



Department of Athletics
Fort Collins, Colorado 80523-0120
970-491-5300
www.csurams.com

Dear Ram Student-Athlete,

The Department of Athletics has published this Handbook as a reference for you to use throughout your career as a student-athlete at Colorado State.

Please take time to review the Handbook and keep it as a reference. It is intended to serve as a general guide to assist in answering many of the frequently asked questions that arise. Important information on University policies as well as those of the NCAA and Mountain West Conference is included for your reference.

The Department of Athletics at Colorado State has an outstanding group of coaches and staff. Never hesitate to contact your coach, athletic trainer, athletic academic coordinator or any other Athletic Department administrator or support staff member if you have questions or concerns.

Go Rams!

A handwritten signature in black ink that reads "Paul Kowalczyk". The signature is written in a cursive style with a large, stylized "P" and "K".

Paul Kowalczyk
Director of Athletics

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Athletics Department Staff

Academic Services

Mel Sanders, Director.....0480
 Steve McDonnell.....5075
 Becky Orr.....2630
 Erin Hammersley7694

Administration

Paul Kowalczyk, AD.....3350
 Mike LaPlante, Development ...1665
 Doug Max, Facilities2706
 Gary Ozzello,
 External Operations.....0628
 Christine Susemihl,
 Internal Operations.....1493
 Karen Taylor, Asst to AD0214

Athletic Training

Terry DeZeeuw, Director.....6756
 Jeremy Busch0272
 Crystal Finn.....3786
 Annie Lopez.....3786

Business

Jeff Collier, Director1446
 Jeremy Bulen.....2686
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Compliance

Shalini Shanker, Director.....6170
 John Infante.....5459

Development

Mike LaPlante1665
 Kristi Bohlender2048
 Deidra Church7285
 Doug Patmore4666

Equipment

Kris Young, Director.....5513
 Ryan Murphy1043

Marketing

Ben Chulick, Director.....2063
 Michelle Fargher Clark.....5433

Media Relations

Zak Gilbert, Director.....4672
 Danny Mattie5050
 Danielle Marshall.....6494

Spirit Squad

Dawn Burton..... 5725

Strength and Conditioning

Greg Scanlan, Director.....7477
 Chris Anderson0747
 Jason Phillips3201

Ticket Operations/Sales

Sharon Rady, Director..... 7710
 Patrick Krza2003
 Autumn Duffie.....4017
 Irene Nissen.....0976

Men's Basketball

Tim Miles, Head Coach..... 7816
 Niko Medved..... 7064
 Craig Smith2945
 Jayden Olson, Operations.....4083
 Sean Dwyer, Video4083
 Dolores Price, Admin Asst.....6582

Women's Basketball

Kristen Holt, Head Coach.....4853
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 Dick Lien5190
 Taylor Steven.....5401
 Corey Steven, Operations.....6569

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 Dan Hammerschmidt.....6491
 Anthony Hill.....5542
 Larry Kerr6583
 Larry Lewis5027
 Pat Meyer1131
 Todd Stroud3089
 Daren Wilkinson7186
 Tom Ehlers, Operations5092
 Marcie Johnston, Admin Asst..1445
 Linda Krier, Admin Asst.....7818

Men's Golf

Jamie Bermel, Head Coach.....2946
 Brian Guetz.....2946

Women's Golf

Angie Hopkins, Head Coach....3589
 Susan Jennings.....2867

Softball

Jen Fisher, Head Coach.....6000
Dede Pendleton.....2867
Melissa Perea.....6227

**Women’s Swimming and
Diving/Water Polo**

Head Coach.....6026
Mike Moody7127
Kevin Witt.....7242

Women’s Tennis

Jon Messick, Head Coach.....1311

Track and Field

Brian Bedard, Head Coach.....7651
Karim Abdel Wahab2962
Bryan Berryhill5434
Cathleen Campbell2737
Tim Cawley4307

Volleyball

Tom Hilbert, Head Coach.....6410
Bri Frech.....1039
Jesse Mahoney2821

Video

Jeff Dotson.....6962

NCAA Faculty Representative

Dr. Jim Francis,
College of Business6265

Fax Numbers

Administration.....3226
Business Office.....1495
Equipment Room.....2208
Marketing/Development.....2353
Media Relations1348
Ticket Office.....1100
Football.....3585
Track.....4343
All Other Sports7725

For email addresses use:
first name.last name@colostate.edu
Phone and fax area code and prefix: (970) 491-xxxx

Vision, Mission and Values

The Board of Governors of the Colorado State University System adopted the following vision, mission and values statements on April 5, 2005:

The **Vision** that inspires us:

The Colorado State University System will be the premier system of public higher education in the nation.

The **Mission** that guides our decisions:

System Mission: The Colorado State University System is committed to excellence, setting the standard for public higher education in teaching, research and service for the benefit of the citizens of Colorado, the United States and the world.

CSU Mission: Inspired by its land-grant heritage, Colorado State University is committed to excellence, setting the standard for public research universities in teaching, research, service and extension for the benefit of the citizens of Colorado, the United States and the world.

Department of Athletics Mission: The purpose of the Colorado State University Department of Athletics is to recruit, educate, develop and graduate student-athletes within an environment that pursues excellence, values integrity and ethical conduct, promotes respect for all individuals, teaches sportsmanship, entertains our constituents and emphasizes championship performance.

The **Values** that support our operating practices:

Be ACCCOUNTABLE

Promote CIVIC RESPONSIBILITY

Employ a CUSTOMER FOCUS

Promote FREEDOM OF EXPRESSION

Demonstrate INCLUSIVENESS and DIVERSITY

Encourage and reward INNOVATION

Act with INTEGRITY and MUTUAL RESPECT

Provide OPPORTUNITY and ACCESS

Support excellence in TEACHING and RESEARCH

Colorado State Commitment to Diversity (adopted 1988):

Colorado State University is committed to enhancing its diversity in all its forms; through ability, age, different ideas and perspectives, disability, ethnicity, gender identity, national origin, race religious and spiritual beliefs, sex, sexual orientation, and the socioeconomic and geographic composition of its faculty, administrative professionals, staff and students.

