approval through the Compliance Office; a statement must be signed by your employer and placed on file in the Compliance Office.

Employment Tips

Please keep in mind that you are representing the Division of Athletics and the University, and, as such, are expected to conduct yourself in a conscientious and responsible manner.

Additionally, be considerate of the student-athletes who must follow in your footsteps. If you are an unreliable employee, your employer may prefer not to hire another student-athlete.

Employment contacts made on your behalf are made in compliance with Divisional and NCAA rules and regulations.

Compensation for employment during University vacation periods (winter break, spring break) does not affect a grant-in-aid and is permitted. If you intend to work only during vacation periods, you do not need approval from the Compliance Office.

Employment Rules

The following rules are applicable to any type of student-athlete employment:

- The work performed must be useful;
- The rate of pay is to be the normal rate of pay for the duties performed;
- The hours paid must be for hours actually worked;
- Payment in advance of hours worked is not permitted;
- Transportation to work may be provided only if transportation is available to all employees; and
- Payment must be in check form. No cash payments allowed.

Employment within the Division of Athletics

Various employment opportunities are available within the Division for eligible student-athletes (student-athletes not on scholarship or whose team is not at their NCAA limit). These openings are posted on bulletin boards in several places. Ask your coach or the Compliance Office for specific locations. Check with your coach to see if such employment is allowed.

If you wish to work in the Division, you must go to the Athletics Business Office, located in the Hugh S. Greer Field House, to fill out a payroll authorization form. Take your driver's license and

Social Security card with you. Department of Recreational Services employment is handled in a similar manner should you wish to work in that department. Go to the Department of Recreational Services Office, located in the Hugh S. Greer Field House, for authorization.

You may work a maximum of 25 hours per week. During vacation periods the maximum is 40 hours per week. Be sure to keep track of your total hours and income earned. At no time should you continue working if you have earned all of the allotted Work Study award. You may be switched to the Student Labor program by receiving consent from your supervisor and then filling out the necessary paperwork at the Athletic Business Office.

YOUR PHYSICAL WELFARE

Because your physical well-being is essential to your success, both as a student and as an athlete, the Division of Athletics feels a strong responsibility to help you reach and maintain your optimum health.

Medical Care

The University offers an extensive sports medicine program. The program's goals are to prevent injuries whenever possible and to offer a rehabilitation program when necessary. The Sports Medicine Staff has a personal interest in you and your well being. In order to best serve you, it is vital that you report all injuries and illnesses, whether athletically related or not, to the staff as soon as possible. This must be done in person at the Athletic Training Room.

Physical Examinations

The University requires all incoming freshmen and transfer students to undergo a physical evaluation and examination performed by the Sports Medicine and Athletic Performance Staff before participating in the intercollegiate sports program. In addition, all upperclassmen undergo a returning player exam. Additional interim exams may be necessary based on past medical history, as determined by the Sports Medicine Staff. A completed record of the physical must be on file in the Athletic Training Room.

Documentation of Previous Injury

All student-athletes are asked to complete the Athletic Trainer Health History form describing previous injuries and their past medical history. Previous injuries not fully disclosed or rehabilitated may disqualify you from participation until approval is received from the Director of Sports Medicine Services. If you are under the care of a physician not associated with the University of Connecticut, written permission must be received by the Sports Medicine Staff indicating when you may resume activity and if any limitations exist. However, the final determination regarding athletic participation rests with the Director of Sports Medicine Services.

Treatment of Athletically Related Injuries and Illnesses

You must report all injuries or illnesses (including those not athletically related) that might interfere with your ability to practice or participate in your sport to the Sports Medicine Staff or Director of Sports Medicine Services. If the injury occurred during practice or competition, you should see your team's athletic trainer as soon as possible. At that time, an evaluation is performed to determine the extent of your injury and your ability to practice or compete that day. If necessary, an outside medical referral is made at this time.

Routine Health Care

The Sports Medicine Staff is available for your routine health care if desired. Treatment is also available for student-athletes through the Student Health Service, 234 Glenbrook Road. For routine care Monday-Friday from 8:30 am – 4:00 pm call 486-2719. After 4:00 pm and on weekends, care is available for acute illness and injuries only. Additionally, a twenty-four hour Advice Nurse Service at 486-3427 is available to answer questions about your illness or health-related needs.

Referrals

Whenever the Director of Sports Medicine Services feels that you should be referred to a specialist, the Sports Medicine Staff will make the necessary arrangements. Should you take it upon yourself to see another physician or obtain a second opinion without a written referral from the Director of Sports Medicine Services, you are financially responsible for any fees incurred.

If you would like a referral for a second opinion, you may discuss the referral with your team physician. The physician providing the second opinion outside the UConn Sports Medicine system must provide the Sports Medicine Staff with written or verbal evaluation and restrictions before you may resume your athletic participation. A follow-up visit with your team physician may also be required before participation is allowed.

Your coach cannot refer you to a physician without approval from the Director of Sports Medicine Services. Specific appointments and referral information will be arranged by an athletic trainer. If you cannot provide your own transportation, the Sports Medicine Staff will make the necessary arrangements.

A consultation between your parents and the attending physician will be arranged upon your parents' request. All decisions regarding medical approval for participation in athletics, however, rests with the Director of Sports Medicine Services.

Emergency Treatment

If a life-threatening injury or emergency situation occurs while you are practicing or competing, your coach or athletic trainer will see that you are transported quickly to the nearest appropriate treatment facility.

For all other emergencies, dial 911.

Rehabilitation Care

Rehabilitation of injuries is provided by the Athletic Training Staff. In rare instances, the Director of Sports Medicine Services may refer an athlete to a physical therapist working in conjunction with the Sports Medicine Staff. Only athletes referred by the Director of Sports Medicine Services or team physician will have expenses for outside rehabilitation covered by Athletics.

The rehabilitation hours for each Athletic Training Room are posted on the door or are available through contact with the athletic trainer assigned to each team.

Preventive Taping, Wrapping or Bracing

Preventive measures such as taping, wrapping or bracing are prescribed at the discretion of your athletic trainer. You will be informed at the beginning of the season whether you need to follow these preventive measures, which methods to use and what procedures to follow. Adjustments may be made on your current medical condition as time progresses.

Athletic Training Rooms

There are four Athletic Training Rooms available for student-athletes at UConn. One Athletic Training Room is located in the Harry A. Gampel Pavilion on the ground level and one Athletic Training Room is located in the Hugh S. Greer Field House. In addition, the football Athletic Training Room is located in The Burton Family Football Complex and there is an Athletic Training Room at the Mark Edward Freitas Ice Forum.

The Athletic Training Room in Gampel Pavilion and The Burton Family Football Complex are generally open weekdays 7:00 a.m. to 10:00 a.m. and 12:00 p.m. to 6:00 p.m. while classes are in session. The Athletic Training Room in the Field House is generally open 1:00 p.m. to 6:00 p.m. while classes are in session. All Athletic Training Rooms are open as needed for sport practices and competitions. Additionally, each Athletic Training Room will have periodic changes in their respected scheduled hours in order to accommodate the varied sport schedules. These changes are either posted at the Athletic Training Room or communicated to each athletic team directly. Treatment sessions for ongoing injuries take place during the morning time period, while 12:00 p.m. to 6:00 p.m. is strictly for practice/game preparation.

Hours for the remaining facilities are arranged according to the availability of the Athletic Training staff and the needs of the student-athletes. Check with your athletic trainer or coach for these hours.

Athletic Training Room Rules

The following is a list of rules that must be adhered to if the Athletic Training Room is to be effective in its role of prevention, treatment and rehabilitation of athletic injuries. Student-Athletes are expected to abide by all established Athletic Training Room rules. Disciplinary action will be taken when violations occur.

- The Athletic Training Room operates on a first-come, first-serve basis. Come early if you want to avoid the rush. Remember, you are never late for practice because you were detained in the

Athletic Training Room, you simply didn't get to the Training Room early enough;

- Report all injuries immediately. New injuries or illnesses must be reported before 9:00 am the following day in order for the Athletic Trainers to report your prognosis to your coaching staff;
- You are responsible for getting your taping or treatments done in time for all meetings and practices. All athletes must sign in for each treatment;
- Post practice treatments will only be administered after an athlete takes a shower. You must use your own white towel for treatment;
- Injured players are expected to report to each practice session. There is no excuse for missing a meeting or practice unless it is an emergency. Injuries requiring missed practice time must be excused by the Director of Sports Medicine Services, Head Athletic Trainer or an Assistant Athletic Trainer;
- Do not leave a drill or the practice field without the permission of your coach or athletic trainer. The practice field is your classroom, a place for you to work and learn. The athletic trainer will notify your coach if you are out;
- If you want to do something for your injury, apply ice, then mild compression and elevate the injured area. Never apply heat to an acute injury unless instructed to do so by your athletic trainer;
- Continue all treatment until you are medically released. Do not stop treatments just because your injury feels better;
- Do not handle any of the treatment modalities. All treatments are administered by the Athletic Training Room Staff;
- You are to use the Athletic Training Room for treatment only. No team meetings or study halls are allowed. The Athletic Training Room is not a club. The only reason to be in the Athletic Training Room is if you have business with an athletic trainer;
- No interviews are permitted in the Athletic Training Room;
- Abusive behavior or language is not tolerated;
- The Athletic Training Room is the medical center of the Division of Athletics. Help keep this area clean and orderly. No food or drinks are allowed in the Athletic Training Room;
- The Athletic Training Rooms are co-ed. Please wear appropriate clothing;
- No football or multi-cleated shoes of any kind are to be worn in the Athletic Training Room;
- No supplies should be removed from the Athletic Training Room without an athletic trainer's permission;
- The Athletic Training Room phones and computers are for business use only. Please do not ask the athletic trainers for the use of the phone or computer;
- Student Athletic Trainers should be treated with the respect due to any regular staff member;
- Injuries not sustained during team functions are not the responsibility of the Division of Athletics;
- Cell phones and portable music devices may not be used in any Athletic Training Room without permission from your athletic trainer.

MEDICAL EXPENSES

You must report any athletically related illness or injury to your team's athletic trainer or the Director of Sports Medicine Services before the Division of Athletics can assist you with any associated medical expenses.

Coverage provided by the Division of Athletics must be in compliance with NCAA regulations. The Division of Athletics is not allowed to pay for non-athletically related injuries or an injury that is the result of practice or competition in a sport other than the sport in which you participate. Therefore, if you are injured in an intramural sports game or in your dorm room, Divisional coverage is not available.

Unless the Director of Sports Medicine Services recommends otherwise, the Athletic Training Room is to be utilized for all athletically related treatments. All related medical bills and prescription expenses must be approved for payment by the Director of Sports Medicine Services in accordance with Division of Athletics and NCAA regulations.

The Division of Athletics does not assume any financial responsibility for medical treatment obtained without a referral from the Director of Sports Medicine Services. If a second opinion is requested, it must be authorized by the Director of Sports Medicine Services if it is to be paid for by the Division of Athletics.

Dental Care

Each student-athlete is responsible for his or her own dental care unless the need for such care is the result of an athletically related injury. Dental injuries received during formal practice or competition are covered. If a mouthpiece was provided for your sport, it must have been worn at the time of the injury if the Division of Athletics is to accept financial responsibility.

All dental injuries should be reported to the Athletic Training Room Staff as soon as possible.

Corrective Lenses

Routine eye care is provided by an optometrist without charge to the student-athlete. Corrective lenses are not routinely furnished by the Division of Athletics. However, contact lenses or sports goggles may be provided if it is determined by the Director of Sports Medicine Services that they are necessary for intercollegiate athletics participation. The Division of Athletics will not be responsible for glasses or frames used for everyday activities.

INSURANCE COVERAGE

The Division of Athletics is responsible only for those injuries or illnesses occurring while you are participating in your sport. It is not responsible for any injuries sustained while participating in any other activities.

The Division has obtained secondary insurance to cover athletically related injuries. This policy requires that, if injured, you file a claim with your primary medical insurance carrier. Any expenses not covered will then be paid under the University's policy, subject to its limitations and conditions. All documents from the primary carrier which deny coverage (denial documents) must be forwarded by you or your parents as soon as possible to the Sports Medicine Staff.

Prior to the beginning of each new academic year, a cover letter, insurance questionnaire and a summary statement of the University's insurance coverage are sent to your parents. The

questionnaire requesting information regarding your own health insurance coverage, along with a copy of your insurance card must be on file in the Athletic Training Room prior to your athletics participation in order for you to be covered by the University.

Coverage is available for injuries that occur during participation in the student-athlete's intercollegiate sport or in supervised practice or training sessions for that sport. Any injury that occurs outside that setting is the financial responsibility of the student-athlete.

Filing a Claim

When you are referred to a physician or other "provider of service" (e.g. hospital, or other health care provider) outside the Sports Medicine Program and the Student Health Service for a condition which is covered by the University, you must take and use your primary insurance information.

Once the primary insurance company responds to the claim with either a denial or payment of the bill, you or your parents must forward the following to the Sports Medicine Staff:

- The itemized bill from each provider of service indicating services provided and the current balance;
- The insurance company's Explanation of the Benefit (EOB), which details the amount of their payment for the claim.

Upon receipt of these forms, the Sports Medicine Staff will promptly submit them along with a claim form to the secondary insurance company.

The potential involvement of two separate insurers can make the entire process of filing and tracking a claim from origination to completion a long, time-consuming process. The Division of Athletics will be more than happy to help in this process, but the student-athlete and their family must remain aware that it is their responsibility to initiate the claim with their primary insurer and to promptly forward records to the Division of Athletics. If a claim is denied by either the primary or secondary insurer because of delays by the student-athlete or their family, the Division of Athletics will not be responsible for the balance.

Post-Eligibility Insurance Coverage

The University realizes that certain injuries which are the result of intercollegiate athletics participation may require additional medical attention after a student-athlete has exhausted his or her eligibility. Therefore, secondary insurance coverage is provided for up to two years after the date of a student-athlete's injury. This coverage is dependent upon documentation of injury, reasonable adherence to medical advice during rehabilitation and no further evidence of post-competition re-injury. Each case will be individually reviewed for strict adherence to these guidelines.

SUBSTANCE ABUSE PROGRAM FOR STUDENT-ATHLETES

The abuse and misuse of drugs and alcohol is a major problem for all segments of contemporary American society. This problem is a complex one and solutions, if they exist, will be equally complex. In order to aid in the understanding of the problem and its potential solutions, the University of Connecticut has determined to develop a program of drug and alcohol education and testing

for its student-athletes. It should be understood that there are no specific drug problems which are specific to student-athletes. However, student-athletes occupy a special position in the University community: they must maintain a high degree of physical fitness and alertness to perform to the best of their capacity in their athletic endeavors; they must adhere rigorously to the highest standards of ethical behavior in their chosen sports; and they must be prepared to be viewed as role models by their peers. These and other demands placed upon the student-athlete by the University community make it essential that student-athletes exist in a drug-free environment and learn to use alcohol in a legal and responsible manner. With the twin goals of a drug-free environment and responsible management of alcohol use in mind, the University has developed the following program of education and identification.

Educational Programs

In programs conducted by members of the University medical staff and other University personnel, student-athletes will become acquainted with the hazards of the use of both the performance-enhancing drugs and the so-called "street" or "illicit" drugs, including alcohol. The purpose of these educational programs will be to familiarize the student-athletes with the scope of the problem, to acquaint them with the facilities and procedures available to them should they experience problems of drug and/or alcohol abuse, and to begin to provide them with the tools necessary to live a life free from the problems associated with either drug or alcohol abuse. All student-athletes shall attend these educational programs; such attendance will be a condition of their continuation as members of athletic teams at the University.