Faculty Council Committee

The Faculty Council Committee on Intercollegiate Athletics (FCCIA) recommends to the Faculty Council policies pertaining to intercollegiate athletics, reviews compliance with policies adopted and acts in an advisory capacity to the Director of Athletics. In addition, the Faculty Council Committee on Intercollegiate Athletics:

- Recommends to the Faculty Council policies pertaining to the operation of the Department of Athletics, including academic integrity, compliance and the general welfare and equitable treatment of student athletes and staff.
- Reviews annually the programs of intercollegiate athletics and make recommendations to the Director of Athletics regarding the operation of the Department of Athletics, including academic integrity, compliance and the general welfare and equitable treatment of student-athletes and staff.
- Advises the Director of Athletics and the Faculty Athletics Representative on positions to be taken on national and conference issues.
- Advises the President on the selection of the Director of Athletics and the Faculty Athletic Representative, and;
- Performs any additional functions of a faculty intercollegiate athletic committee that may be required by the National Collegiate Athletic Association or any athletic conferences of which the University may be a member.

2011-12 FCCIA Members:

Agricultural Sciences	Craig Bond
Applied Human Sciences	Karen Hyllegard
Business	Todd Donovan
Engineering	Daniel Olsen
Liberal Arts	Carl Burghardt
Natural Resources	Alan Bright
Natural Sciences	Greg Florant
Veterinary Medicine and Biomedical Sciences	Susan LaRue, Chair
University Libraries	Daniel Draper
Faculty Athletic Representative	Jim Francis
Director of Athletics	Paul Kowalczyk

Ram Facts

Colorado State University, formerly known as Colorado A&M (agriculture and mining), adopted a Rocky Mountain bighorn ram as the official mascot in 1946 and was known as the “Aggies”. The original ram was named "CAM" for Colorado A&M, and his Rambouillet descendants remain the mascot today. When the school became Colorado State University in 1957, the Aggies nickname was officially changed to Rams. The school colors, green and gold (formerly pumpkin and alfalfa), were chosen to reflect the institution's agricultural heritage.

Fight Song

**Fight on, you stalwart Ram Team, on to the goal
Tear the (opponent's nickname) line asunder
As down the field we thunder;
Knights of the Green and Gold,
Fight on with all your might,
Fight on, you stalwart Ram Team
Fight! Fight! Fight!**

Alma Mater

**Hail to Thee, Our Alma Mater,
Colorado State.
Memories Are Everlasting
Of This Place So Great!
May Thy Green And Gold
Unite Us, Loyal Ever Be.
Colorado State, Our Alma Mater,
Hail, all Hail, To Thee.**

Colorado State has been a member of the NCAA since 1929. The University competes as a member of Division I (Football Bowl Subdivision).

CSU offers 16 intercollegiate sports including 10 sports for women and six sports for men. Women's sports include basketball, cross country, golf, indoor track and field, outdoor track and field, softball, swimming, tennis, volleyball and water polo. The sports for men include basketball, cross country, football, golf, indoor track and field and outdoor track and field.

The Ram Club

The *Ram Club* is the annual fundraising organization for CSU Athletics. Its mission is to generate funds to support student-athlete scholarships. The funds raised from *Ram Club* memberships enable CSU to compete at the highest level of intercollegiate athletics thereby creating national exposure for Colorado State University.

In 2010, over 2,100 families, friends and alumni of CSU were *Ram Club* members who helped generate \$1.4 million for student-athlete scholarships. That amount, however, made up only a third of the annual scholarship costs which reached \$7 million.

Athletics' goal is to increase *Ram Club* membership to fully fund student-athlete scholarships thereby allowing other revenue to be used for facility renovations, improving academic services and enhancing all areas of our sports programs.

The commitment of our loyal contributors, including many former Ram student-athletes, is what provides your academic and athletic opportunities. We look to you to continue their dedication and support when you leave Colorado State University by joining the *Ram Club*. When you give back, you're building upon the tradition of your program and providing future student-athletes at Colorado State a chance to "be the best".

For more information on the *Ram Club*, please visit www.csuramclub.com or call 970-491-4666.

Mountain West Conference

From its inception, the Mountain West Conference has been committed to excellence in intercollegiate athletics, while promoting the academic missions of its member institutions. Progressive in its approach, the Mountain West continues to cultivate opportunities for student-athletes to compete at the highest level, while fostering academic achievement and sportsmanship. Now in its twelfth year, the Mountain West has been assertive in its involvement with the NCAA governance structure and has taken a leadership role in the overall administration of intercollegiate athletics.

History

The Mountain West Conference was conceived on May 26, 1998, when the presidents of eight institutions, Air Force, BYU, Colorado State, New Mexico, San Diego State, UNLV, Utah and Wyoming decided to form a new NCAA Division I intercollegiate athletic conference.

On July 1, 1999, CSU joined seven other institutions to form the original Mountain West Conference. As of July 1, 2011, CSU will compete with the Air Force Academy, Boise State University, University of New Mexico, San Diego State University, Texas Christian University, University of Nevada-Las Vegas and the University of Wyoming in conference action. In 2012, Texas Christian University will leave the Mountain West and Fresno State University and the University of Nevada-Reno will join the conference. The University of Hawaii will also compete in the Mountain West in 2012-13, but only in the sport of football.

Prior to joining the Mountain West, CSU participated in the Western Athletic Conference (WAC) since 1968. Colorado State's women's teams were originally members of the High Country Athletic Conference before merging with the men's teams into the WAC in 1990. The women's water polo team competes in the Western Water Polo Association (WWPA).

Exposure

CBS Sports Network is the official television partner for the Mountain West Conference, giving the fastest-growing 24-hour college sports network exclusive rights to MWC football and men's basketball, plus coverage for all other MWC sports. CBS Sports Network covers 35 men's and women's sports from every major conference including programming, feature stories and documentaries.

The marketing and multi-media partnership also includes The Mtn., a regional sports network featuring wall-to-wall coverage of all Mountain West Conference schools and sports.

Awards

ATHLETIC DEPARTMENT AWARDS

Participation (Letter) Awards

Letters are awarded annually in each sport on the recommendation of the head coach. The following requirements serve as a basic guideline, but the head coach may award a letter to any student-athlete he/she feels made a significant contribution to the team's success:

- **Basketball** - participate in at least 1/2 of the total halves of all games played.
- **Cross Country** - participate in the conference meet or participate in more than 1/2 of the total races held.
- **Football** - participate in at least 1/2 of the total quarters played.
- **Golf** - participate in at least 1/2 of all tournaments played.
- **Swimming** - participate in more than 1/2 of all meets held.
- **Softball** - participate in at least 1/2 of the total innings played.
- **Tennis** - participate in at least 1/2 of all competitions held.
- **Indoor and Outdoor Track** - score at least 30 points in either the indoor or outdoor season; place in the top 6 (men) or top 8 (women) at conference championships; provisionally qualify for nationals; set a school record in an event; or place in the top 3 (men) or top 4 (women) in a relay event at conference championships.
- **Volleyball** - participate in at least 1/2 of the total matches played.
- **Water Polo** - participate in at least 1/2 of the total matches played.

Injuries: If a student-athlete would have earned a letter but was prevented from doing so by an injury or illness, the head coach may award a letter to that individual provided the individual does not qualify for a medical hardship year. (A hardship waiver would reinstate the lost year of eligibility.)

Types of Awards:

- **Letter Jacket** - awarded to all first-time letter winners.
- **Graduation Ring** - awarded when a student-athlete graduates provided he/she has earned at least two letters at Colorado State.

Academic Awards

The Merrill-Gheen Award: Colorado State's Most Outstanding Male Scholar-Athlete receives the Merrill-Gheen Award in memory of Russell Merrill (?22), following his death in 1963 and the donor who established the award, Joseph Gheen. Outstanding achievement in academics (minimum 3.2 cum GPA), athletics and activities is the basis for the award; preference is given to seniors.

Mencimer Memorial Award: Colorado State's Most Outstanding Female Scholar-Athlete receives the Mencimer Memorial Award in memory of Catherine J. Longmore Mencimer (?36) and her husband Floyd (?35). Outstanding achievement in academics (minimum 3.2 cum GPA), athletics and extra-curricular activities is the basis for the award; preference is given to seniors.

Athletic Awards

The Nye Trophy Award: The Most Outstanding Male Athlete at Colorado State receives the Nye Trophy in memory of Col. Elwood Nye, DVM ('14) and his brother, William Nye, DVM ('20). Recipient is selected by the head coaches of men's sports and Athletics' administration; preference is given to seniors.

Virginia K. Frank Award: The Most Outstanding Female Athlete at Colorado State University receives the Virginia K. Frank Award. The recipient is selected by the head coaches of women's sports and Athletics' administration; preference is given to seniors.

Other Awards

The "Fum" McGraw Award: The "Fum" McGraw Award is presented annually to the student-athlete who best exemplifies academic and athletic excellence, character, leadership, service, concern for others and unwavering Ram pride. The award recognizes those characteristics that best defined the spirit and essence of Thurman "Fum" McGraw ('50). Fum McGraw was one of Colorado State's most honored, respected and well-known former student-athlete (football, track and wrestling), professional athlete (NFL), and a long-time coach and administrator at Colorado State. The McGraw Athletic Center is named in his memory.

The Keli McGregor Award: The Keli McGregor Award is presented annually to the Colorado State University student-athlete who best exemplifies the traits reflected by its namesake including integrity, honesty and leadership. This award recognizes the characteristics that best defined Keli's legacy as a CSU Honors student, All-American tight end, NFL player and former Colorado Rockies MLB team president.

MOUNTAIN WEST CONFERENCE AWARDS

MWC Athlete of the Year Award

Two awards will be given annually to the male and female athlete who best exemplifies excellence in athletics. Each institution will nominate for the awards one male and one female in any year of eligibility in any NCAA-recognized sport. MWC Athlete of the Year nominees must:

- a. Have demonstrated superior athletic achievement and brought significant recognition to his/her institution and conference;
- b. Have brought national recognition to the team, institution and conference;
- c. Have demonstrated his/her character on the playing field; and,
- d. Be in good academic standing with the nominating institution and meet all NCAA, MWC and institutional academic eligibility requirements.

MWC Scholar-Athlete of the Year Award

Two awards will be given annually to the male and female student-athlete who best exemplifies the term "scholar-athlete" by achieving excellence in academics, community involvement and athletics. Each institution will nominate for the awards one male and one female student-athlete in his/her final year of eligibility in any NCAA-recognized sport. MWC Scholar-Athlete of the Year Award nominees must:

- a. Have demonstrated his/her character and conduct on the playing field and exemplified outstanding leadership and character off the field (community involvement, etc.);
- b. Have a minimum 3.50 cumulative GPA by the end of spring semester; and
- c. Have demonstrated athletic achievement and brought significant recognition to his/her institution and conference.

Fall & Spring Academic All-Conference

The MWC names Academic All-MWC teams at the end of each fall and spring semester. Student-athletes who participate in a sport in which the Mountain West sponsors a championship will earn Academic All-Conference Awards provided they meet the following criteria:

- a. Participated significantly in at least 50 percent of their team's contests (i.e., lettered); and
- b. Achieved a minimum cumulative GPA of 3.00 at the member institution.

MWC Scholar-Athlete Award

This award will be presented annually by the MWC to any student-athlete at any member institution who meet the following criteria:

- a. Completed at least two semesters at their respective institution;
- b. Achieved a minimum 3.50 cumulative GPA; and
- c. Competed in at least one varsity contest during the year.

Hal Rothman Sportsmanship Award

The award, established in 2005-06 and re-named in honor of the former UNLV faculty athletics representative, a noted author and historian, is presented to the student-athlete who has distinguished him or herself through sportsmanship and ethical behavior. The student-athlete also must demonstrate good citizenship outside of the sports-competition setting and be in good academic standing.

The nominee must:

- a. have demonstrated consistently good sportsmanship and ethical behavior in his/her daily participation in intercollegiate athletics;
- b. have demonstrated good citizenship outside of the sports competition setting; and
- c. must be in good academic standing.

A team may be considered as a nominee if extraordinary circumstances exist.

Nominations will be weighted with 75 percent to sports related sportsmanship and 25 percent for good citizenship. The MWC Recognition Committee will choose one male and female winner from nominations submitted by member institutions to represent the Mountain West Conference among a national pool of candidates for NCAA national and divisional awards. While a "demonstrative sportsmanship act" is not required, such acts will be weighted more heavily when evaluating nominees.

Campus Resources

Where Do I Go If I Need Assistance?

Colorado State University and the Department of Athletics provide numerous resources for support and assistance to students who need help with a problem, complaint, grievance or issue. Examples include, but are not limited to, non-renewal of your athletics scholarship; hazing or other abusive behavior including sex offenses; discrimination based on sexual orientation, race, religion or gender; substance abuse; disciplinary or legal issues; and conflict resolution.

Athletic Department Resources

Here are some avenues open to you if you have problems, issues, complaints or grievances you want to address within the Athletics Department:

1. Talk with your coaches; they are a valuable resource for you and are available to assist you.
2. Talk with an Athletic Department administrator or staff member including the Senior Associate Athletic Director/SWA, the Assistant Athletic Director for Compliance, a member of the academic support staff and/or a member of the athletic training room staff.
3. Talk to the Director of Athletics.
4. Talk to the Faculty Athletics Representative (a CSU faculty member appointed by the University President who serves as a liaison between Athletics and the University community).
5. Talk to your team's representative to the Student-Athlete Advisory Committee (SAAC); this group of student-athletes represents every intercollegiate sport and serves as a conduit of communication among student-athletes, coaches and athletic administrators on issues related to the student-athlete experience.