In addition to the educational programs for student-athletes, University staff will conduct a drug education program for coaches and other personnel of the Division of Athletics. This program will focus on identification of the signs of drug or alcohol dependency among the student-athlete population and on the procedures through which coaches and trainers may refer student-athletes to the appropriate medical personnel for evaluation and, if necessary, treatment.

The Purpose of Drug Testing

While the Division makes every effort to educate you concerning the dangers of drug abuse, drug testing is done to give you an additional reason to say "no," and to identify any student-athlete who is using a prohibited substance.

If you are found to be using a drug specified on the NCAA Banned Drug List, you will be counseled on the effects on you, and on fellow team members. You are also required to participate in drug assessment, education, counseling, and/or treatment programs as directed by the University.

Drug testing is done to ensure that you are medically competent to participate in intercollegiate athletics and to minimize your risk of being injured.

Drug Testing by the NCAA

As a UConn student-athlete, you are subject to drug testing by the Division of Athletics and by the NCAA. Under NCAA regulations,

any student-athlete involved in any round of an NCAA championship (individual or team) or in a certified postseason football bowl game may be tested prior to, during or after the event. In addition, all student-athletes may be tested by the NCAA on campus at any time during the academic year. The NCAA also conducts testing over the summer, either on campus or where the student-athlete is residing during summer months

If any of these tests confirm that you have used a banned drug, the NCAA will declare you ineligible for further participation in postseason and regular-season competition for one calendar year following your positive test and until you retest negative.

Drug Testing by the University of Connecticut

The University of Connecticut Drug Testing Program is included on pages 48-51 and describes the drug testing procedures, sanctions for substance abuse, appeal procedures and support services for substance abuse problems.

2009-10 BANNED DRUGS (NCAA BYLAW 31.2.3.4)

1. The NCAA bans the following classes of drugs:
 - a. Stimulants;
 - b. Anabolic Agents;
 - c. Alcohol and Beta Blockers (banned for rifle only);
 - d. Diuretics and Other Masking Agents;
 - e. Street Drugs;
 - f. Peptide Hormones and Analogues;
 - g. Anti-estrogens; and
 - h. Beta-2 Agonists.

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

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

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

3. NCAA Nutritional/Dietary Supplements Warning:

Before consuming any nutritional/dietary supplement product, review the product and its label with the Sports Medicine staff!

- (1) Dietary supplements are not well regulated and may cause a positive drug test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the Sports Medicine staff before using any substance.

Examples of NCAA Banned Substances in Each Class

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

Check with the Sports Medicine staff to review the label of any product, medication or supplement before you consume it!

1. Stimulants:
e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

2. Anabolic Agents:
e.g., boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

3. Alcohol and Beta Blockers:
e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Masking Agents:
e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs:
e.g., heroin; marijuana; tetrahydrocannabinol (THC); etc.

6. Peptide Hormones and Analogues:
e.g., human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens:
e.g., anastrozole; clomiphene; tamoxifen; formestane; etc.

8. Beta-2 Agonists.
e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

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

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

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

Additional information regarding non-therapeutic drugs and testing for championship events can be found in the NCAA's pamphlet,

“The NCAA’s Drug Testing Program,” or Bylaw 18.4.1.5 and Executive Regulation 31.2.3 in the 2009-2010 NCAA Manual.

STRENGTH AND CONDITIONING PROGRAM

Because your physical well-being is essential to your success both as a student and as an athlete, the Division takes responsibility for helping you reach and maintain your optimum physical condition. To achieve this goal, the Division of Athletics has established a comprehensive Strength and Conditioning Program to lessen the possibility of injury or re-injury. However, should an injury occur, the Division is committed to your complete rehabilitation as well.

It is important to remember that if you have been injured you must have clearance from the Director of Sports Medicine Services or an Athletic Trainer before working out. The Strength and Conditioning Staff provide the best program available while maintaining the highest safety standards.

The Division has four weight rooms available for use by the student-athletes. Two weight rooms are located in Gampel Pavilion and are furnished with weight resistance equipment and free weights (dumbbells and Olympic weights). Weight rooms are also located in Hugh S. Greer Field House and The Burton Family Football Complex (Mark R. Shenkman Training Facility).

All intercollegiate athletic teams have a strength and conditioning program designed specifically for the rigors of their individual sport. Each program addresses performance parameters on an individual, team-member basis. These programs are then carried out under the direction of one of the Strength and Conditioning staff members and integrated into the team strength and conditioning program. Individual and team assessments are carried out periodically during the year. If you wish to further personalize your strength and conditioning program, make an appointment with the Strength and Conditioning Coach that is appointed to your team. A schedule of facility use times will be distributed to your coach at the beginning of each month. Priority is given to teams in season, then to preseason teams, lastly to post-season teams. All scheduled times are exact and will not be altered to accommodate your arriving late.

Individual use of the Strength and Conditioning facilities may be arranged through and at the discretion of the Strength and Conditioning Coordinator. At no time will scheduling of individual time supersede team use of the facilities.

Weight Room Rules

The following weight room rules have been established for users:

- A student I.D. is required;
- Adhere to scheduled workout times;
- Spotters should be used for all near-maximum-effort lifting;
- Food or drink is not allowed in the facilities;
- Tobacco or spitting is not allowed;
- Shirt and shorts/sweats are mandatory. All attire must be deemed appropriate by the staff. Take care that no slogan or illustration on your shirt is offensive to other student-athletes;
- Athletic shoes are required. Flip-flops, sandals, muddy shoes and bare feet are not acceptable;
- All weights and dumbbells must be returned to their

- proper racks. Weights are not to be left on the floor;
- If you wish to use a weight belt, you must provide your own;
- Horseplay is not allowed;
- No audio systems of any sort are allowed inside the weight room (i.e. tape/CD players, radios, etc.);
- A member of the Strength and Conditioning Staff must always be present for workouts in the weight rooms.

In the event of a disciplinary problem, the Strength and Conditioning Staff has the authority to eject a student-athlete from the facilities.

Work Environment

The work that takes place in the weight rooms is serious in nature, but at the same time it is hoped that you will feel comfortable in this environment and enjoy your workout sessions. The majority of your time in the weight room should be spent working to improve your strength fitness. Loitering and annoying others is a waste of everyone’s valuable time.

All student-athletes who use the Strength and Conditioning facilities should do so productively. You should arrive at your scheduled time, obtain your workout program and go through the session with a positive attitude and a minimal waste of time if you are to obtain a quality workout. Approach your workout session as an opportunity to improve yourself so you can perform better at your sport.

Safety

Safety in the Strength and Conditioning facilities depends upon following weight facility rules. Always think cautiously when performing any exercise. The Weight Rooms were established so you would have the opportunity to become stronger and more injury resistant. They are not places where injuries should occur.

Spotters serve two basic purposes: (1) to motivate or encourage you to give it your all and (2) to supervise (assist in) your workout in order to make it safe for you. Always have someone spot you when performing exercises, such as the bench and incline presses and the squat. The spotter should be prepared to assist the lifter when the weight cannot be raised.

Be aware of other people around you when performing any exercise. If persons are in your way, there is always the possibility of dropping a weight on them or hitting them with a barbell. On machine exercises, make sure your spotter has his/her hand clear of the machine before you begin to exercise.

If an injury should occur, immediately contact the nearest Strength and Conditioning Staff member. An Athletic Trainer will then be called to evaluate the injury. If the injury is severe, the Student Health Service or Emergency Room will provide treatment. Remember, contact a Strength and Conditioning Staff member immediately if you or someone else gets hurt while working out.

RECOGNITION

Recognition for your outstanding athletic contributions may be in the form of public or media attention, professional recognition or in the form of various awards.

Your visibility as a successful student-athlete may also lead to requests from the news media for interviews or statements. As you are recognized for your achievements, remember that you are representing yourself, your team, the athletics program and the University.

Athletic Awards

In order to receive an athletic award, you must be of amateur standing, eligible for athletic participation as defined by the NCAA and you must have been representing UConn at the time of competition. Additionally, you must meet specific standards in order to be eligible to receive an award.

All award nominations for meritorious performances are recommended by your Head Coach and then approved by the Director of Athletics. Consideration is given to your athletic performance, sportsmanship and observance of rules, as well as other applicable criteria. All awards given comply with NCAA regulations regarding the type and number of awards allowed.

The Division of Athletics will provide annual participation (varsity letter) awards for all sports according to the following:

- 1st year letter jacket
- 2nd year watch
- 3rd year varsity blanket
- 4th year jersey and senior ring (must graduate to receive ring)

Award Limitations

The NCAA restricts awards that you may receive to items that can be personalized with the institution's insignia or letter, event specification or comparable identification. Permissible awards may include sweaters, jackets, blankets, watches, rings, plaques, etc. Gift certificates, appliances, television sets and other merchandise items that cannot be personalized are not permitted. You may not receive a cash award or an award that can be negotiated for cash. Additionally, the NCAA has strict limitations regarding the dollar value of awards you may accept, and who is permitted to offer an award.

As an underclassman (non-senior), the total value of a single letter award may not exceed \$175 for each sport in which you participate. You may receive multiple awards in a sport; however, the total value cannot exceed \$175.

As a senior, multiple awards may be given if the total value of all participation awards given in a sport during an academic year does not exceed \$350.

Additional awards are also permissible, such as Most Improved Player, etc. However, each additional award is limited to \$175. Please check with your Head Coach before accepting any award that recognizes your athletic accomplishments. Additionally, it is important that you do not jeopardize your amateur status by accepting any gift or benefit that is not available to other students at the University, even if the offer is termed an "award". All gifts (or awards) from the boosters and/or professional athletics associations are restricted by NCAA rules and regulations and accepting them may jeopardize your eligibility. If

you are in doubt, consult the Compliance Office or your Head Coach.

Divisional, Regular-Season Awards

Each Head Coach is permitted to recommend letter awards based on, but not limited to, the length of participation in varsity competition. At the end of each season, the Head Coach submits a roster of letter award nominees to the Director of Athletics.

Additionally, a coach may request granting an award to a student-athlete in a special situation, such as to an injured player who might not qualify under the stated guidelines.

Criteria for Lettering

The criterion for lettering in each varsity sport is established at the discretion of the Head Coach of that sport. You may receive an award without meeting the specific criteria upon the recommendation of your coach and the approval of the Director of Athletics.

Special Awards

Each year The UConn Club Awards are presented at The UConn Club Annual Awards Dinner. They are Outstanding Scholar-Athletes and Outstanding Senior Athletes.

Special awards may also be given in your sport at your sport's awards banquet. The number, criteria and types of special awards are determined by your Head Coach. All awards given are in compliance with NCAA limitations.

Postseason And Championship Awards

The Division at the recommendation of the Head Coach presents championship awards. Student-athletes may receive such awards in recognition of winning a national championship or similar type of competition. Multiple postseason awards must be within NCAA guidelines.

Awards for participation in special events (e.g. postseason football games, all-star games, featured individual competition, NCAA championships, etc.) may be presented when a team or an individual has represented the Division in such an event. Awards for these achievements are designed specifically for the championship team in accordance with NCAA regulations.

Scholar-Athlete Awards

The awards listed below are given to those student-athletes who have excelled both academically and athletically.

Athletic Director's Scholar-Athlete Award

All student-athletes who earn at least a 3.0 GPA in the prior semester will receive a certificate recognizing them as scholar-athletes.

Big East Academic Awards

These awards are available to all participants in Conference sports within the class restrictions indicated. Selection is based upon academic excellence and outstanding athletic performance.

All stipends must be used to pursue a degree on the graduate/professional school level within one year after the stipend is awarded.

Male Scholar-Athlete—\$2,000

Female Scholar-Athlete—\$2,000

Male Basketball Scholar-Athlete (priority given to seniors)—\$2,000

Female Basketball Scholar-Athlete (priority given to seniors)—\$2,000

Football Scholar-Athlete (priority given to seniors) —\$2,000

Big East Scholar-Athlete of the Year (1 male, 1 female)—

Additional—\$2,000

Academic All-Star Team

All-Academic Football Team

NCAA Post-Graduate Scholarship Award

The NCAA currently offers approximately 100 post-graduate scholarship awards. These are one-time awards worth \$7,500 per scholarship.

To be eligible to receive an NCAA Post-Graduate Scholarship, you must be nominated by the Director of Athletics, have a minimum GPA of 3.0 on a 4.0 scale and have obtained significant athletic achievement. Demonstrating campus and community leadership ability is also taken into consideration.

Presently, each NCAA member institution may nominate one student-athlete for men's basketball and one student-athlete for women's basketball. Two nominations may also be made in football and two additional scholarship nominations may be made in the "other sports" category. If you'd like more information on post-graduate scholarships, contact the Associate Director of Athletics/Senior Woman Administrator.

RECOGNITION EVENTS

There is often some confusion concerning the types of recognition that are allowable, as well as what travel expenses you may accept in connection with various types of recognition. Before traveling to any such event, check with your coach or the Compliance Office.

PROMOTIONAL OR CHARITABLE BENEFIT APPEARANCES

According to NCAA regulations, student-athletes may make promotional appearances under certain conditions. All requests for such appearances must be processed through the Athletic Marketing/Public Relations Intern located in the Athletic Marketing Office and pre-approved by the Compliance Office. As a prerequisite to approval, the student-athlete and an authorized representative of the organization requesting the appearance must sign a release statement ensuring that the student-athlete's name, image or appearance is used in a manner consistent with NCAA guidelines.

Please direct any such requests to your coach or directly to the Compliance Office, and make sure that written approval is on file before proceeding.

You may not miss classes due to participation in the activity, and you may only receive expense money. This means actual transportation costs or mileage, if you drive (provided that travel occurred within the state or within 100 miles of the campus), and a meal, if appropriate.

MEDIA RELATIONS

As a member of a UConn intercollegiate sports team, you should be aware that a great deal of attention is paid by the surrounding community to the University's athletics program. Part of the benefit of being associated with our University is the extensive media attention received by the Division. The public is very interested in the intercollegiate athletic activities at UConn, and it is from these interested alumni, fans and supporters that the University receives much of its support for our athletics program.

You have a responsibility to the University, your coaches and teammates to cooperate with the media whenever possible. To aid the Office of Athletic Communications with requests for information from the media, you are asked at the beginning of the year to complete a sports information questionnaire.

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

Dealing with the Media

Be aware that the image you create for yourself and your team affects the reputation of the entire University. With this in mind, you are urged to exercise care when making statements to the media.

The longer you are on a team, the more likely it becomes that you will develop a personal relationship with some of the media representatives regularly covering your team. While we encourage these relationships, remember that, regardless of what is said, a reporter's first obligation is to report the news. Don't say it if you don't want to see it in print.

If your team receives regular media attention, the Associate Director of Athletics/Communications or his designee will hold a briefing to give you media relations suggestions before the beginning of your playing season. At that time, you will be given a handout that will help you deal with the news media.

Interview Tips

- **Acknowledge that you're part of a team.** Every great running back needs a good offensive line, and easy baskets are usually the result of good defense.
- **Be human.** By being honest with everyone, media members and fans will see and learn of the "you" away from the game.

Many sports personalities have very interesting stories to tell away from the game competition.