If you don't feel comfortable using the above avenues or doing so does not produce an acceptable outcome for you, you may seek assistance from any of the resources listed below.

Athletic Grant-in-Aid Oversight and Appeals Committee

If you have an issue regarding the cancellation, reduction or non-renewal of your athletics scholarship; the denial of your request to talk with another 4-year institution about transferring; or denial of your request for a one-time transfer exception, you are entitled to a hearing before the Athletic Grant-in-Aid Oversight and Appeals Committee. Talk to the Assistant Athletic Director for Compliance or the Faculty Athletics Representative for further information on this process.

Conflict Resolution and Student Conduct Services (CR&SCS)

Conflict Resolution and Student Conduct Services (491-7165), under the University's Division of Student Affairs, can provide information regarding campus resources, policies and procedures as well as referrals to other University personnel and community resources. CR&SCS also helps students:

- Resolve conflicts at the lowest level possible and foster non-adversarial solutions;
- Assist with receiving fair and equitable treatment within the university system;
- Act as an advocate for a fair process;

- Listen and consider all sides of an issue in an objective and impartial manner; and
- Empower students to solve conflicts on their own.

Typical issues include:

- Interpersonal difficulties
- Faculty/student issues
- Staff/student issues
- Roommate disputes
- Academic matters and appeals
- Disciplinary matters and appeals
- University policies and procedures

International Student and Scholar Services (ISSS)

International Student and Scholar Services, under the University's International Programs (491-5917), provides leadership in the internationalization of the educational experience of students, faculty and the community. ISSS offers quality services to international students and scholars as well as intercultural programming for the campus and community. Services include immigration documentation, advising, cross-cultural programming and orientation for international students, scholars and their family members.

Office of Equal Opportunity (OEO)

The Office of Equal Opportunity (491-5836) has established a process for the expeditious resolution of complaints or discrimination involving actions that are either unlawful or violate University policy. Contact OEO or visit their website at <http://oee.colostate.edu> for further information.

Discrimination:

Abusive conduct which threatens or endangers the physical or psychological health, safety or welfare of an individual or a group of individuals or harassment of any member of the University community including harassment or discrimination on the basis of race, color, sexual orientation, age, gender, religion, national origin, veteran status or disability are prohibited by Colorado State University.

Sexual Harassment:

Colorado State University strives to create and maintain a work and study environment that is fair, humane and responsible so that each member of the University community is treated with dignity and rewarded for such relevant considerations as ability and performance. Abusive treatment of individuals on a personal or stereotyped basis is contrary to the concepts of academic freedom and equal opportunity and is prohibited by Colorado State University.

Hazing:

Any student or other student organization (including an athletics team) found to have committed or to have attempted to commit an act of hazing is subject to disciplinary sanction. Hazing includes any act that endangers the mental or physical health or safety of a student, or which destroys or removes public or

private property, for the purpose of initiation, admission into, affiliation with or as a condition for continued membership in a group or organization. The express or implied consent of the victim will not be a defense. Indifference or acceptance in the presence of hazing is not being neutral; they are violations of this rule.

Student Conduct Code/University Discipline

The University has formulated a general student code of conduct and regulations, including a discipline process and hearing procedures and appeals, in order to affirm the principle of student freedom coupled with acceptance of full responsibility for individual action and the consequences of such action (see page 13). All University disciplinary action is handled by Conflict Resolution and Student Conduct Services.

Student Diversity Programs and Services

The Division of Student Affairs oversees a variety of programs and services designed to support students and provide opportunities for them to successfully participate in, and contribute to, the diverse campus environment. Services and programs from the offices listed below are available to all students at the University:

- Asian/Pacific American Cultural Center (491-6154)
- Black/African American Cultural Center (491-5781)
- El Centro (491-5722)
- Gay/Lesbian/Bisexual/Transgender (GLBT) Resource Center (491-4342)
- Native American Cultural Center (491-1332)
- Resources for Disabled Students (491-6385)
- Women's Programs and Studies (491-6384)

Student Legal Services

Student Legal Services (491-1482) provides confidential legal advice, counsel and representation to the students of Colorado State University and serves as an educational resource to the University and the community. The program is service-oriented and provides insight into, and education about, the legal rights and responsibilities of students.

Victim's Rights

The University is committed to providing appropriate support and referrals to persons who have been the victims of crimes or violations of University policy. Persons who have been victimized by a Colorado State University student may choose to report the incident to the Colorado State University Police (491-6425) or Conflict Resolution and Student Conduct Services (491-7165) to initiate criminal and/or disciplinary action or to request assistance in using University procedures to deter harassment or retribution. Victims can also request referral information for support services from the CSU Health Network (491-7121)

Student Support Services

Center for Advising and Student Achievement (CASA)

491-7095

- * Advise students who are undecided about major.
- * Advise students who are in the Pre-major and Open Option Programs.
- * Provide information on scholastic standards.
- * Assist with University withdrawals.
- * Provide GUEST student advising.

The Career Center

491-5707

- * Provide career planning, resume writing and job search services for all students and alumni.
- * Provide computer assisted career guidance programs.
- * Offer internship programs.

Academic Advancement Center

491-6129

- * Provide academic support services for those with low income, those who are first generation students, and those who have a physical and/or learning disability.

CSU Health Network

491-7121

- * Available to all students with medical needs.
- * See page 56 "Athletic Training Room," before making an appointment with University Health Services.

University Counseling Center

491-6053

- * Provide educational and personal counseling for all students.

The Writing Center

491-0222

- * Offer free tutoring and online assistance to all students with any type of writing task.

Learning Assistance Program

491-6498

- * Offer suggestions on general learning strategies, time management, test-taking skills, memory and concentration enhancement, and study strategies.

Student Diversity Programs/Services

- * Provide educational access and equal opportunity for all students.
- * See the University Catalog for complete descriptions.