- **Be sure you understand the reporter's question** before answering it. Ask for clarification-on if necessary.
- **Don't talk "off the record"**. If you can't make a statement to the media "on the record," it probably shouldn't be part of your conversation. Even "off the record" comments usually make their way into a story, since it may be left open to interpretation what is or is not "off the record."
- **Try not to be evasive**, if possible. Answering "no comment," will also raise suspicions. It is better to answer, "I am not familiar enough with that issue to give a fair answer," or "I'd rather not discuss the subject." You may always refer a question to your coach or to the Athletic Communications Office.
- **Organize your thoughts** before a scheduled interview. Often a comment that seems innocent verbally looks different when it appears in print. If the general tone of the interview is such that you are uncomfortable continuing, please notify the Athletic Communications Office, 486-3531.
- **Be on time** for pre-arranged interviews. Always return calls arranged by the Athletic Communications Office at the appropriate and designated time. If you should encounter problems with scheduled interviews or phone calls, notify the Athletic Communications Office, 486-3531, immediately.
- **Do not become overly sensitive** about a particular question or a particular story. With very few exceptions, reporters who cover our athletics program are fair and are not out to "get" somebody."
- **Do not criticize your teammates or your coaches** through the media. If you have concerns, share them with your teammates or your coach, not the public.
- **Don't blame officials** after a tough loss; you can't bring back the game, and you'll probably see the same officials at a later event.
- **Appearance is important**. If you look good for an interview, you'll probably sound good.
- **Be confident and courteous**, don't be arrogant.
- **You're always "on"**. It might be practice, it might be in the locker room, it might be on campus, it might be after a big game. Be aware that you're always "on stage."

Telephone Interviews

Never agree to a telephone interview unless arrangements have been coordinated through the Athletic Communications Office. This policy will help you avoid contact with unauthorized persons who may attempt to gain and use information for gambling or scouting purposes. The Athletic Communications Office will let you know when to expect authorized contact from media and other related individuals. If you receive an interview request, ask

the media representative to make arrangements through the Athletic Communications Office.

The Athletic Communications Office will not give out your phone number without your permission. You may wish to have an unlisted number so unauthorized persons, whether media members, gamblers or well-meaning fans, do not get it from Directory Assistance and disturb you.

Press Conferences

During the football season, weekly media luncheons are held every Tuesday. If you are a football player, you may be asked to be available during these conferences, provided your attendance does not conflict with your class schedule. If an individual player is being honored, every effort is made to have that player present.

Postseason press conferences are held as needed. For instance, when UConn hosts a Conference or NCAA championship, a press conference is held prior to the event. No other organized press conferences are held on a regular basis. Members of any team drawing media attention are, however, expected to be available to the media following their game or event.

Please note that the Locker Rooms and the Training Rooms are off-limits to the public. This includes media, friends and relatives.

ATHLETIC SUPPORT

The following organizations build enthusiasm for UConn's athletics program. Let them know you appreciate their efforts.

UConn Cheerleaders, Mascot and Band

As fellow student-athletes, the cheerleaders work hard to support UConn by generating enthusiasm at athletics events. Cheerleaders are volunteers who are selected for their skill, personality, academic performance and potential for contribution.

The UConn Husky is a symbol of the pride the University and community have in our athletics teams. The mascot's wholesome, fun-loving spirit makes him a hit with even the youngest fans.

Whether stirring the crowd with a rousing fight song or warming the hearts of students and alumni with the strains of the Alma Mater, UConn's band is an important part of each athletics event in which it participates.

Booster Organizations

Often, student-athletes think of booster clubs as just social organizations. However, the main goal of each and every one of them is to generate the financial support necessary to maintain a strong athletic scholarship program. The UConn Club and Friends Organizations form a caring network for the athletic program at the University. The NCAA defines individuals who have supported athletic programs as "representatives of athletic interest". Student-athletes should be aware that the NCAA has rules and regulations governing the activity of "reps."

Membership in The UConn Club and Friends groups is open to anyone—alumni, letter winners, friends, parents and fans.

Benefits to members include preferred seating at popular athletic events, privileged parking, etc. If you know anyone who might be interested in joining The UConn Club or one of the Friends Clubs, call the Athletic Development Office at 486-3863. Whenever you have a question regarding a booster's involvement with you or a prospective student-athlete who may be visiting campus, please ask your coach or the Compliance Office.

ATHLETIC FACILITIES

While attending the University of Connecticut as a student-athlete, you have the privilege of utilizing some of the finest athletic facilities available.

SPORT-SPECIFIC FACILITIES

Brundage Pool

This facility is located at the south end of Guyer Gymnasium on Hillside Road. It is 25 yards in length with six lanes.

The Burton Family Football Complex

This complex, which opened in the summer of 2006, is the on-campus home of UConn football. This complex houses coaches' offices, an academic resource center, team meeting rooms, a team locker room, a state-of-the-art sports medicine area, video facilities, a team dining hall, a student-athlete lounge and an equipment room. This, along with the Mark R. Shenkman Training Center, is the University's first project that meets standards for "green" buildings and is the first college or university athletic facility in the nation to earn such a designation.

Connecticut Softball Field

This field is the home of softball. It is located north of the J.O. Christian Baseball Field. Portable bleachers are installed in season to accommodate approximately 300 spectators. There are covered dugouts for both home and visiting teams. An electronic scoreboard was installed in 1990. The playing field is protected by perimeter fencing.

George J. Sherman Family-Sports Complex

An eight-lane track surrounding an artificial turf field located west of the Hugh S. Greer Field House opened in 1995. This recreation and intramural facility is the home of field hockey and the track and field programs. The seating capacity is approximately 2,000. The facility is lighted and equipped with an electronic scoreboard.

Harry A. Gampel Pavilion

This UConn athletic facility is the home of men's and women's basketball and volleyball. The Pavilion houses the Academic Department of Kinesiology, the Office of the Director of Athletics, and various other Division of Athletics offices. The seating capacity is 10,027.

Hugh S. Greer Field House

This building accommodates primarily intercollegiate athletics and recreation. The Hugh S. Greer Field House is the training center

for men's and women's track. In addition, many intercollegiate programs use the Field House as an indoor practice facility. Several administrative and coaches offices are also located in the facility.

J.O. Christian Field

This field is the home of UConn baseball. It has a seating capacity of approximately 1,000. It is located on Stadium Road, west of the Mark Edward Freitas Ice Forum. The field has home and visitor dugouts, is fenced and contains a state-of-the-art electronic scoreboard and enclosed press box.

Joseph J. Morrone Stadium

Located on Stadium Road north of the Mark Edward Freitas Ice Forum, this stadium is home of men's and women's soccer and women's lacrosse. The stadium is fenced, has natural turf, lights, an automatic irrigation system and a capacity of approximately 8,000. An enclosed 120-foot press box and electronic scoreboard with message capability complete the features of this facility.

Mark Edward Freitas Ice Forum

The Mark Edward Freitas Ice Forum opened in the fall of 1998. The forum holds approximately 2,000 spectators. The facility is the home of the varsity men's and women's ice hockey teams and is used for recreational purposes. The facility includes a skate maintenance and rental room and full concession stand.

The Mark R. Shenkman Training Center

The Mark R. Shenkman Training Center opened in the summer of 2006. It is an 85,000 square foot indoor training facility used by the football program, recreational services and other varsity sports. It features a 120 yard long state-of-the-art Field Turf playing surface, an 18,000 square foot strength and conditioning area and state-of-the-art video capabilities. The Training Center also achieved the standards of a "green" building and is the first college or university athletic facility in the nation to do so.

Rentschler Field

Rentschler Field is the 40,000-seat home of UConn football, as well as other sports and entertainment events in the state. The state-of-the-art facility is located in East Hartford and spans 8.5 acres of the 75-acre site contributed by United Technologies. The facility features a natural grass playing surface, stadium seating, fully enclosed club seats and 40 luxury suites.

Tennis Courts

The courts are located on N. Hillside Road. This facility is the home of the men's and women's tennis teams. The courts are fenced and outfitted with wind screens. They are also used for instructional and recreational tennis.

Wolff-Zackin Natatorium

Located adjacent to the Harry A. Gampel Pavilion, of the corner of Hillside and Stadium Roads, this facility was completed in 1990

and features a six-lane, 50-meter pool, which can be divided as desired by two mobile bulkheads. It is the home of the men's and women's swimming and diving teams. It has state-of-the-art timing systems, audio systems and a viewing capacity for approximately 500 spectators.

MULTI-SPORT FACILITIES

In addition to these sport-specific facilities, you'll need to know the locations and policies of the following multi-sport facilities.

Equipment Rooms Operating Procedures

There are four equipment rooms used by the Division of Athletics: one each in the Gampel Pavilion, the Hugh S. Greer Field House, the Mark Freitas Ice Forum and the Burton Family Football Complex.

Operating Hours are as follows:

Gampel Pavilion/ Hugh Greer S. Field House: Monday-Friday – During school year staffed from 8am-4pm and the window is open from 10am-4pm. During school breaks staffed from 9am-4pm and the window is open from 10am-4pm. Equipment rooms are also open as needed around practice/event schedules.

Freitas Ice Forum: Staffed as needed around practice/game schedule and as work dictates.

Burton Family Football Complex: Monday-Friday – Staffed from 8-5 and also as practice/lifting schedules dictate.

After you have passed your pre-participatory physical exam and have been determined eligible to practice, your name is placed on the team roster. Your coach will then inform you of the time and particular equipment room where you may pick up your equipment. At the equipment room, you will sign an equipment card as you receive your equipment. You will also be issued a locker and lock.

You are responsible for any and all equipment/apparel once provided by your equipment manager. Stolen or lost equipment/apparel should be immediately reported to the equipment manager for your sport. If equipment/apparel is lost or stolen then a replacement will be provided if there is sufficient inventory and a charge will be placed on the student-athletes fee bill. Practice items, warm-ups, uniforms and any additional equipment/apparel are to only be used during practice/training or events. Equipment/Apparel is not intended for personal, everyday use. Any exceptions to this policy must be approved by your head coach and equipment manager.

Items are laundered by the Equipment Room Staff on a daily basis. Laundry is either placed in the laundry cart in your locker room or dropped off in the laundry chute at your designated equipment room laundry drop off. You are responsible for getting your laundry in on time. Laundry schedules are based on set schedules determined by the equipment staff and individual team needs. You are never to put personal laundry in to be laundered. This would be considered an "extra benefit" by NCAA rules.

EQUIPMENT ROOM RULES

1. All your equipment is custom fit to your needs. Do not alter/modify any equipment and do not trade equipment with

another student-athlete. Do not share or use another student-athlete's apparel at anytime.

2. You are responsible for the equipment/apparel that is issued to you.
3. Lock all valuables, equipment/apparel in your locker. Never leave your locker unlocked for any period of time while you're away from your locker.
4. Failure to pay for or return items results in a "stop" on your grades, transcripts and registration.
5. Report all equipment/apparel problems to the equipment manager immediately.
6. Inspect your equipment daily. Never use damaged or altered equipment.
7. If your equipment/apparel becomes worn or damaged, please see your equipment manager to determine if a replacement item is needed.
8. If your equipment breaks during practice, notify your equipment manager immediately or as soon as possible after practice.
9. You are expected to work with the equipment room in an orderly and polite manner.
10. Your equipment manager will notify you when any equipment/apparel needs to be returned to the equipment room. Also, you will be notified when your lockers need to be cleaned out at the end of the year.
11. Return all uniforms/game items immediately to the designated location after contests to be laundered. Any items that are not returned your coach will be notified.

Note: Equipment room rules and policies may vary from sport to sport. If you have any questions concerning policies for your particular sport, please contact your equipment manager or your coach.

Locker Rooms

Men's and women's locker rooms are located in the Hugh S. Greer Field House, the Harry A. Gampel Pavilion and the Mark Edward Freitas Ice Forum. The football locker room is located in The Burton Family Football Complex.

Only student-athletes and necessary Division of Athletics staff members have access to the locker room areas.

Media personnel, friends or relatives are not allowed in the locker rooms. You are given an individual locker. All equipment issued to you must be kept locked in your locker. Locks are issued to you for the security of personal and University belongings. It is recommended that you leave personal valuables at home or securely locked in your locker. You are responsible for the cleanliness and security of your locker. All trash, tape, paper, etc. should be placed in the waste baskets located in the locker rooms.

Locker Room Rules

- Lockers are assigned and may not be changed unless approved by the Equipment Manager;
- Do not leave valuables in lockers. If valuables are brought to the locker room, keep them locked up at all times;
- Stay out of other people's lockers;
- Do not "borrow" or wear other people's equipment or clothing;
- Do not enter a locker room not housing your locker;

- Keep the area around your locker clean;
- Remember that the locker rooms are private;
- Do not wear muddy shoes into the locker room;
- Report any problems occurring in the locker room to the Equipment Manager/Head Coach.

Laundry Room

Arrangements for the cleaning and laundering of gear are made by the Equipment Manager for all sports. You are provided a clean set of workout gear for each practice, as well as clean uniforms for each game. You are responsible for delivering it to the designated laundry drop-off area after practice.

Please note that no personal laundry may be washed through the Equipment Room facilities. This is considered to be an “extra benefit” and would violate NCAA rules.

UConn Ticket Office

The UConn Ticket Office is located in the breezeway between the Harry A. Gampel Pavilion and the Hugh S. Greer Field House. Hours of operation are Monday through Friday, 9:00 am to 4:30 pm. Toll free phone number is 1-877-AT UCONN.

A CAREER IN PROFESSIONAL SPORTS

Agents

To compete in intercollegiate athletics as a student-athlete, it is essential that you know the NCAA rules related to professional sports. Any violation of these rules could have severe negative consequences for you and the University. For this reason, NCAA rules concerning agents and professional sports are explained during the compliance and eligibility meeting at the beginning of each sports season.

Your future plans may include a need to obtain an agent for representation with professional sports organizations or some form of career counseling to help you reality-test a professional sports career.

In addition, the University’s Professional Sports Counseling Panel (PSCP) is available to provide guidance to you regarding a professional career, to help you and your coach deal with sports agents, to assist you in realistically assessing your professional options, and to aid you in making informed decisions about moving from amateur to professional status. Overall, the PSCP is interested in helping you understand NCAA rules and regulations so that you uphold the Division of Athletics and NCAA standards. If you would like to meet with the panel, please call the Associate Director of Athletics/NCAA Rules Education and Compliance Services, 486-1211, or one of the members listed below.