Asian/Pacific American Cultural Center	491-6154
Black/African American Cultural Center	491-5781
El Centro	491-5722
Gay, Lesbian, Bisexual, Transgender Resource Center	491-4342
International Student Services	491-5917
Native American Cultural Center	491-1332
Resources for Disabled Students	491-6385
Women and Gender Advocacy Center	491-6384

Campus Computer Labs

(Open to ALL Students)

- * E-Cave (next to Subway) 23 Lory Student Center 491-5534
- * Intra-University Computing Lab 113 Durrell Center 491-2846
- * Morgan Library Electronic Information Center (EIC) 1st Floor and Lower Level 491-1535

Software Cellar (RAMtech)

491-7625

- * Sells software at discounted prices to students, faculty and staff.
- www.softcell.colostate.edu**

Online Student Support Services

Writing Skills (<http://writing.colostate.edu/index.cfm>)

- * Free tutoring and online assistance to all students with any type of writing task including more than 150 guides and interactive activities for writers, as well as an extensive links list.

Study Skills

<http://health.colostate.edu/counselingservices/learningassistanceprograms/index.cfm>

- * Note Taking
- * Test Taking
- * Time Management

English Composition Requirement (<http://compexam.colostate.edu>)

- * Placement Exam Information

Math Placement Exams (www.math.colostate.edu/placement/placement.shtml)

- * Placement Exam Information

Podcasts (<http://health.colostate.edu/counselingservices/index.cfm>)

- * Speech Preparation
- * Test Anxiety
- * Progressive Muscle Relaxation
- * Better Sleep

Nutrition (<http://health.colostate.edu/healthpromotions/nutritionservices.cfm>)

- * Cooking Classes
- * Weight Management
- * Sports Nutrition

Career Resources (<http://career.stuser.colostate.edu>)

- * Resume/Cover Letter Assistance
- * Explore Careers or Majors
- * Find an internship or a Job
- * Preparing for Graduate School

University Counseling Center (www.counseling.colostate.edu/)

- * Provides short-term counseling for individuals, couples and families, crisis intervention and referrals to the community.

Technology Resources

RamCT

RamCT is a software package utilized by Colorado State to facilitate the dissemination of information via the web for specific courses being taken by a student. A faculty member can add data such as class notes, attendance, grades, previous exams, homework assignments to name a few. Students must frequently participate in class discussions via RamCT. If a course utilizes RamCT, it is the student-athlete's responsibility to learn how to access this tool. Athletic Academic Coordinators can also assist student-athletes with learning how to utilize RamCT.

RamWeb

RamWeb provides online access to application status, registration, financial information, personal records and more for new and continuing students.

Athletics Computer Lab

A computer lab for exclusive use by student-athletes is located in the Anderson Academic Center. The lab is equipped with 30 computers, including wireless access, printers and a copy machine.

Laptop Computers

The Athletic Academic Services office provides laptop computers for student-athletes' use **while traveling for athletically-related events**. Contact your Athletic Academic Coordinator to check-out a laptop computer.

eID

All Colorado State University students need an electronic identity (eID) to access many of the electronic services on campus. The eID gives a student access to:

- Free email
- Dial-up service for modem access

The eID consists of a login name and password and stays with a student for their entire enrollment at CSU.

www.eid.colostate.edu

University Email Account

All CSU students receive a free email account under the domain "name@rams.colostate.edu" which all University offices use for electronic communication. Therefore, you will be expected to access this CSU email account regularly for updates and information.

Grades First

GradesFirst is a web based program that enables student-athletes to stay in contact with their Athletic Academic Coordinator, request a tutor and/or sign into structured study. All student-athletes will receive an email from *GradesFirst* with a temporary password and instructions on setting up your account. Please note, your University email address (name@rams.colostate.edu) is the username to establish the account.

Student Accounts

Any monthly statement that includes a charge which should be paid for by the Athletic Department should be brought to the attention of the Athletic Business Office (491-2686).

University Charges Not Covered by Grant-in-Aid:

The NCAA regulates fees that may be paid for by Colorado State University. Charges that may **not** be paid by the Department include, but are not limited to:

- General school supplies, reference books, etc;
- Placement exams;
- Library fines;
- Treatment costs for any non-athletically related injuries;
- Vehicle registration fee, parking fines, traffic fines;
- Fines for damage to CSU property including residence hall rooms;
- Student ID card
- Replacement for a lost residence hall key;
- Replacement fees for loss of issued athletics equipment;
- Long-distance phone bills;
- Equipment breakage in a University lab, non-required field trips, etc;
- University Student Health Insurance; and
- Textbooks not returned at the end of the semester.

PELL Grant and Student Accounts:

Students who are on a PELL Grant may receive that grant in addition to the athletic grant, even if the total amount exceeds the cost of attendance. However, any other aid received may require a reduction in athletic aid.

Failure to pay a Student Account:

If a student-athlete has a delinquent bill, he/she will not be able to register for courses, add classes during the semester or change their schedule. A financial hold will be placed on the student's account.

Off Campus Housing Payments:

Off campus housing payments are made directly to student accounts. Students who set up direct deposit on their accounts receive this payment in 3-5 business days. Those without direct deposit will receive a check in the mail. Those checks are processed and mailed on the 1st, 3rd, or 5th Friday of each month. Any current balances on a student account will be deducted first. If the student is on a full room and board scholarship, the student will receive 10 equal payments, starting in mid August and ending the 1st of May. The payment for January will be processed one week prior to the start of the spring semester. Those on a partial room and board scholarship will receive a lump sum at the start of each semester.

Parking Permits

The University requires parking permits for all vehicles parked on campus. Student-athletes who live on campus and have a vehicle will need to purchase a 'Q', 'W' or 'X' permit (depending on your residence hall). Student-athletes who live off-campus but plan to bring a vehicle to campus will need to purchase a 'Y' permit (commuter student). Faculty/staff are required to purchase an A permit. Permits are normally required from 7:30 a.m. to 4:00 p.m. Monday through Friday, but requirements may vary from lot to lot. Information on all University permitted lots, permit fees and parking regulations is available at <http://colostate.parking.edu>.

The Moby parking lot (immediately west of the McGraw Athletic Center) requires an 'X', 'Y' or 'A' permit as posted in the lot. Daily permits may be purchased from a dispenser in the lot for \$6/day. Additionally, the lot is restricted for special events. All vehicles must be removed from the lot according to posted times prior to each special event. Re-entry requires a parking fee or special event permit.

Off-campus student-athletes with a 'Z' permit may obtain a special parking decal that, when applied to the vehicle's windshield, will allow access to the Moby lot on special event days without having to pay the special event parking fee. This decal will allow student-athletes to access the weight room, academic center, training room, practice facility, etc. to perform normal athletically-related activities. Student-athletes must complete the vehicle registration form during their team's pre-season eligibility meeting in order to request a special parking decal. The decal does not authorize parking for the event; cars must be removed from the lot prior to the start of the event.