University of Connecticut Professional Sports Counseling Panel

Name/Title	Campus Phone
Marielle vanGelder Associate Director of Athletics/ NCAA Rules Education and Compliance Services	860-486-1211

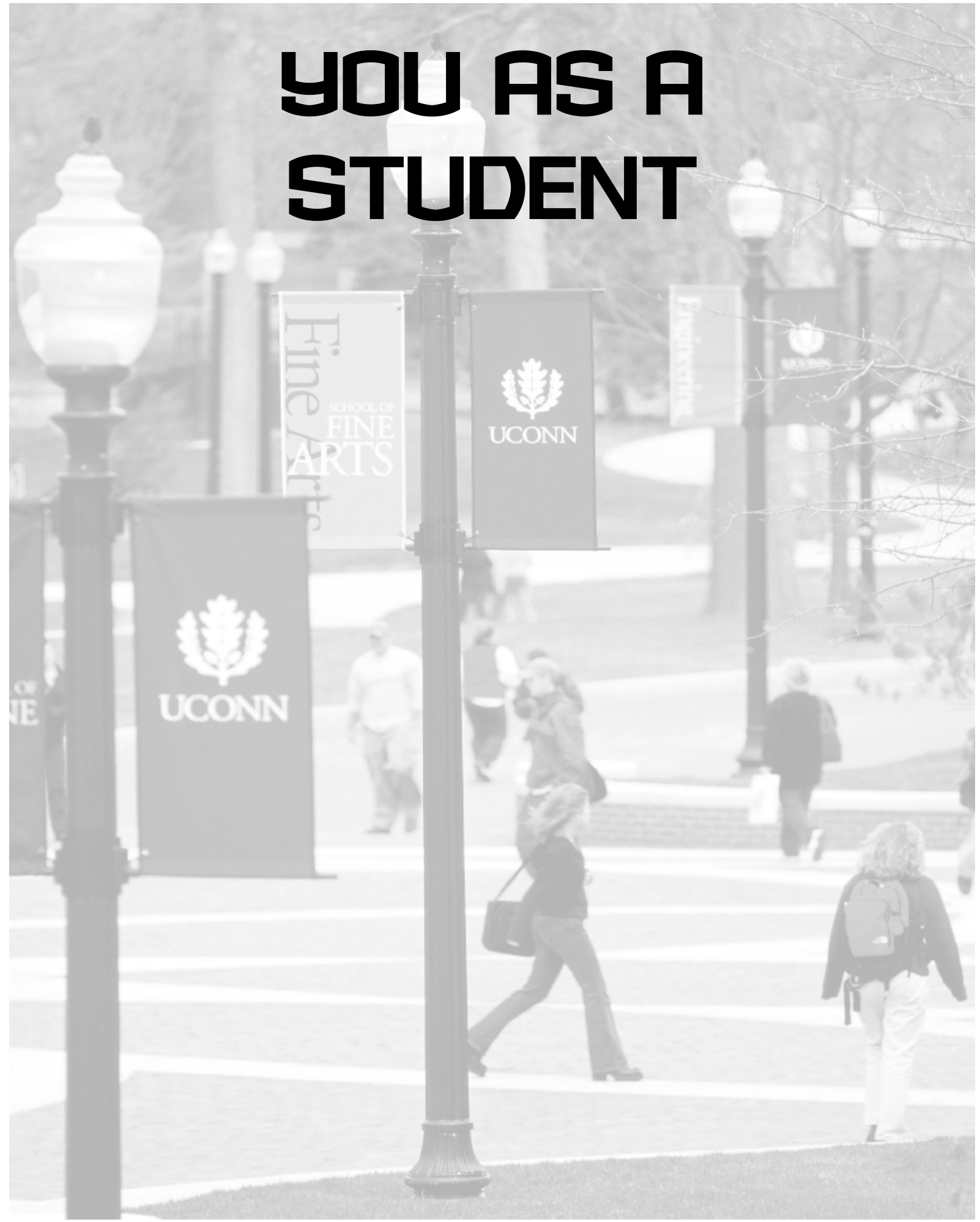
Scott W. Brown
Faculty Athletics Representative

860-486-0181

Also, the Athletic Compliance Office has a handout entitled “Testing the Waters” that reviews the NCAA rules with respect to amateur status, and sports agents. Please feel free to stop by and pick up this information. The NCAA has prepared a general guide for answering many questions related to agents—“A Career in Professional Athletics: A Guide for Making the Transition.” This can be obtained in the Compliance Office as well.

If you do not plan to pursue a career in professional sports, contact Career Services at 860-486-3013 for information on job opportunities, as well as mock interviews and job search strategies.

YOU AS A STUDENT



You As A Student

At UConn, you are first and foremost a student. You must comply with all the policies, rules and regulations applicable to all members of the University's student body. This part of the handbook has been developed to inform you of these obligations and to provide useful, general information about the University of Connecticut's campus environment.

ACADEMIC SERVICES FOR STUDENT-ATHLETES

The University of Connecticut and the Division of Athletics are committed to excellence in education. They are proud of their student-athlete graduation rate and wish to help you achieve success in future endeavors.

Counseling Program for Intercollegiate Athletes (CPIA)

As a student-athlete you have additional responsibilities and time constraints not imposed on the general student body. Because the University's Division of Athletics understands this, the Counseling Program for Intercollegiate Athletes (CPIA) was established to help you take advantage of the excellent educational opportunities offered at UConn.

At the beginning of the year, you and your teammates will attend an introductory meeting that will acquaint you with the program's services and introduce you to your team's CPIA Counselor. Any questions you have will be answered at this time.

Remember that CPIA is only one resource and was not established to keep you isolated from other University professional staff. You must also interact with college advisors, faculty and a vast array of University officers. Your CPIA Counselor, however, can serve as a liaison between you and other University officials, providing you with the necessary knowledge to help you gain academic and social independence.

CPIA's largest component is counseling. Your counselor is responsible for helping you decide on and coordinate your academic direction, monitor your academic progress, report your progress to coaches, refer you to appropriate resources when needed and be your advocate. The program also offers First Year Experience and Senior Year Experience classes to help with the transition to college and life after college.

The second largest component, although equally as important, is the tutorial program. Although the University provides tutorial assistance through Math, Q and W centers (see your CPIA Counselor for further information), CPIA provides course-related tutoring specifically for student-athletes, so that tutorial sessions, both individual and group, are coordinated around your class and practice times. Tutors are usually graduate students who have taught the courses, so the time you spend in these sessions is especially beneficial.

Even though you will be assigned to a particular counselor, you may ask the CPIA Director to reassign you for any reason whatsoever. Simply set up an appointment with the Director, and he will arrange for you to work with a different counselor. All information will be kept confidential.

The Director is responsible for the overall vision of the program and wishes to keep it focused on the student first. Since he works closely with the faculty and University administration as an advocate for all student-athletes, your ideas, suggestions, criticisms or comments about CPIA are encouraged and welcomed. Feel free to discuss your impressions with the Director at any time.

For answers to any questions you have concerning your academic standing or courses, contact your Academic Advisor or the CPIA Office, Hall Dorm, 2nd floor, 486-5515 or the Burton Family Complex for Football only.

Working with CPIA

If you are put on scholastic probation or if your semester performance indicates that you are in danger of probation, your CPIA Counselor may recommend that you receive intensive help. This help will consist of required weekly meetings with your CPIA Counselor, weekly tutorial workshops as well as individual tutorial sessions, and in some cases, evening monitored programs. The purpose of this intensive program is to provide you with the support you need so you may improve your chance of academic success.

Although CPIA's goal is to create an academic support environment, your coach will be asked to impose logical consequences if you do not fulfill your academic obligation. Your coach will receive a list of designated students along with their support schedules, and will be made aware of your participation, performance and attitude.

The small CPIA staff must direct its efforts toward those students who are willing to profit from its assistance, so if problems with your performance cannot be dealt with by a joint effort between CPIA and your coach, you will lose the privilege of academic support services. The Director of Athletics will be notified of the reasons.

UNIVERSITY ACADEMIC REQUIREMENTS AND PROCEDURES

Having met all the admission requirements for enrollment at the University, you are probably now interested in knowing exactly what it takes to remain in good standing. Each individual college determines and publishes the general education requirements for its degree programs. College requirements may exceed the minimum requirement established by the University.

Certain academic standards are required of all students wishing to continue at the University. Hopefully, you will never have to deal with the problem of academic dismissal; however, you should be aware of the academic requirements for continuation.

Moreover, the NCAA requires that you meet the satisfactory progress requirements of your University in order to remain eligible to participate in intercollegiate athletics.

Scholastic Probation

You will be placed on scholastic probation following your first semester at UConn if your semester GPA is less than 1.8, following your second semester if your semester GPA is less than 1.8, and

following your third semester if your GPA is less than 2.0. Anytime after your third semester, you will be placed on scholastic probation if your GPA for the preceding semester or your cumulative GPA falls below 2.0.

Warning letters will be sent to any student not meeting the academic requirements stated above. Please note that during probation you may continue to participate in intercollegiate athletics.

Scholastic Probation (Possible Dismissal)

If your academic performance for two consecutive semesters does not meet the minimum scholastic standards, you will be eligible for dismissal from the University. However, no student with at least a 2.3 semester GPA after completing all courses for which he/she is registered at the end of a semester will be subject to dismissal. Please note that coaches and administrators have the discretion of letting a student-athlete continue to practice when he/she is on probation.

The Dean of each College notifies dismissed students by mail as soon as possible after the end of an academic year, so that they can make alternate plans. Student-athletes should be aware that there is an appeal process that is available to any student who has been dismissed. The appeal must be filed with the Dean of the College immediately upon notification of dismissal. Student-athletes should seek assistance from their Academic Advisor and their CPIA Counselor prior to attending an appeal.

Change of Schedule (Add/Drop)

Courses may be added/dropped without penalty during the first two weeks of each semester. (Remember that you must be enrolled in at least 12 credits to be eligible to practice and compete in your sport).

For courses you drop during the third and fourth weeks of each semester, you will receive a "W" on your transcript. After the fourth week of the semester, you may drop courses only for extraordinary circumstances (poor performance alone is not acceptable cause), and the drop must be approved by the appropriate school or college. Be sure to see your CPIA Counselor for these procedures, or any time you experience problems that affect your academic performance.

An advisor-signed Schedule Revision Request Card and fee receipt, or validated ID card or fee deferral card, must be presented before attempting any course transaction. Note that if you merely stop attending classes without completing the drop procedure, you will receive an "F" in the course. For further information on the procedure, see the UConn Catalog or Directory of Classes.

Declaring a Major

You must file an approved tentative plan of study with your Academic Advisor as early as possible, but in no case later than at the start of your junior year. Remember that NCAA eligibility regulations require you to declare a major before your fifth semester (beginning of your third year). A declaration of major form, available in the CPIA office, is required for all student-athletes beginning with your 5th semester.

Changing Your Major

If, after declaring a major, you wish to change to a different major which is still within the same school/college, you must do so through the dean's office at that school/college. (Students in the College of Liberal Arts and Sciences need to contact only the departmental office offering the new major.) A declaration of major form, available in the CPIA office, is required for all student-athletes for every change of major.

However, if the new major is outside your present school/college, you must complete a School Change Petition and meet criteria established by the new school/college. This form is available in deans' offices and the office of the Registrar. The Dean of Students will notify students, in writing, concerning the outcome of their petitions.

Once you change schools, you may not re-enter under the requirements you originally met, but must qualify under current requirements at time of re-entry.

Please consult with your CPIA Counselor before changing your major as the change could potentially affect your athletic eligibility.

Backtracking

Be cautious about backtracking. This is the practice of taking lower-level courses after, or concurrently with, the advanced course for which they are explicitly or implicitly prerequisites. Some schools/colleges will not award grade points or credit in this situation. Be sure to check with your Academic Advisor or CPIA Counselor before backtracking.

Grading System

Most undergraduate courses have a letter-grade system for evaluating academic performance. Each letter grade is assigned a numerical value for the purpose of determining your grade point average (GPA). Listed below are the letter grades and the numerical value they represent:

A	4.0	B-	2.7	D+	1.3
A-	3.7	C+	2.3	D	1.0
B+	3.3	C	2.0	D-	0.7
B	3.0	C-	1.7	F	0.0
I,X,W	0.0				

You may be unfamiliar with some of these grades. For example, the grade "I" indicates that you satisfactorily completed the majority of the course work with a "D" or better average, but that you were unavoidably prevented from completing the remaining work. An "X" on your record indicates that you missed the final exam and when passing it with a high mark could have passed the course. A "W" on your record indicates you dropped that course. If you do not officially complete the withdrawal process, an "F" is your final grade. You should be aware that most undergraduate, graduate and professional schools do not approve an excessive number of "W" grades.

You may obtain credit for courses in which you have received an

"I" or "X" only by completing the work in a satisfactory manner before the end of the third week of the next registered semester. If this is not done, the grade becomes an "F". This may result in a change of status affecting your eligibility.

Grade Point Average Calculations

With all the talk about grade point average (GPA), you may wish to know how to calculate your own GPA. Using the numerical values from the grading system above, a sample calculation is presented below:

Course	Hours	Grade	Grade Points
Math	(3 hrs credit)	C=2	$3*2=6$
Science	(5 hrs credit)	D=1	$5*1=5$
English	(3 hrs credit)	A=4	$3*4=12$
Spanish	(5 hrs credit)	B=3	$5*3=15$
	16 hrs credits		38

If you passed 16 hours of courses, and earned 38 grade points, divide 38 by 16 to find your GPA—2.37. In this case, you would be considered to be making satisfactory progress.

Class Attendance

Regular attendance at class and laboratory sessions is expected for all courses in which you are enrolled. It cannot be emphasized enough that there is a direct correlation between classroom attendance and academic success. Accordingly, attend your classes regularly. If you are having problems with a class, your professor is much more likely to be willing to work with you if you have demonstrated an interest in the class by attending the class routinely.

Normally, team travel is counted as an excused absence; however, be aware of your professor's rules. If your professor has special attendance or make-up test rules, be sure that you are familiar with them.

In general, most faculty members are understanding, provided that students take the initiative to inform them prior to travel and as early as possible about anticipated absences. Students should tell professors at the beginning of each semester if and when they are going to miss classes due to athletic competition. This early information is especially important if students will be traveling on the date of a scheduled mid-term or final exam. Faculty members then have an opportunity to offer an early exam or make-up exam. In some cases, CPIA counselors can proctor exams "on the road".

If any of your instructors require documentation of team travel, you bear the responsibility of requesting a letter from your CPIA Counselor at least one week in advance.

Study Hall

Because the academic success of each student-athlete is important to the Division, many teams have an organized study hall in addition to a tutoring program.

CPIA study halls are scheduled at times and locations best suited to your team's needs. See your coach or CPIA Counselor for details.

Study halls are monitored at all times. Study hall is mandatory for some groups of student-athletes and certain individual student-athletes, based on agreements reached between coaches and CPIA counselors. Your coach will inform you if you are required to attend study hall.

There is also an Academic Enhancement Center in Hall Dorm for all student-athletes.

Study Hall Rules

- Come to study hall prepared to study. Bring the required books, papers, notebooks, etc.;
- Do not disturb other student-athletes who are trying to study;
- Food and/or drinks are not allowed;
- No radios and/or forms of electronic music players, etc.;
- Proper attire must be worn;
- No tobacco of any kind is allowed;
- Falsifying or helping others to falsify hours spent in study hall is prohibited.

Tutorial Program

Don't be embarrassed to ask for the help of a tutor. Almost everyone needs some help in a course during their University career.

The biggest mistake students make is waiting until they are in serious trouble in a course before they ask for help. If you use the tutorial service when you begin having trouble, you'll save a lot of time, frustration and wasted effort. Often your tutor can show you the best way to study for a particular course.

So, if you are having difficulty with a course, inform your CPIA Counselor as soon as possible and visit the tutorial program on the CPIA website. Even if you are doing well in a class and simply wish to improve your grade, you are welcome and encouraged to utilize the free tutorial program which is offered to all student-athletes. Take advantage of tutorial sessions to reinforce areas of study where additional help might be beneficial, before you find yourself falling behind.

Students may request tutors and familiarize themselves with the policies and procedures of the tutorial program through the CPIA website (www.cpia.uconn.edu).

Textbooks

As part of your athletics scholarship, the Division of Athletics may furnish you the textbooks specifically required for your academic courses. A list of student-athletes is submitted to the Co-op Bookstore prior to each semester, and books are issued accordingly. At the end of the semester, the books you used must be returned to the Co-op in order for you to receive books for the next semester.

If you wish to keep any of your books, you may buy them back at the buy-back cost. Any books you fail to return will be charged to you at the buy-back rate.

Only textbooks required for the courses in which you are presently enrolled are furnished. NCAA regulations do not allow the Division of Athletics to purchase any school supplies such as notebooks, writing materials, optional books, etc. Only required textbooks for courses in which you are officially registered may be paid for by the Division of Athletics. Additionally, the Division of Athletics may not purchase dictionaries, reference books, calendars, art supplies, etc. for you.

Summer School

You should make every effort to maintain satisfactory progress toward a degree. If despite your best efforts, you must attend summer school, consult with your coach and Academic Advisor as to the procedure to follow. It is a Departmental goal that all student-athletes graduate, so as much assistance as possible is provided.

Summer school funding is awarded (according to NCAA regulations) in proportion to the grant-in-aid you received the preceding academic year.

If you are paying your own expenses, the same procedures should be followed as for any other student on campus. Complete the registration at the Center for Continuing Studies located at the Bishop Center or online at <http://continuingstudies.uconn.edu>.

Attendance at Another University

Although the Division of Athletics will only pay for approved summer school attendance at UConn, you may wish to attend summer school, at your own expense, at a university other than UConn. In that case:

- Obtain a Transfer Credit Pre-Approval form from your CPIA Counselor prior to the last week of the spring semester;
- Make a copy of the summer catalogue cover and course description for the proposed summer course(s), then send it and the completed Transfer Credit Pre-Approval form to Transfer Admissions via your CPIA counselor; or you may take these materials in person to Transfer Admissions;
- Your evaluated form should be returned to your CPIA Counselor within 10 days. The UConn course equivalent or general departmental credit or other instructions regarding credit transfer will be noted by Transfer Admissions. Your CPIA Counselor will review your schedule, and, should your request be denied, help you make a new plan of study;
- If your plan is approved, you must then obtain the signature of your Academic Advisor on the approval form;
- Prior to completion of your summer course, arrange with the summer institution to have an official transcript of the grade(s) forwarded to Transfer Admissions (Unit-3088);
- You must notify Transfer Admissions in writing of any changes in your original request;
- Credit will be transferred only if you earn a grade of "C" or better in the course. If the grade does not transfer, taking a summer course off-campus will not improve your GPA;

- When you return to campus in the fall, obtain an unofficial transcript at Registration Services to determine whether or not your summer course transcript was processed and properly posted on your UConn transcript. If not, see your CPIA counselor.

ACADEMIC HONESTY

A fundamental principle of all educational institutions is academic honesty, and it is demanded of all UConn students. No form of cheating or plagiarism will be tolerated. Normally, it is considered cheating if you have unauthorized help on examinations or course work.

Plagiarism

Plagiarism is submitting a paper or project written by someone else or paraphrasing someone else's ideas, claiming the material as your own.

Scholastic integrity is strongly supported by the University and by the student body. If you have any doubts about resources that you have used and have not acknowledged, check with your professor or your CPIA Counselor before turning in the paper in question. Students have been accused of plagiarism simply because they truly did not understand that when paraphrasing someone else's work they still must acknowledge the source.

The following guidelines are to be followed by all UConn student-athletes:

- You cannot submit a paper or report for credit that is not your own work. You must do your own work;
- You may not submit work that has been copied, wholly or partially, from a book, article, essay, newspaper, another student's paper or notebook, or any other written or printed source;
- A paper that paraphrases any written or printed material without acknowledgement may not be submitted for credit. Ideas from books and essays may be incorporated in a student's work as starting points, governing issues, illustrations, and the like, but in each case the source must be cited. You must acknowledge the source of your material;
- You may incorporate in your paper or report ideas that have arisen from discussion or lectures when understanding and conviction have made them your own. You may not, however, seek out and restate the ideas of another simply to meet the assignment;
- You may correct and revise your writing with the aid of reference books, and also discuss individual details with other persons. You may not, however, turn over your work to another person for wholesale correction and revision. The Writing Center is an excellent resource for help with written work;
- You may submit papers typed by another person, provided the typist has not changed the wording, ideas, organization, or any significant aspect of the paper in any way. When your paper is typed by someone else, proofread it carefully before you submit it;
- No paper may be submitted for credit that has been or is being used to fulfill the requirements of another course, in whatever

department, unless permission to coordinate work has been granted by both professors.

If you are found guilty of plagiarism, your instructor will set the penalty. He/She will inform you in writing that unless a hearing is requested, the penalty will be imposed and a report submitted to the Dean of Students. You will then have one week to respond. The instructor will report your decision to the Dean of Students. If you confess your guilt, fail to respond or are found guilty, the instructor may recommend further action by the Office of Student Affairs. There will be further review by the Division of Athletics for any student-athlete found in violation of the Student Code of Conduct in this area.

When you cheat, you betray the trust of those who have confidence in you. Be assured that through your own efforts, with the help of your professors, tutors, and advisors, you can successfully complete all of your course work. Cheating shows a lack of self-confidence and self-respect.

For answers to your questions concerning what is or is not plagiarism, contact your professor or your CPIA Counselor.

ACADEMIC SKILLS

Some students are better prepared for academic success than others. Studying isn't just something you do in school; studying is part of the learning process, a skill you will use throughout your life.

If you are interested in acquiring effective study skills, start with positive thinking. Know yourself. Know when and where you function best. Know what time of day is best for studying. Recognize when you need a break.

An important tip is to make a schedule. A schedule can save you time and energy while helping you to remember important assignments. A schedule not only shows you what you need to get done, but how much time you have to accomplish the task. Unless you are organized and have a schedule, it is just too easy to get sidetracked.

The following information has been included to help you develop effective study habits and improve your chances of academic success.

RULES FOR ACADEMIC SUCCESS

Whether you have a strong academic background or a weak one, these general rules will help you do your academic best:

- **Attend class.** Tests are most often based on the material covered in class. If you are going to be away from campus for a game, alert your instructors ahead of time. Get your assignments in advance, if possible, and determine when the work is due. Let your instructor know when you are ill. Your class attendance may be one criteria used by your professor when assigning final grades.
- **Go to class prepared.** You should have all reading and written assignments completed on time. If you go to class unprepared, it is often difficult to understand the material

presented in class. Also, your instructor may tag you as a student with a poor attitude, which may influence your grade.

- **Know your instructor.** Introduce yourself to your instructor; this is especially important in large section classes. If you have any questions relative to your course, meet with your instructor. Your teacher is interested in your performance in the classroom and will generally be happy to discuss material related to your course.
- **Make a good impression.** Go to class on time. Entering class late causes a disruption. Do not read newspapers, listen to radios, wear headsets, etc. in class.
- **Use a computer for lengthy papers** (whenever possible). Not only will you get more done in less time, the added neatness will improve your grade. The University Information Technology Services Help Center is located in the Math Sciences Building, Room M037, 486-4357.
- **Don't let little problems become big problems.** If you feel yourself falling behind in class, contact the CPIA Office staff for help. Also, remember your instructors are there to teach. Don't be afraid to make an appointment and ask questions about material that you don't understand. Make sure someone knows you need help before you reach the point where you cannot possibly do well in the course.
- **Attend Study Hall.** Supervised Study Hall is provided in order to help you develop good study habits and learn the importance of time management. You should set aside at least 2 hours a day for studying and use your Study Hall time constructively.

Listening Skills

Listening is a developed skill. It requires that you make a conscious effort to pay attention. Listening, as it relates to college course lectures, requires hearing with a purpose and remembering what you have heard. In the classroom, it helps if you have familiarized yourself with the topic to be discussed.

In general there are four important components to good listening. They are:

- **Hearing** what someone else is saying;
- **Interpreting** and understanding what is being said;
- **Evaluating**, weighing the information and deciding how to use it; and
- **Responding**, based on what was heard, understood and evaluated.

Improving Your Listening Ability

- Resist distractions. Concentrate on what is being said;
- Be an opportunist. Find areas of common interest between you and the speaker. Ask yourself: "What's in this for me?" Stay alert. Don't daydream if a speaker's delivery is slow. If your thoughts run ahead of his/her words, use the time to evaluate, anticipate and review;
- Identify the speaker's purpose and adapt to it. Is the aim to inform, to persuade or to entertain?;
- Listen for central themes rather than for isolated facts;

- Plan to report the content of the message to someone within eight hours;
- Develop note-taking skills;
- As a listener, take primary responsibility for the success of two-way communication. Don't just depend upon the other person.

Effective Study Habits

Since University life is a new experience for entering freshman, they often encounter problems when trying to study effectively. You, as a student-athlete, have an additional challenge as you balance athletic and academic demands.

For upperclassmen that have established a study schedule that works well for them, there may be no need to make changes. However, even for them, getting course work done, especially during the competitive season, requires effective time management.

Below are some tips to help you effectively organize your time:

- **Time Management.** Plan out what must be accomplished in one semester. On a calendar, list the days you have quizzes, essays and special projects due. Also, list your game days, travel days, etc., when you will not be able to follow your usual study routine. Find the conflicts. Is there a week when tests and projects are due? Plan ahead and don't leave the studying until that week. Complete special projects in advance during light periods. It often helps to make a weekly schedule. List your classes, practices, meetings, study time, rest time, etc. Plan to study at approximately the same time of day, if possible. By having a schedule, you can easily see what time is available for studying and what assignments must be completed in the time available.
- **Planning Study Time.** Commit to a regular study time every day. Make this time part of your daily routine. If you have more than an hour of free time during the day, try to go to the library or a study room to work during these periods. Attend study hall and use the tutors when necessary.
- **How To Study.** Though it may not sound important, it is very helpful to study at the same time and in the same place every day. This place probably should not be your room. The library, dorm study rooms, study hall and empty classrooms are good places to study. Select a quiet, well-lit room. Take all the necessary books and materials with you. Short, unbroken study periods are better than long study periods with frequent interruptions. Know your assignment. What must be read? Is research required? When is the project due? In other words, know what you're trying to accomplish before you begin.
- **Organizing Notes.** Write your notes in a clearly labeled section of your notebook or keep separate notebooks for each class. Save all handouts with class notes. If you can't find your notes, you can't study them. If you miss a class because of a game or illness, find someone in each class from whom you can borrow notes. Keep your class materials up to date. Date all notes and handouts. Review, organize and summarize your notes each week. This is a good study technique, since you will absorb a lot of information just by going through this process.

- **"To Do" List.** Before you go to bed or when you first wake up, make a "to do" list for the day. You may be surprised at all you have to accomplish in one day. This exercise will also help you organize and prioritize your time so that important errands or appointments are not forgotten.

Avoiding Common Pitfalls

Everyone knows there's no such thing as a typical "jock" or student-athlete. Student-athletes as a group are like "engineers as a group" or "music majors as a group." Some student-athletes are good students, some are not; some do well in the classroom situation, some do not. Listed below are ways for student-athletes to avoid common pitfalls:

- Get to know your professor;
- Understand that more study time is required in college than was required in high school;
- Go to all your classes and be on time;
- Show up for class with necessary materials;
- Stay alert in class. Don't look bored or disinterested;
- Sit in front of the classroom;
- Turn in assignments on time;
- Complete all reading assignments;
- Ask for help before you fall too far behind;
- Try to complete assignments well ahead of time;
- Don't complain about the amount of work assigned;
- Get up early enough to get organized before class;
- Don't talk in class while the professor is talking;
- Tell the professor ahead of time when you will miss a class because of a road trip;
- Take notes in class;
- Don't tell a professor that you need a particular grade;
- Continue going to the class when you aren't doing well;
- Talk to the professor;
- Don't party during the week;
- Keep materials organized, consult your syllabus and write down assignments and test dates;
- Avoid sitting in class with a group of student athletes;
- Make up a schedule for studying;
- Don't start getting ready to leave the classroom before the class is over;
- Don't expect special treatment because you are a student-athlete;
- Don't let others think you are doing OK in class when you are really doing poorly;
- Do your own work.

Try to develop helpful habits. Habits, good or bad, are easily formed and difficult to break. Learn what's expected of you as a student and develop study habits which will help you achieve academic success.

What Professors Expect

As mentioned before in this section, common courtesy goes a long way. Call your instructors "professor" or "doctor" unless they have requested that you do otherwise. Show them you are making a serious commitment to their course. Make a point of finding out where their offices are located, what their office hours and their office phone numbers are. Do not call your instructors at home except in an emergency.

Although some instructors say class attendance is not mandatory, seldom do they really mean it. You are expected to attend classes regularly, especially since you will probably miss some classes as a result of away games. One way or another, attendance does affect your grades. In some courses, you may be given a failing grade for excessive absences, even if your course work is satisfactory.

Be on time. Few things make a worse impression on an instructor than being late for class. Complete your work on time. If, because of away games or for whatever reason, you need more time to complete a project or paper, ask for an extension in advance. It is usually much easier to get an extension if you ask for it before the paper is due rather than after you have already missed the deadline.

Check your syllabus before each class to make sure you have with you the required books and materials. Most instructors find unprepared students as annoying as late students.

Show an interest in the course. Participate in class. If you are uncomfortable asking questions during class, ask questions after class.

Concentrate in class. If you are finding it hard to concentrate, take more notes!

If you are going to miss a class, inform your instructor. Arrange to make up missed work and tests. Obtain class notes for the days you have missed. If your absence is a result of illness or injury, make certain you have official notification sent to your instructors.

Possibly the best advice is not to be afraid to get to know your professors or teaching assistants. Make an appointment to see them the moment you begin to feel lost or confused in class. It is very important that, if you are going to be late for your appointment or need to cancel an appointment, you call ahead of time and apologize.

Ask instructors for clarification in the areas where you are having trouble. Ask about test formats. Tests are much easier to study for if you know whether they will be multiple choice, essay, open or closed book, etc. Many instructors will tell you how to best study for their tests, if you just ask.

Most instructors are willing to help you in any way they can, provided you show a willingness to do your part.

DEALING EFFECTIVELY WITH EXAM-RELATED TENSION

- Get rid of the feeling that tests are designed to find out what you don't know. Good tests are designed to let you demonstrate your competence;
- Don't wait until the last minute to study;
- Do what you think is necessary to be prepared for the exam;
- Have your own watch during an exam;
- Take extra pens, pencils, batteries, etc. as applicable;
- Get a good night's sleep before the exam;
- Organize yourself so that you are not in a rush before the exam;

- Avoid talking to other students who are nervous about the exam;
- Once you have the exam in hand, take a couple of minutes to calm down and plan your strategy. Get comfortable;
- Don't miss a test in hopes that the make-up test might be easier.

Note-Taking

Many people feel there is a real art to note-taking. You are either good at it or you're not. In fact, anyone can be a good note-taker if they understand a few of the basic skills.

First, you don't have to write down everything that is said. Notes should just serve as a reminder of important points that were made. It is helpful if you review your notes while they are still fresh in your mind, rather than waiting until the night before a test.

Next, search for important ideas or concepts and try to outline or organize your notes to distinguish between major and minor points.

It is often helpful to tie your notes together with other material from the course. You may want to combine notes from class lectures with your notes from your assigned reading material. Sometimes this method highlights questions or gaps in your notes. It also may help you solidify the information you've collected.

It is okay to use your own brand of shorthand, provided you can understand it later. If you use many abbreviations and shorthand-type notations in your notes, it is especially important that you review and clarify notes while they are fresh in your mind.

The most difficult part of note taking is recognizing the core material. A good rule of thumb is, if the professor feels it's important enough to write on the board or to repeat, put it in your notes.

At first, note-taking may seem difficult; however, if you regularly take notes and use the notes you've taken, you will soon recognize the type of material that should be included.