The Athletic Department will not assume responsibility for the payment of any parking fines, including fines assessed for impermissible parking in loading zones, handicap zones, 'A' parking zones or any other restricted parking places on campus. The University charges all unpaid fines to the student's account resulting in a hold on the account which can impact a student's ability to pre-register for classes, obtain a transcript or graduate. Money owed the University will be deducted from future deposits to a student's account, including scholarship payments for off-campus room and board. Fines increase if they are not paid or successfully appealed within designated deadlines.

CSU Student-Athlete Conduct

Colorado State student-athletes have a long tradition of excellence both in the classroom and the competitive arena.

As a student-athlete you are highly visible on campus and in the community. As such, you will have the responsibility of representing the Athletic Department in a positive manner at all times. Student-athletes are accountable for:

- Understanding that fulfilling the requirements of a baccalaureate degree is the primary goal of the student-athlete;
- Knowing and complying with all NCAA, Mountain West Conference and Colorado State University rules and regulations;
- Becoming a positive and contributing member of the campus community and interact in a respectful and responsible manner with faculty and fellow students; and
- Competing in a manner that demonstrates sportsmanship and respect for opponents, teammates, officials and fans.

COLORADO STATE UNIVERSITY STUDENT CONDUCT CODE

Colorado State University has a **Student Conduct Code** for all of its students. By virtue of your admission and enrollment at the University, you have an obligation to know and follow the University Student Conduct Code. By formulating a general code of conduct and regulations, the University affirms the principle of student freedom that is coupled with an acceptance of full responsibility for individual action and the consequences of such action. The University expects students to maintain standards of personal integrity that are in harmony with the educational goals of the institution and to assume responsibility for their actions; to observe national, state and local laws and University regulations; and to respect the rights, privileges and property of other people. The Colorado State University Student Conduct Code, including student rights and responsibilities and the student disciplinary process, is available from the Division of Student Affairs, 201 Administration Building, or on the University website at <http://www.studentaffairs.colostate.edu/policies.aspx>.

ADDITIONAL EXPECTATIONS FOR STUDENT-ATHLETES

As a student-athlete at Colorado State University, you represent this University, your teammates and yourself not only during participation in intercollegiate athletics but also in all mental, physical, social and recreational activities in which you engage. It's a privilege that carries with it a unique set of responsibilities. As the name "student-athlete" implies, you have chosen to accept not only the responsibility of being a successful student but also the pursuit of excellence in your sport. As a student-athlete, you represent Colorado State University, its Department of Athletics and your team in everything you do. This representation does not end with athletic participation but extends to any and all of your activities, on and off campus.

Becoming a student-athlete means that you accept that you are evaluated by a different standard than the non-athlete. You are required to maintain the responsibilities traditionally expected of all students and, in addition, you have chosen to accept the expectations placed on you as an athlete. It is important that you realize you are always under the scrutiny of the public, whether in the classroom, in competition or in social settings away from athletics. You are not only governed by the rules of conduct of the NCAA, the Mountain West Conference and Colorado State University, but by the ever-watchful eye of an admiring and sometimes critical public. When you become a student-athlete at Colorado State University, you understand that you are a part of a new family, the CSU family of student-athletes. Just as there are expectations from your traditional family, there are expectations from your teammates and coaches. In everything that you do, you must accept and respect these responsibilities and expectations.

Academic Dishonesty

Academic dishonesty includes, but is not limited to, cheating, plagiarism, unauthorized possession or disposition of academic materials, falsification or facilitation of acts of dishonesty and is prohibited under the Colorado State University Student Conduct Code. Students accused of academic dishonesty will be subject to the University disciplinary process and can be placed on probation or even dismissed from the University. Some disciplinary sanctions can include ineligibility for participation in intercollegiate athletics, which are grounds for cancellation of athletically related financial aid. Athletics and academics are demanding on your time, but do not use lack of time as an excuse.

Internet Ethics Policy

While the Department of Athletics chooses not to prohibit the use of social networking websites such as Facebook.com and/or internet "blog" websites (these sites are prohibited in the Academic Student Services Computer Lab), it does reserve the right to monitor student-athlete profiles and materials posted on these sites for the following:

- Offensive or inappropriate pictures;
- Offensive or inappropriate language or comments;
- Any pictures, comments or information placed on the website(s) that negatively reflect on Colorado State University; the Department of Athletics and/or any of its coaches, staff and student-athletes; any intercollegiate athletics team, whether at CSU or another institution; or any student or staff member of the University.

Content posted by student-athletes at other institutions or non-student-athletes at Colorado State University may not be acceptable on a CSU student-athlete's profile. The Department of Athletics will take any action deemed appropriate by the Director of Athletics in response to the posting of offensive, inappropriate or negative material on a student-athlete's website, even if the site is set on "private" and regardless of how the material is discovered. Such action may include temporary or permanent suspension from the team and/or loss of athletics scholarship. Questions regarding acceptable content should be directed to the student-athlete's head coach, the Senior Associate Athletic Director for External Operations, the Senior Associate Athletic Director for Internal Operations or the Director of Athletics. University officials, media outlets, law enforcement agencies and many other individuals, including on-line predators, check these websites on a regular basis. Potential employers, internship supervisors, scholarship committees and graduate programs also use these sites to screen candidates and applicants. Colorado State University student-athletes are urged to exercise extreme caution in their use of social networking websites.

Respect for Self and Others

It is important that all individuals involved in the Athletic Department (student-athletes, coaches, administrators and staff) respect each other. You will not always like or agree with everyone, but good communication and the ability to *"treat others like you would like to be treated"* will go a long way in developing the trust and respect desired by all. It is **your** responsibility, not your teammates, to solve problems. Respect your equipment and facilities. Maintain clean locker rooms. Pick up equipment and towels and place them in the appropriate places. You represent Colorado State University, your team and yourself when you travel. Respect and demonstrate courteous behavior towards individuals at airports, hotels, restaurants and the practice and competition sites you visit at all times.

Sportsmanship

The Mountain West Conference has an extensive sportsmanship policy which is explained in detail on pages 27-29 of this Handbook. It can also be accessed on the MWC website at www.themwc.com. Acts in violation of the policy include physical abuse, incitement to inappropriate action, obscene gestures and language, public criticism and ejection and/or suspension from a contest. Penalties include suspension from one or more contests and/or public reprimand. Sportsmanship violations may also lead to additional punitive action by the University and/or the Department of Athletics including suspension or dismissal from the team and loss of athletically related financial aid.

Serving as a Student-Athlete Host

Serving as a student host to prospective student-athletes during their official recruiting visits to the University is an important responsibility. Student hosts will be expected to conduct themselves in an appropriate manner which brings credit to the University and its athletic programs and conforms to all NCAA, MWC and CSU policies. Please see the guidelines on page 54 for more information.