Proofreading

There are general guidelines that should be followed when writing an essay or paper. Most of the common mistakes made can be corrected, if you proofread your work.

First, make sure the main idea of your paper is stated in a clear thesis statement in the first paragraph. Is your essay organized logically? A good way to check this is to find the topic sentence of each paragraph of your essay. List them on a separate piece of paper. What you should have now is an outline of your essay. Does each topic sentence refer back to the thesis? Are they in the most logical order?

A common error found in student papers is verb-tense inconsistency. Often it is easiest to use the present tense; however, whatever tense you choose, stick with it. For example, don't switch back and forth between "is" and "was".

As you read your paper, check for spelling and typing errors. On more formal papers, avoid contractions and use of slang and clichés. Look at your sentence structure. Are the sentences complete? Do you have several sentences spliced together with commas? Check your apostrophe use. This is a common error in many papers.

Depending on the type of paper you are writing, the terms “in my opinion” and “what I mean is” should be avoided. Use a fairly formal, objective tone, unless you are asked to do otherwise.

Next, check to see if your conclusion emphasizes, summarizes or highlights your paper.

If footnotes and a bibliography are required, are they consistent with the required format. Is your title appropriate for your paper? Is your title page complete?

Things like justified margins and consistent page lengths help the overall look of the paper.

The final check should be to read or show the essay to a tutor or your CPIA Counselor to see if the information presented is clear, understandable and grammatically correct.

Never turn in a paper that you have not re-read at least once. Many errors stem from carelessness and are easily found even with just a quick re-reading of the paper.

Student-Athlete Responsibility Check-List

- Attend all classes;
- Request tutors at the beginning of the semester in courses where you may need help;
- Meet regularly with tutors once they are assigned;
- Set up and follow a weekly and daily study schedule;
- Get help from professors and TA's when you do not do well on tests or do not understand the subject matter;
- Meet with your CPIA Counselor if you are not doing well in a course;
- Use the Writing Center if your written work can use improvement;
- Attend study hall nightly if you are required to or need this service to boost your amount of quality study time.

HOUSING

General Undergraduate Room Selection Process

How do I apply?

Housing applications/contracts will be available beginning in December. Returning students who are requesting to live on campus next year need to complete a Housing Application/Contract online at www.reslife.uconn.edu.

Housing Selection Process

Students eligible to live on campus during the 2010-2011 academic year will participate in an on-line housing selection process in March/April 2010. Detailed information about this process will be sent to all eligible students during the spring semester via HuskyMail.

What if I am displaced?

Students will be considered displaced if they are not able to return to their current rooms. Reasons why a student may be displaced include: freshman and/or transfer students admitted during the current academic year, the room a person currently occupies is reserved for a special interest housing group, the gender designation of the room will change for the next year, or the space is reserved for a student with a medical need for a particular type of assignment. Students who are displaced will need to select another room during the On-Line Campus Wide Housing Selection process.

Questions

- Attend an information session at the beginning of second semester. Dates, times and locations will be emailed out to students eligible to participate in Campus Wide Housing Selection in early February;
- Talk with a residential life staff member;
- Check out the web page at www.reslife.uconn.edu;
- Email the Housing Services Office at livingoncampus@uconn.edu.

On-Campus Living Questions and Answers

Most students find residence hall living convenient, economical and a favorable experience. Living on campus provides you with opportunities for establishing life-long friendships. Below are commonly asked questions and their answers regarding on-campus living.

Q. If I have questions about housing, when is the Department of Residential Life open?

A. The Central Office, located in Room 204 Wilbur Cross Building, is open from 8:00 am to 5:00 pm, Monday through Friday. The telephone number is 486-2926.

Q. Is there someone in my residence hall who can answer questions for me?

A. Yes. Resident Assistants! R.A.'s are students who serve as resource people, helpers and activity planners. They are also responsible for enforcing University policies and handling administrative duties for the halls.

Q. Is there a telephone in my room?

A. UITS, Telecommunications provides and supports voice services for most residential students at the Storrs Campus. This support consists of all issues relating to dial tone, incoming and outgoing calls and voicemail services. You must provide your own telephone. Any FCC registered telephone should function properly. However, a touch-tone set is recommended and is required for voice mail. You may access your preferred carrier through UITS Telecommunications Service. Please contact your preferred carrier for access information. UITS may be found on-line at <http://telecom.uconn.edu>.

Q. What if I lose my room key?

A. If you lose your room key, report it to your Complex Office. The cylinder of your door will be changed and new keys issued to you and your roommate. The cost of the lock change will be billed to you (via your fee bill), as the student who lost the key. Missing or stolen foyer or outside door keys will be replaced at the current charge. All keys must be returned when you vacate your room. If

you fail to return your room key, the lock will be changed and you will be billed.

Q. How are residence hall rooms equipped?

A. Student rooms shall be furnished with a bed, mattress, desk, chair and wardrobe/closet space.

Q. Who cleans my room?

A. The resident assumes responsibility for the daily care and cleaning of his/her room/apartment and its furnishings and for maintaining acceptable sanitation and safety conditions. Periodic cleanliness inspections may be made. He/she also agrees to use all public areas in a mature and responsible manner and to help in assuring safety and cleanliness.

Q. May I have a refrigerator in my room?

A. Refrigerators (120 volts, 2 amps) are permitted and must be UL approved, equipped with a three-prong rounded (grounded) plug, 36 inches in height or less and must be maintained in a safe and sanitary condition. It must be kept in open view and may not be placed in any enclosure or closet which could restrict ventilation.

Q. Are there any restrictions on TVs in my room?

A. Yes. Only portable TVs are allowed, and they may not exceed a maximum wattage of 150 volts.

Q. Am I allowed to have firearms, explosives or weapons in my room?

A. No, no and no. The possession of firearms, ammunition and any weapons including but not limited to knives, bows, guns, BB guns, paint ball guns, slingshots and launching devices is prohibited in University-owned housing. This also extends to any projectile objects, firecrackers, gunpowder and other explosive or potentially dangerous objects.

Q. Where do I get my mail?

A. Mail is delivered regularly to mail rooms located within your residence or at a nearby location. You may consult your residence hall staff for your assigned mail room location. Over the summer, mail is forwarded to your home address.

Q. What is my new zip code?

A. The correct address format is "your name, room #, building name, Storrs, CT 06269. The words UConn or University of Connecticut should not be used in the address format.

Q. Where do I wash my clothes?

A. Each residence hall has its own laundry facilities. There is also a coin-operated laundry within walking distance of the campus.

Q. Do I have to participate in fire drills?

A. Yes, you do. These drills are conducted for your protection and safety. Please be sure to keep all exits unobstructed.

Q. Are there quiet hours? What are they?

A. Residents are expected to be considerate of their neighbors during all hours of the day and courtesy hours are to be observed at all times. Residents must observe posted quiet hours both inside and outside of on-campus housing. Minimally, there are University-wide quiet hours from 10:00 pm to 7:00 am Sunday to

Thursday and from 12:00 am to 7:00 am Friday and Saturday. During all exam periods, 24-hour quiet hours will be in effect.

Q. May I have an overnight guest?

A. Residents are permitted to have overnight guests in University-owned housing. No resident student will be allowed more than two (2) overnight guests at one time. Any overnight guest requires the approval of the roommate(s). No guest may stay more than three (3) consecutive days without the permission of the roommate(s) and the Hall Director or Community Director. No individual may stay as a guest in University-owned housing for more than 15 days total in a given semester. Guests must be registered with the staff to obtain an overnight guest pass, which must be carried at all times when visiting. Residents must accompany his/her guests and guests must provide a valid photo I.D./guest pass to the staff upon request. Persons who have been removed from University-owned housing for any reason may not return as guests following their removal.

Q. May I have a pet?

A. The only pets allowed in residence halls are fish (one tank per room, no more than 10 gallons in capacity) and guide dogs.

Q. Am I responsible for arranging my own pre-season and break housing?

A. If your coach requires your presence during those times for practice or competition, your housing will be arranged by the Division of Athletics.

Q. What if I just want to come early or stay through the break?

A. Residence Halls will remain open during Thanksgiving Break and Spring Break.

Q. Are these all the residence hall rules and policies?

A. See your Student Handbook for more in-depth information under "Housing and Food Service Contract" and "Fire and Health Code." You should also review the "On-Campus Housing Contract 2010-2011" and the "Responsibilities of Community Life: The Student Code".

Q. Is there special housing for married students?

A. No, married students must live off-campus.

Living With a Roommate

This may be the first time you have ever had to share a room with someone. While you are trying to adjust to this experience, it might be good to remember that not only do you have a new roommate-you are a new roommate. It may make the adjustment a bit easier when you realize that you may be as difficult to get along with as he or she is.

It is not necessary that your roommate be your best friend. Some of the best roommates are those who have similar interests, and can be fair. As a general rule, to have a good roommate, you have to be a good roommate.

As with most relationships, the key is communication. Don't keep your feelings bottled up. Most problems connected with sharing a room have a solution if you discuss them honestly and tactfully with your roommate.

Off-Campus Living Questions and Answers

Below you will find frequently asked questions and their related answers to off-campus living.

Q. May I live off campus?

A. Generally, students are allowed to live off campus if they wish. However, student-athletes may live off campus only if their coach's policy permits it. Check with your coach.

Q. Where do I go to pick up my monthly stipend if I live off campus?

A. If your grant-in-aid includes room and/or board and you live off campus, you must pick up your stipend at the Disbursement Office in the Wilbur Cross Building after the first day of classes each semester.

Q. If I can't pick up my check, may I just send a friend?

A. No, you are the only one who can pick up your check. Report in person and be prepared to show your Student ID. You may claim your check at any time after the first day of classes.

Q. What should I consider if I want to move off campus?

A. The On-Campus Housing Contract is binding for the entire academic year or that portion of the academic year remaining at the time of occupancy. This Contract is effective upon application for on-campus housing. A resident who cancels his/her housing (for the following academic year) by May 31, will not be obligated to pay any part of their Fall semester room fee. There is a cancellation fee schedule for a resident who retains his/her status as a Storrs student but cancels his/her housing between the dates of June 1 and the first day of classes. Once the academic year begins, the Contract Release policy goes into effect. All requests to terminate the Contract must be submitted in writing by completing a "Request for Release from On-Campus Housing". Forms are available in Residential Life, Wilbur Cross room 204. A release will be granted only when it has been determined that circumstances are substantially different from the time the Contract went into effect.

Q. Is there anything else I should consider?

A. Yes, the hidden costs and inconvenience associated with living off campus. If you rent an apartment, you will probably have to sign a twelve-month lease. Unless you plan on remaining in Storrs for the summer, you will find yourself in the position of trying to sublet your apartment. That can be difficult since many other students will be trying to sublet their apartments as well. You should also be aware that few apartments include heat and electricity in the monthly rental fee. You will be liable for those expenses yourself, and they can be costly.

Finally, unless you rent an apartment within walking distance, you will need a car to travel to and from campus. (Can you afford car insurance, repairs, gas, etc.?) Also, one must not forget how difficult it is to find a parking space on campus. Often students find that the ultimate test in patience and perseverance.

Q. If I want to park my car on campus, what must I do?

A. Parking permits are required to park on campus. They are obtained at Parking Services, 3 North Hillside Road, 486-4930. The motor vehicle's registration certificate is required at the time of registration. A fee is required and its cost is not part of your

athletic scholarship. A resident student must have earned 54 credits in order to register a car on campus.

Q. Suppose I live off campus and want to move into a residence hall?

A. The application period for fall semester on-campus housing begins on December 3 and continues throughout the summer and fall semester. For spring semester housing, the application period begins in mid-October and continues throughout semester break and the spring semester. The Housing Application is available at www.reslife.uconn.edu. Students who live off-campus are only eligible to apply for housing through a waiting list and are not guaranteed a room.

Q. Since it costs so much to live off campus, do I receive additional money?

A. No, if you are a scholarship student-athlete and have been allowed to live off campus by your Head Coach, the money you receive must be in compliance with NCAA financial aid rules and regulations. After proof of registration, a stipend equivalent to the current room and board fee for a double room is given to you.

Q. If I am married, am I entitled to additional funds?

A. Married student-athletes living off campus receive the same amount for housing as any other student-athlete living off campus.

DINING SERVICES

All on-campus undergraduates are required to pay for a meal plan.

2010-2011

Ultimate- \$5,008

Unlimited access during operating hours to resident dining units, 35 flex passes, 500 points

Value- \$4,778

Unlimited access during operating hours to resident dining units, 40 flex passes, 200 points

Custom- \$4,534

Unlimited access during operating hours to resident dining units, 75 flex passes

Community Plan- \$230 (25 meals)

**Dining information can be found online at www.dining.uconn.edu

Dining Services Question and Answers

Q. Where do I eat?

A. You can eat in any residence hall. Dining Hall hours vary with service hours of 7:00 – 10:40 am (B), 10:40 – 2:15 pm (L), 4:15 – 7:15 pm (D). Your coach will acquaint you with eating arrangements should he or she schedule an early practice which occurs during breakfast hours.

If you live off campus and your grant-in-aid includes meals, you may use your stipend to purchase an on-campus meal plan, if you wish. This will entitle you to eat in any of the facilities. If,

however, your coach requires that you eat on campus, you must go to Dining Services to sign up for a meal plan.

Q. Can I change my meal plan?

A. Meal plans can be upgraded at anytime, but can only be downgraded during the first three weeks of the semester. All undergraduate students who live on-campus must purchase a meal plan.

Q. What do I do if I lose my I.D. Card?

A. Replacement cards are available for a fee in the Wilbur Cross Building Room 207 from 8:00 am to 5:00 pm, Monday through Friday. The phone number is 860-486-3129.

Q. May I go back for seconds?

A. Yes, meals are served on an "all-you-care-to-eat" basis. You cannot take food out of the dining halls, however some units offer "grab & go" meals.

Q. May I bring a guest?

A. Some University Meal Plans allot flex passes to each undergraduate student. These flex passes may be used to pay for a guest's meal. You may also at any time pay cash for a guest's meal.

Q. What if I miss a meal; can I get my money back?

A. Non-usage of a meal does not warrant a refund. You are only entitled to a refund if you withdraw from school or move out of the residence halls.

Q. What are the dining hall hours?

A. Hours for dining halls vary. The Department of Dining Services, 486-3128, can give you specific information.

Q. What if I am hungry when dining halls are not serving?

A. Various cash food operations are open on campus: Cafe Co-op, Chuck and Augie's, Off the Eaten Path, Union Street Concessions and Union Street Market. During certain hours, your meal plan points or flex passes may be used in these facilities (see question above).

UNIVERSITY FACILITIES AND SERVICES

The University has a variety of support services and resources available to help you meet your responsibilities and achieve your objectives.

Now that you have become a part of this University, you need to familiarize yourself with the facilities and services available to you. For additional information about these facilities and services, see your [Student Handbook](#) or [Catalog](#).

General Student Population

The department offers a wide range of educational, career and personal assistance to undergraduate and graduate students, i.e. individual counseling, workshops, small group sessions on study skills and tutoring assistance.

Student-Athletes

Counseling Program for Intercollegiate Athletes (CPIA), Hall Dorm, Room 215, 486-5515.

The department offers a support program to assist student-athletes in achieving their academic goals. Counselors meet regularly with student-athletes and also serve as liaison between a student's academic advisor, coach and academic support personnel. Tutors and study halls are provided, as required.

African-American Cultural Center (486-3433)

The center is located in the Student Union Building Room 407. Its programs and services are designed to provide the community with a positive exposure to the realities of Black culture and to stimulate inquiry.

Asian-American Cultural Center (486-0830)

The center is located in the Student Union Building Rooms 424-436. The center serves as an informational resource center regarding the Asian-American experience and to create an appreciation and understanding of the diverse Asian cultures represented within the community.

International Services & Programs (486-3855)

The center is located in the Student Union Building Room 307 and provides an array of services to the international community including programming and advisory services for international students, staff and faculty.

Puerto Rican/Latin American Cultural Center (486-1135)

The center is located at the Student Union Building Room 437. It provides a recreational and educational environment for Hispanic students and the University community.

Office of Diversity and Equity (486-2943)

The Office of Diversity and Equity (ODE) is the University's discrimination and discriminatory harassment (including sexual harassment) prevention office. Complaints of discrimination and discriminatory harassment can be filed at the office located in Wood Hall. For further information, go to www.ode.uconn.edu

Rainbow Center (486-5821)

The Center is located at the Student Union Building Room 403 and serves the diversity of the Gay, Lesbian, Bisexual, Transgender, Queer, Questioning and Allied Community and provides resources and services to the wider community of students, faculty, staff, and local residents.

Recreational Services (486-2837)

The Department of Recreational Services offers a well-rounded competitive and recreational services program. The fitness and weight rooms are state of the art offering over 120 pieces of cardiovascular equipment in addition to the two free weight and one selectorized equipment areas. Brundage Pool, a six lane, 25 yard pool, is available for lap swims during all open hours. We have five racquetball courts and a climbing facility. The Student Recreation Facility has ample play space for pick-up games of basketball, volleyball, table tennis and badminton. All areas are

on a first-come, first-serve basis but every attempt is made to accommodate our users. Intramural Sports allows you to compete against UConn students, faculty and staff in sports ranging from basketball to wiffleball. Each sport league and tournament is divided into three divisions: Men's, Women's and Co-Rec, and divided into three sub-divisions for competitiveness: open for the most competitive teams, "A" for less competitive teams, and "B" for just plain fun. Discover the numerous Outdoor Recreational trips offered through our HuskyXcursion Program. Trips are held on the weekends and activities are open to beginners, as well as the experienced adventurer. BodyWise offers aerobics, yoga, step classes, spinning classes, weight lifting, nutrition seminars, plus a whole lot more. Our Natural High program at UConn is designed to offer healthy alternatives to alcohol and other drug use by incorporating fitness and wellness into your life-style. P.A.W. (Personal Awareness Weeks) challenges you to reach your potential best by motivating you to maintain a healthy life-style. The lecture series offers informative sessions designed to educate you on topics such as nutrition, developing your own fitness or weight training program, and how to relieve stress.

The Outdoor Adventure rental center is located in the Student Union. For more information on our programs, contact us at 486-2837 or on-line at web.uconn.edu/recreation.

Registrar's Office (486-3331)

If you need an official transcript or need information about hours earned, this office can help you. The Registrar's Office is located in the Wilbur Cross Building, Room 104.

Student Union (486-3422)

The Student Union, located on Hillside Road across from the Field House, houses Student Union Operations, Department of Student Activities (Student Involvement Office, Programs Office, Business Office, and Community Outreach), Doug Bernstein Game Room, Center for Student Organizations, Student Union Board of Governors, Undergraduate Student Government, UCTV, WHUS, Student Union Art Gallery, the Cultural Centers, Student Union Theatre, Chuck & Augie's, Union Street Concession, Union Street Market, Blimpie, Panda Express, and Wendy's. The purpose of the Student Union is to act as the center of student activities/programming and to sponsor, integrate and expand the social, cultural, and recreational activities for the student body.

University Health Services (486-4700)

The Student Health Service, located in the Hilda M. Williams Building on Glenbrook Road, provides health care treatment for non-life threatening conditions. It is a fully accredited ambulatory health care facility. The student population is offered a wide range of services. This include MD and Nurse Practitioner appointments for primary care and women's health issues, laboratory, x-ray and pharmacy services as well as an inpatient unit for extended care. Because of certain limitations, some medical problems may be referred to the private sector for diagnosis and treatment.

Full service hours are Monday-Friday 8:30am-4:00pm. After 4:00pm and on the weekends services are limited but there is an Advice Nurse available 24 hours a day when classes are in session.

Services are available to all properly registered students. Please bring your student identification card as well as your insurance information so you can provide them at the time of service.

Student Mental Health Services (486-4705)

Offers individual, group and couples counseling/treatment.

University Library (486-2518)

The Homer Babbidge Library has the foremost public collection of research materials available in the state. It houses 2,411,000 volumes, which include books, microtext, periodicals, reference sources and maps. Hours are posted and information is available on a recorded Library Hours Line (486-4636). An annual guide, prepared by the library's Research and Information Services Department, identifies and describes the University of Connecticut campus and regional campus libraries, information centers, reading rooms and other research resources available to faculty and students. The guide is available at the Information Desk or Reference Desk.

Sexual Counseling (486-4837)

The Women's Health Clinic specializes in all aspects of female sexuality and health care. The Women's Clinic also sponsors 24-hour assault crisis intervention for sexual and physical abuse.

Women's Center (486-4738)

The center is located on the 4th floor of the Student Union Building Room 421 and is open from 8:30 am - 4:30 pm, Monday through Thursday, Friday 8 am - 5 pm and Sundays 4pm - 9pm. It provides programs, conferences, films, support groups, training, speakers, referrals and advocacy on a wide variety of issues that affect women on campus.

Career Services (486-3013)

The UConn Department of Career Services has resources to help you make plans for the future. You can: Meet with a professional career consultant; learn how to create a resume; practice interviewing; gain tips on job search strategies; discover careers you've never heard about; utilize the online job posting system found on the career web site, www.career.uconn.edu.

Career Services is located in the Center for Undergraduate Education building (CUE) 217. Office Hours are Monday through Friday, 8:00 am-5:00 pm.

GOOD THINGS TO KNOW

New students often have many questions about basic services. This section of the Handbook has been developed to answer some of the questions commonly asked by students new to the University.

Airlines

Bradley International Airport located in Windsor Locks (45 minutes from the campus) services all major airlines. For general information, please call 860-292-2000.

Airport Taxi

An airport shuttle service is available to pick you up and drop you off at Bradley International Airport. For additional information, please call 486-6902.

Automatic Tellers

Automatic teller machines are located in the Student Union and outside of the UConn Co-op. In addition, a full-service bank is located adjacent to the UConn Co-op.

Bikes

Many students find the most useful vehicle on campus is a bike. As a general rule, you should always chain your bike through the rear wheel with a heavy steel chain and lock. As an added precaution, write down your serial number and the make and model of your bike. Bicycle racks are placed strategically all over the campus, near residence halls and classroom buildings. Permits are not required.

Bookstore

The campus bookstore stocks all books and supplies needed for classes and is located in the UConn Co-op at the corner of Stadium Road and Hillside Road. The phone number is 486-3727.

Bus Service

The University offers free shuttle bus service on campus Monday through Thursday, from 6:30 am until 12:00 am; Friday, from 6:30 am until 10:00 pm; Saturday, from 11:00 am until 6:00 pm and Sunday 6:00 pm until 12:00 am when classes are in session. The phone number is 486-1448.

Emergency Telephone Numbers

Emergency phones are located strategically on campus.

The emergency phone number for the Fire Department, Police Department or Ambulance is 911;

Routine phone calls for the Fire Department, 486-4925;

Routine phone call for the Police Department, 486-4800. They are both located on North Eagleville Road.

Escort Service (486-4809)

The Public Safety Special Services Division provides escort service every night of the week upon request from students who desire escort to their vehicles, dormitories, apartment complexes, and the library. In addition, Safe Rides is also available for those who realize their driving judgment has been impaired by drinking and wish to be driven home. This service is available Thursday, Friday and Saturday nights.

Hair Styling

Anthony's Hair Salon is located in the Student Union above Union Street Market. The phone number is 860-427-7770.

Mail Services

Mail is delivered to residence halls by the US Postal Service Monday through Saturday. Campus mail is delivered Monday through Friday, by University Mail Services. Postal services are available at the UCONN Co-op, or at the Mansfield-Storrs Town Post Office located near the intersection of Rts 195 and 275 (South Eagleville Rd), within walking distance of campus.

Parking

Parking for students at the University of Connecticut Storrs Campus is based on the following:

Resident student (living on campus in student housing) must have completed 54 credits to qualify for purchasing a resident parking permit.

All commuter students (living off campus) qualify to purchase a commuter parking permit.

Parking permits are required to park on the Storrs Campus, Monday-Friday, 7:00 am-5:00 pm, unless otherwise stated by signage. After 5:00 pm on Friday, parking is allowed in any unreserved area. Additional parking information can be found at www.park.uconn.edu

Radio Stations

The campus radio station is WHUS, 91.7 FM (stereo).

Sororities and Fraternities

There are 13 sororities and 13 fraternities on campus. Contact the Office of Fraternity and Sorority Life at 486-4710 (Student Union Building Room 302) for more information.

Study Lounge

Study lounges are located in each dorm, the Library and the Student Union. These rooms are available on a first-come, first-serve basis.

Vending Machine Areas

Most building on campus, including classroom buildings and residence halls, contain vending machines of some kind.

UNIVERSITY DRUG TESTING PROGRAM

The University of Connecticut's program of drug testing for student-athletes is designed to enhance the overall health and well-being of student-athletes by determining, through random testing and testing based upon individualized reasonable suspicion, those individuals who are in need of assistance because of a possible reliance on addictive substances. If a student-athlete is identified, through the procedures described in the following section entitled "University Drug Testing Procedures", as a user of a specific drug or drugs, he or she will be referred to the appropriate medical personnel for evaluation, counseling, and treatment.

The drugs for which testing may be conducted include, but are not limited to:

1) **Street Drugs**, including *amphetamines, ecstasy (MDMA), barbiturates, benzodiazepines, cannabinoids (marijuana), cocaine, methaqualone, opiates, and phencyclidine (PCP)*;

2) **Anabolic Steroids**, including *oxymetholone, methandrostenolone, oxandrolone, ethylstrenol, stanozolol, and nandrolone* (among others);

3) **Nutritional Supplements**, including *androstenedione, androstenediol, norandrostenedione, norandrostenediol, DHEA, and ephedrine*. *Although these supplements can be purchased legally, they are banned by the NCAA and other athletic governing bodies.*

University Drug Testing Procedures

The University's drug-testing program is composed of three different testing regimens. The first of these is a random testing program. Under the random testing program, a random list of student-athletes' names will be generated on a regular basis. These student-athletes will be contacted by members of the Sports Medicine Staff and will be required to be present at the drug testing site at the prescribed time. A student-athlete is considered to be subject to random drug testing at any time of the calendar year if the following conditions are met:

- 1) They are currently on an official roster of one of the intercollegiate athletic teams.
- 2) They are either enrolled in classes at the University *or* they are participating in workout programs that are either supervised by University of Connecticut Division of Athletics staff members or involve the use of University of Connecticut facilities.

The second testing regimen is the University's reasonable suspicion drug testing program. Drug testing in this situation may occur when there is reasonable suspicion that a student-athlete is using or has used either street drugs or performance-enhancing drugs. "Reasonable suspicion" means the identification of specific and identifiable facts which, taken together with rational inferences from those facts, provides a particularized and objective basis for suspecting that a student-athlete is using or has used either street drugs or performance-enhancing drugs. Examples of circumstances giving rise to reasonable suspicion could include but are not limited to: 1) observed possession or use of substances appearing to be street drugs or performance-enhancing drugs; 2) arrest or conviction for a criminal offense in connection with the possession or use of street drugs or performance-enhancing drugs; or 3) perceived abnormal appearance, behavior or performance reasonably construed as being caused by the use of street drugs or performance-enhancing drugs. Abnormal appearance, behavior, or performance includes but is not limited to decrease in class attendance, significant GPA changes, decrease in athletic practice attendance, increased injury rate or illness, changes in physical appearance, decrease in academic/athletic motivation, changes in emotional condition, mood changes, and legal involvement.

The determination of reasonable suspicion will be made by the Director of Sports Medicine. (In the absence of the Director of Sports Medicine, the determination will be made by the designated Sports Medicine Physician.) The information giving rise to reasonable suspicion can come, directly or indirectly, from any credible source, including but not limited to coaches, trainers, the Director of Athletics, campus law enforcement officials, Division of Student Affairs employees, or other University officials or employees and may be conveyed directly to the Director of Sports Medicine or designee. If the Director of Sports Medicine, or designee as noted above, determines reasonable suspicion exists, the student-athlete will be tested for drugs. Any testing for drug use will be done as soon as practicable following the determination of reasonable suspicion. The student-athlete will be informed by the Director of Sports Medicine or designee as noted above, of the reasons for such testing prior to being tested. The Director of Sports Medicine, or designee as noted above, will also inform the Director of Athletics and the Head Coach of the student-athletes team that a reasonable suspicion determination has been made and a drug test ordered.

The third testing regimen involves the possible testing of student-athletes prior to their participation in an NCAA Championship event or bowl contest where drug testing will likely be performed by the NCAA. Positive test results from this testing will be handled in the same fashion as with all other tests.

The testing procedure for all three regimens will involve the collection of specimens of urine from the student-athlete. This collection procedure will be observed by Health Care personnel.

When collected specimens are referred to an outside laboratory, a proper and effective chain of custody of collection specimens will be observed. The specimens collected from a student-athlete will be split into two samples, labeled "A" and "B", at the time of collection. Both samples will be sealed in the student-athlete's presence. The samples will then be forwarded to the outside laboratory for analysis. (The specific laboratory will be determined by the Director of Sports Medicine.)

The testing laboratory will test specimen "A" from the student-athlete, using an immunoassay technique. If by immunoassay a student-athlete's urine specimen is found to contain any of the drugs mentioned above or other street drugs or performance-enhancing substances, the student-athlete has the option to request a secondary confirmation test performed by gas chromatography/mass spectroscopy. If this second test is positive, specimen "B" will be retained for possible later evaluation.

The Director of Sports Medicine (or the alternate Sports Medicine Physician as noted above) shall notify the Director of Athletics of the results any student athletes' confirmed positive drug test. The Director of Athletics in turn shall notify the Head Coach of the student-athlete's team. The Director of Athletics, at his discretion, may make a determination to notify others, as he deems appropriate.

Sanctions for Substance Abuse

Any athlete suspended or expelled from the University as the result of a Code of Conduct proceeding is ineligible to participate

in intercollegiate athletics during such suspension or expulsion. Any sanction(s) imposed under this Handbook, whether arising from the same facts or circumstances that gave rise to sanction(s) under the Code of Conduct or not, are wholly independent of such Code of Conduct sanction(s). Sanction(s) imposed under this Handbook may, however, overlap with any period of suspension or expulsion resulting from a Code of Conduct proceeding.

The primary purpose of the University's substance abuse program is educational rather than punitive and is designed to assist student-athletes in their desire to remain drug-free. However, in order for the program to serve as a deterrent to the continued use of either street drugs or performance-enhancing drugs, a system of sanctions must be developed for those student-athletes who test positively for the proscribed drugs and/or persist in the use of banned substances. These sanctions should not be viewed simply as retribution against the drug user but as means of aiding the user to free himself or herself from the harmful effects of drugs.