Harassment/Discrimination/Hazing

Abusive conduct which threatens or endangers the physical or psychological health, safety or welfare of an individual or a group of individuals or harassment

of any member of the University community including harassment on the basis of race, sexual orientation, age, gender, religion or physical disability are prohibited by Colorado State University. Any student or other student organization (including an athletics team) found to have committed or to have attempted to commit an act of hazing is subject to disciplinary sanction. Hazing includes any act that endangers the mental or physical health or safety of a student, or which destroys or removes public or private property, for the purpose of initiation, admission into, affiliation with or as a condition for continued membership in a group or organization. The express or implied consent of the victim will not be a defense. Apathy or acquiescence in the presence of hazing is not neutral; they are violations of this rule.

Alcohol and Other Drugs

Student-athletes are expected to abide by practices that enhance their personal health as well as their skills in their sports.

- Student-athletes may not use or be under the influence of drugs which have not been prescribed by authorized medical personnel.
- Student-athletes are not to consume, be under the influence of or be in personal possession of alcohol during any intercollegiate event, athletic practice or any other athletically sponsored event.
- Student-athletes are expected to comply with local, state and federal laws.

The legal age for alcohol consumption is 21 in the State of Colorado. Any minor in possession of alcohol will be charged accordingly.

Student-Athlete Drug Education and Testing Program

The Colorado State University Department of Athletics conducts an institutional year-round, mandatory drug education and testing program. Student-athletes are provided complete information on the program, including a list of banned substances, penalties and sanctions, and appeal provisions.

This program is in addition to any testing administered by the NCAA Drug Testing Program or similar programs of other outside athletics organizations. Student-athletes will be required to sign a “Consent for Drug Testing” form as a condition of participating in Colorado State University’s intercollegiate athletics program.

Student-Athlete Outreach and Community Service

GOLD Team

GOLD Team (Goal Oriented Leadership Development) is a dedicated committee of Colorado State University professionals whose mission is to assist in enhancing the well-being of student-athletes. GOLD Team members meet monthly to discuss current issues affecting the student-athlete populations and generate solutions that may improve the quality of the student-athlete experience. GOLD Team members also present workshops and seminars on a variety of topics, including:

- Career Counseling
- Major Exploration
- Learning Styles and Challenges
- Drug and Alcohol Education
- Psychology and Sport
- Nutrition and Wellness
- Relationship and Sexual Safety
- Conflict Management

Community Service

In an effort to give back to the larger community, student-athletes often volunteer their efforts to assist local charitable organizations. Occasionally, student-athletes will also be asked to speak on topics, including: goal setting, fitness, maintaining a healthy lifestyle, time management, teamwork and the importance of education. Each year, all student-athletes are asked to participate in the Border War Blood Drive and Colorado State University's "Cans Around the Oval". No matter what your charitable interests are, all student-athletes are encouraged to immerse themselves in service to others.

Student-Athlete Advisory Committee

The Student-Athlete Advisory Committee (SAAC) is a working group of 26 student-athletes, representing all sports, that meets monthly to address issues relevant to the student-athlete experience. SAAC is charged with providing first person insight to athletic administrators and coaches who often make decisions that immediately impact student-athletes' lives. In fact, SAAC serves as a conduit for communication among student-athletes, coaches and athletic administrators, often representing the "student-athlete's voice" on issues related to athletic policies, rules, regulations and more. Two representatives of SAAC serve on the Mountain West Conference SAAC to address conference wide issues that impact the student-athlete experience. SAAC works closely with the Ram Alumni Athletes Association to assist in planning athletic department events, as well as, GOLD Team and external campus organizations to ensure student-athletes are appropriately represented campus wide.

Class Attendance Policy

Student-athletes are expected to attend all classes except for absences due to competition and/or illness/emergencies.

PROCESS FOR ABSENCES DUE TO COMPETITION AND TRAVEL

It is extremely beneficial to the student-athlete to establish a positive rapport with instructors and to let them know about future absences.

- Student-athletes are provided official letters of excuse from the Athletic Academic Services office. These letters are to be given by the student-athlete to **each** instructor at the beginning of each semester.
- One week prior to any class absence remind your instructor that you will be missing class due to competition. **Make arrangements with instructors and classmates for notes and handouts as necessary.** If informed in advance of absences due to athletic competition, most instructors will assist you in rescheduling exams. However, arrangements for making up missed assignments are at the discretion of the instructor. If an instructor is not providing an opportunity for you to make up class work due to an athletic absence please contact your Athletic Academic Coordinator for assistance.
- **Leaving in the late afternoon for a road trip to a game does not excuse you from attending classes in the morning.** You are responsible for all classes that day up until the departure time listed on the letter.

UNIVERSITY CLASS ATTENDANCE POLICY

“Instructors and departments are responsible for establishing attendance policies. These policies must accommodate student participation in University sanctioned extracurricular/co-curricular activities. **Students must inform their instructors prior to the anticipated absence and take the initiative to make up missed work in a timely fashion.** Instructors must make reasonable efforts to enable students to make up work which must be accomplished under the instructor’s supervision (e.g., examinations, laboratory assignments.) In the event of a conflict in regard to this policy, individuals may appeal using established University procedures.” (*General Catalog*)

“**Academic departments may replace any students in a course who fail to attend both of the first two regularly scheduled meetings of the class** (one meeting for laboratory courses or for classes which meet once each week), unless the students have notified the department or the Office of Admissions and Records in advance.” (*General Catalog*)

ABSENCES DUE TO ILLNESS/EMERGENCIES

Notify your Athletic Academic Coordinator if you have missed or will miss class due to hospitalization, injuries or family/personal problems.

Mountain West Conference Sportsmanship

Mountain West Conference Statement on Sportsmanship

All aspects of intercollegiate athletics contests shall be conducted in a sporting manner. It is the responsibility of each member institution in the Mountain West Conference to ensure that all individuals associated with its athletics program conduct themselves in an appropriate manner. All members of the Conference shall exhibit ethical behavior at all NCAA and Conference competition. Conference members shall conduct themselves in accordance with the rules of the NCAA and Conference and the playing rules of the respective sports. Each member institution shall create a healthy environment for competition. Administrators, coaches, student-athletes and spectators, as well as others involved in intercollegiate athletics in the Conference, share this responsibility.