Appeal Procedures

Upon the first positive test, *or any subsequent positive test*, or a student-athlete indicating the presence of any of the listed street drugs or others in the student-athlete's system at the time of testing, the student-athlete will have a period of five (5) days in which to appeal the test result. This appeal consists of a request that specimen "B", collected at the time of testing and forwarded to the testing laboratory, be tested by the laboratory at the expense of the University. If this test is confirmed positive, the student-athlete must follow the procedures outlined below. If the second test is negative, no action will be taken by the University. It must be noted, however, that the occurrence of a negative test following an appeal does not eliminate the student-athlete from any further testing based upon either the random or the probable cause procedure described above. All student-athletes, irrespective of initial test results, may be subject to further selection for subsequent testing.

First Positive Test: Sanctions

Upon the first positive test of a student-athlete indicating the presence of any of the listed or other street drugs in the student-athlete's system at the time of testing, the Director of Sports Medicine will notify the Director of Athletics and the student-athlete's head coach. The Director of Sports Medicine will also notify the student-athlete of a positive test result. Unless there is an appeal, the student-athlete will be referred immediately to the appropriate personnel in Student Health Services for evaluation and for recommendation of specific treatment. The confidentiality of this initial evaluation and treatment process is critical and will be strictly maintained with the patient-physician confidential relationship preserved between the student-athlete and medical personnel. Student-athletes informed of a first positive test *must* report to Student Health Services for evaluation and treatment within an amount of time deemed to be reasonable by the Director of Sports Medicine. Refusal or failure to report will result in sanctions being placed upon the student-athlete equivalent to those levied for a second positive test result, as defined below. The student-athlete whose first test results were positive will be retested within a 2 to 8 week time period, with the timing of this follow-up test to be determined by medical personnel. If, at any time during this 2 to 8 week period, the student-athlete refuses evaluation or treatment by the appropriate medical personnel in

Student Health Services, sanctions equivalent to those for a second positive test will be levied. Any student-athlete who initially tests positive for the specified or other street drugs will be subject to testing not only within the 2 to 8 week period but also to a *maximum of two (2) additional tests during the academic year*. This provision for subsequent testing will apply even in the case of a negative follow-up test.

Second Positive Test: Sanctions

A student-athlete who tests positively for street drugs during the follow-up test described above or *who tests positively at any other time during his or her career at the University* will not be allowed to participate in practice or competition for a period of 30 to 60 days. At the end of this period, the student-athlete will be re-tested. If this test is negative, the individual may be reinstated for both practice and competition. Following a second positive test, the Director of Sports Medicine will notify the same personnel as for a first positive test. Additionally, in the event of a second positive test, the student-athlete will be required to undergo more intensive treatment with the appropriate medical personnel. Refusal of the student-athlete to participate in this more intensive treatment program will result in the levying of sanctions equivalent to those of a third or fourth positive test.

Third Positive Test: Sanctions

A student-athlete who tests positively for street drug use for the third time *during his or her career at the University* will be barred from practice and competition for the remainder of the academic year in which the third positive test result was obtained. Following a third positive test, the same procedures to be followed subsequent to a second positive test will be carried out and the student-athlete must again be seen by appropriate medical personnel for treatment. Refusal to participate in this procedure will result in sanctions equivalent to those applied for a fourth positive test.

Fourth Positive Test: Sanctions

Any student-athlete who tests positively for street drugs upon a fourth occasion *at any time during his or her career at the University* will lose his or her grant-in-aid and will be permanently barred from practice and competition in his or her sport or any other athletic event sponsored by the University (including intramural competition). Continued medical treatment for the drug-abuse problem will be offered to the former student-athlete during the time he or she remains as a student at the University of Connecticut. Prior to the application of these final sanctions following a fourth positive test for street drugs, the student-athlete shall have five (5) days within which to request a meeting with the Director of Athletics for the purpose of establishing reasons why this sanction should not be applied. At any such meeting, the student-athlete shall have the right to bring a representative.

Performance-Enhancing Drugs (including Anabolic and Androgenic Steroids)

Educational programs on performance-enhancing drugs, including steroids, will be conducted periodically during the year. Initial random testing or testing based upon probable cause or an individualized reasonable suspicion of the use of steroids will be conducted as early as August of 1998. Student-athletes testing positively for steroid or other performance-enhancing drugs at the time of these initial or any subsequent tests will be subject to the sanctions described below.

Appeal Procedures

The student-athlete shall have the same rights of appeal, following the same procedures, for first and subsequent positive tests for steroids and other performance-enhancing drugs as for the first and subsequent positive tests for street drugs.

First Positive Test: Sanctions

A student-athlete who tests positively for the presence of anabolic or other steroids, or other performance-enhancing drugs, shall be barred from competing in University-sponsored athletic events (including intramural competition) for the balance of the academic year in which the positive test results were obtained. Whether or not the student-athlete shall be allowed to practice with his or her athletic team will be left to the discretion of the coach and the Director of Athletics. In addition to being barred from competition in intercollegiate or intramural athletic events, the student-athlete will be required to participate in an education and counseling program with the appropriate medical personnel.

Second Positive Test: Sanctions

A second positive test for steroids or other performance-enhancing drugs *at any time during a student-athlete's career at the University* will result in sanctions equivalent to those applied for a fourth positive test for street drugs: *i.e.*, the student-athlete will lose his or her athletic grant-in-aid and will be permanently barred from competition in any University sponsored athletic event (including intramural competition).

Conclusion

All student-athletes should remember that the intent and purpose of this substance abuse program is not punitive. Rather, it is educational and preventative. It is designed to insure that all student-athletes will remain drug-free and will continue to enjoy the benefits of being student-athletes at the University of Connecticut. It is also intended to provide the assurance that student-athletes at the University will continue to enjoy the mental and physical health and well-being which is such an important aspect of participation in intercollegiate athletics.

Changes which are observable in drug abuse and/or addicted athletes:

Any one or more symptoms does not mean an athlete is a drug user; however, as an athlete exhibits more of the named symptoms, the probability of abuse/addiction increases.

Physiologic Symptoms

1. Impaired coordination
2. Weight loss
3. Impaired judgment
4. Excessive activity
5. Drowsiness
6. Slurred speech
7. Needle marks
8. Constricted pupils
9. Dilated pupils
10. Blurred vision
11. Headaches (frequent)
12. Frequent sore throats, runny nose

Psychological Symptoms

1. Loss of interest, motivation
2. Impaired judgment
3. Nervousness/mood swings
4. Restlessness
5. Anxiety
6. Intense short term highs followed by depression
7. Confusion
8. Abusive, violent behavior
9. Paranoia
10. Negative attitude

13. Increased blood pressure
14. Decreased heart rate
15. Increased heart rate
16. Jaundice
17. Acne (changes)
18. General puffiness of tissues
19. Balding
20. Voice Changes
21. Facial Hair (in women)
22. Frequent signs of Aggression (fights)

Social Symptoms

1. Neglect of appearance
2. Change in friends
3. Frequently missed appointments
4. Change of entertainment
5. Withdrawing from social

Support Services for Substance Abuse Problems

On-Campus Services

On campus counseling for drug and alcohol problems is available. If a student-athlete or colleague needs help, he or she should be referred to one or more of the on-campus services listed below:

Mental Health Services - 8:30 am to 4:30 pm M-F
Emergency service available. Call 486-4705

Department of Alcohol & Other Drug Services
Wilson Hall First Floor
626A Gilbert Road, Unit 1059
Storrs, CT 06269-1059
Phone: 860-486-9431
Fax: 860-486-9366
Aod.uconn.edu

Off-Campus Services

Natchaug Hospital in Mansfield, call 456-1311
Human Service of Rockville Hospital, call 872-0501
Crisis prevention: 24 hours a day

CONTACT DIRECTORY

<u>Category</u>	<u>Contact/Title</u>	<u>Phone</u>
Academic Counseling	Bruce Cohen/Director, Counseling Program for Intercollegiate Athletes (CPIA)	486-5515
Admissions	Brian Usher/Interim Director of Undergraduate Admissions	486-3137
Athletic Communications/Media	Mike Enright/Associate Director of Athletics/Communications	486-3531
Athletic Ticket Office	Kyle Kravchuk/Assistant Director of Athletics/Ticket Operations	486-2724
	Gerry Lajoie/Director of Ticket Operations	486-2724
	Melissa Wielandt/Director of Ticket Operations	486-2724
Athletic Marketing	Dave Evan/Assistant Director of Athletics/Marketing & Corporate Relations	486-0994
Baseball	Jim Penders/Head Coach	486-4089
Basketball	Jim Calhoun/Head Men's Coach	486-2720
	Geno Auriemma/Head Women's Coach	486-4756
Compliance/NCAA Rules	Marielle vanGelder/Associate Director of Athletics/NCAA Rules Education and Compliance Services	486-1211
	Erin Sales/Coordinator of Compliance and Financial Aid	486-2208
Cross Country	Greg Roy/Head Men's Coach	486-2365
	Bill Morgan/Head Women's Coach	486-4840
Development (Fundraising)	Jim Donohue/Assistant Director of Athletics/Executive Director of The UConn Club	486-3863
	Mike Morrison/Associate Director of Development	486-3863
Director of Athletics	Jeffrey A. Hathaway/Director of Athletics	486-2725
	Pat Babcock/Associate Director of Athletics/Senior Woman Administrator	486-6054
	Neal Eskin/Executive Associate Director of Athletics	486-2725
	Paul McCarthy/Senior Associate Director of Athletics/Administration	486-2725
	Dee Rowe/Special Advisor for Athletics	486-1186
	Cheryl Bertora/Administrative Specialist	486-2725
Drug & Alcohol Counseling	Dr. Jeff Anderson/Director of Sports Medicine Services	486-0404
Equipment	Dan Glinski/Director of Athletic Equipment Services	486-3112
Event Management	Evan Feinglass/Director of Event Management	486-1258
Facilities, Planning	Vaughn Williams/Associate Director of Athletics/Facilities Management & Planning	486-4712
Financial Aid	Jean Main/Director	486-2819
Food Services	Dennis Pierce/Director	486-3128
Field Hockey	Nancy Stevens/Head Coach	486-4142
Football	Randy Edsall/Head Coach	486-2718
Golf	Dave Pezzino/Head Coach	486-6058
Housing	Pam Schipani/Director	486-2926
Ice Hockey	Bruce Marshall/Head Men's Coach	486-3072
	Heather Linstad/Head Women's Coach	486-0612
Insurance	Terri Hallenbeck/Program Aide	486-0721
Internal Operations	Dino Mattessich/Senior Associate Director of Athletics/Internal Operations	486-1657
Lacrosse	Angela McMahon/Head Coach	486-0518
Medical Care	Dr. Jeff Anderson/Director of Sports Medicine; Dr. Tom Trojjan/Team Physician Services	486-0404
NCAA Faculty Athletics Representative	Dr. Scott Brown	486-0181
Rowing	Jennifer Sanford-Wendry/Head Coach	486-3848
Recreation and Intramurals	Patti Bostic/Executive Director/Recreational Services	486-0003
Soccer	Ray Reid/Head Men's Coach	486-4231
	Len Tsantiris/Head Women's Coach	486-2813
Softball	Karen Mullins/Head Coach	486-5020
Strength & Conditioning Programs	Jerry Martin/Strength and Conditioning Coordinator	486-0804
Student-Athlete Advisory Committee	Marielle vanGelder/Associate Director of Athletics/NCAA Rules Education and Compliance Services	486-1211
Student Services	Pat Babcock/Associate Director of Athletics/Senior Woman Administrator	486-6054
Swimming and Diving (M & W)	Bob Goldberg/Head Coach	486-5618
	John Bransfield/Diving Coach	486-1403
Tennis (Men's and Women's)	Glenn Marshall/Director of Tennis	486-0766
Track & Field	Greg Roy/Head Men's Coach	486-2365
	Bill Morgan/Head Women's Coach	486-4840
Training Room Operations	Bob Howard/Head Athletic Trainer	486-3634
Tutorial Programs	Bruce Cohen/Director, CPIA & Alana Linick, Academic Counselor	486-5515
Volleyball	Holly Strauss/Head Coach	486-4486

University of Connecticut Division of Athletics Mission Statement

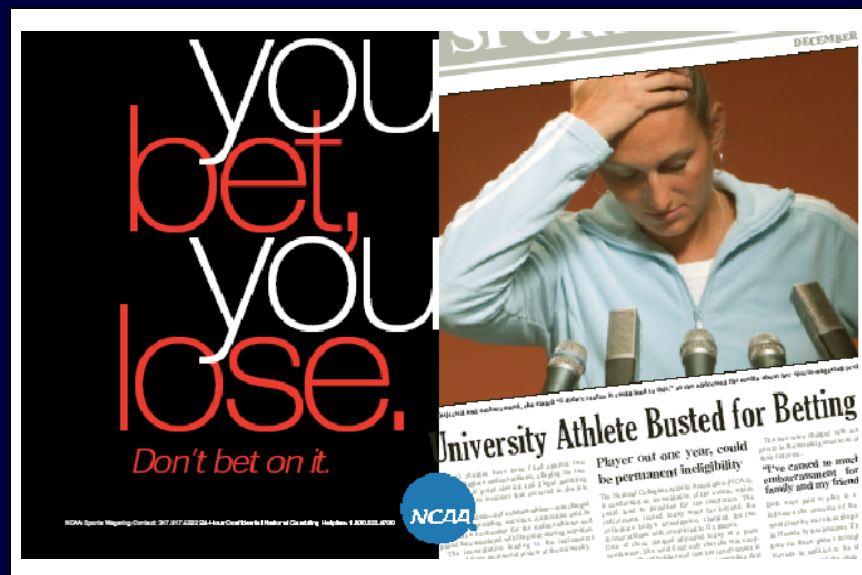
In conjunction with the mission of the University of Connecticut to serve as a center for teaching and research, dedicated to excellence in higher education and fulfillment of its land grant status, the mission of the Division of Athletics is to operate a broad-based program of intercollegiate athletics and recreational and intramural sports opportunities that reflects the ethical philosophy of the University, the interests of the student body, and the desires of the University's internal and external constituencies.

The priority of the Division of Athletics is to give students the opportunity to excel in academic achievement and athletic accomplishments. In addition, the Division of Athletics fosters among its students a sense of citizenship, leadership and social responsibility.

The athletic program of the University adheres to the highest standards of integrity and ethics. The Division of Athletics promotes principles of good sportsmanship, honesty and fiscal responsibility in compliance with university, state, NCAA and conference regulations. The Division of Athletics promotes and supports the University's comprehensive commitment to diversity and equity, providing equitable opportunity for all students and staff, including women and minorities.

Through its program of intercollegiate athletics, recreational and intramural activities, public service and outreach efforts, the Division of Athletics enhances the student experience and contributes to the quality of life within the campus community, the State and across the nation.

The Division of Athletics and its programs undergo regular and periodic evaluation so that the Division may remain responsive to the educational and social needs of its students, the outreach efforts of the University, the competitive standards of the athletic conferences with which it is affiliated and the fiscal demands of rapidly changing environments.



NCAA Position on Gambling

The NCAA opposes all forms of legal and illegal sports wagering. Sports wagering has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes and the intercollegiate athletics community. Sports wagering demeans the competition and competitors alike by a message that is contrary to the purpose and meaning of "sport". Sports competition should be appreciated for the inherent benefits related to participation of student-athletes, coaches and institutions in fair contests, not the amount of money wagered on the outcome of the competition.

For these reasons, the NCAA membership has adopted specific rules prohibiting athletics department staff members and student-athletes from engaging in gambling activities as they relate to intercollegiate or professional sporting events.