Acts in Violation of Sportsmanship Policy

Conduct by athletes, coaches and other institutional athletics personnel who act in an unsporting manner is subject to sanction. Violations of the Conference sportsmanship policy shall include, but are not limited to the following:

- Striking, attempting to strike or otherwise physically abusing an official, coach, spectator or student-athlete;
- Intentionally inciting participants or spectators to unsportsmanlike action;
- Using obscene gestures or unduly provocative language or action toward a game official, Conference personnel, another institution, a student-athlete or personnel of another institution, coach or spectator;
- Ejection from a contest;
- Publicly criticizing or disparaging a game official, the Conference or its personnel, a student-athlete or employee of another institution.

Penalties

Below are the penalties for acts in violation of the Mountain West Conference sportsmanship policy. The Commissioner, at his/her discretion, may impose alternatives to the sanctions listed below if he deems it warranted.

• ***Physical Abuse***

An individual who strikes, attempts to strike or otherwise physically abuses an official, opposing coach, spectator or student-athlete shall be subject to the following penalties:

First Offense: Suspension for at least one contest and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Subsequent Offenses: Suspension for at least two contests and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Statute of Limitations: An individual penalized for physical abuse shall have that offense retained on the permanent record for the duration of his/her time in the MWC, thus subjecting that individual to cumulative penalties for future offenses.

- ***Incitement to Inappropriate Action***

An individual who intentionally incites participants or spectators to inappropriate action shall be subject to the following penalties:

First Offense: Suspension for at least one contest and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Subsequent Offenses: Suspension for one season of competition and public announcement through standard Conference channels.

Statute of Limitations: An individual penalized for incitement to inappropriate action shall have that offense retained on the permanent record for the duration of his/her time in the Mountain West, thus subjecting that individual to cumulative penalties for future offenses.

- ***Obscene Gestures and Language***

An individual who uses obscene gestures or uses unduly provocative language or action toward an official, Conference personnel, another institution, a student-athlete or personnel of another institution, coach or spectator shall be subject to the following penalties:

First Offense: Public reprimand.

Subsequent Offenses: Suspension for at least two contests and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Statute of Limitations: An individual penalized for obscene gestures or language shall have his/her record expunged one calendar year from the date of the latest offense, provided that individual has no further offenses during that period.

- ***Ejection from a Contest***

An individual who is ejected from a contest shall be subject to the following penalties:

First Offense: Private reprimand, unless aggravating circumstances require a more stringent penalty.

Second Offense: Suspension for at least one contest and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Subsequent Offenses: Suspension for at least two contests and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Statute of Limitations: An individual penalized for ejections from a contest shall have his/her record expunged one calendar year from the date of the latest offense, provided that individual has no further offenses during that time period.

- ***Public Criticism***

An individual affiliated with (e.g., over whom the institution and/or Conference has jurisdiction) a member institution or the MWC who publicly criticizes or disparages a game official, the Conference or its personnel, another institution, student-athlete or personnel of another institution shall be subject to the following penalties:

First Offense: Public reprimand.

Second Offense: Suspension for at least one contest and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Subsequent Offenses: Suspension for at least two contests and public announcement through standard Conference channels. The penalty shall not exceed one season of competition.

Statute of Limitations: An individual penalized for public criticism shall have his/her record expunged one calendar year from the date of the latest offense, provided that individual has no further offenses during that time period.

• ***Suspension from a Contest***

Suspension from a contest(s) shall be imposed beginning with the next regular or postseason contest(s), shall be served in consecutive contests, and may be carried over from one season to the next. The individual suspended may be banned from attending a contest(s) during the period of suspension. In the case of a student-athlete or coach, if the individual is permitted to attend a contest, he/she shall not be permitted to travel with the team to the contest and must make (and pay for) their own transportation and admission arrangements. A suspended coach or player may not be in the team bench area, may not participate in pre-game warm-ups or other game-related on-court/on-field activities and must stay at least 100 feet away from the team locker room. A suspended coach may participate in practice activities at home or on a road trip while suspended. A suspended student-athlete may participate in practice activities with the team for a home game, and while the team is at home prior to its departure for a road game, but may not participate in practice activities on a road trip. In cases involving a multiple-game road trip that exceeds the length of the suspension, parameters for the suspended individual's travel and activities shall be determined on a case-by-case basis, considering the unique circumstances involved and prior precedent (if applicable).

For more information on the Conference sportsmanship policy, please refer to the Mountain West Conference website at www.themwc.com.

[Modified October 2004 by MWC governance structure; modified October 2006 by MWC Joint Council; modified April 18, 2007 by MWC Joint Council, updated editorially May 21, 2007; modified June 3, 2007 by MWC Board of Directors updated editorially July 19, 2007; revised February 13, 2008.]

Athletic Academic Services

The athletic academic services staff is committed to the academic success of all student-athletes. We provide a comprehensive academic support program to assist student-athletes in succeeding at Colorado State University. We encourage student-athletes to take advantage of the opportunities and services listed below:

New Student-Athlete Orientation

At the beginning of each academic year staff from athletic academic services provides orientation sessions for all new student-athletes. These sessions include information about athletic academic services, expectations of student-athletes, and an introduction to many of the campus resources available for our student-athletes.

Monitor Academic Progress

Athletic Academic Coordinators meet individually with each new freshman, transfer and other selected student-athletes to monitor their academic progress at CSU. The staff member informs the student-athletes about the NCAA, Mountain West Conference and Colorado State University policies regarding progress towards degree and makes sure that the student-athletes follow the policies and procedures to stay on track toward graduation. Athletic Academic Coordinators are the liaison to faculty and staff at the university to monitor the academic progress of student-athletes. In addition, every student-athlete will also have an academic advisor assigned to them, either from the Center for Advising and Student Achievement (CASA) or from their major on campus. The academic advisors assist student-athletes in selecting courses toward graduation.

Structured Study

Structured study provides an opportunity for the management of study time and other academic responsibilities of the student-athlete. Structured study is available during day and evening hours each week that classes are in session.

All freshmen receiving aid are required to attend structured study the first semester of their first year. At the end of their first semester, any freshman may be released from structured study based upon the Athletic Academic Coordinator's and head coach's recommendation. **Transfer students will be required to attend structured study their first semester at Colorado State, regardless of their incoming GPA.** In addition, any student-athlete may be scheduled into structured study at the discretion of the Athletic Academic Coordinator and the head coach.

The required number of structured study hours a student must complete weekly varies from sport to sport. However, all students must abide by the following:

- Attend for at least 30 minutes per study session
- Complete required hours by 12:00 noon on Fridays
- Complete no more than 2 hours on Fridays
- While signed in, limit computer use to academic purposes only

Structured study is considered a part of team policy. Athletic scholarship contracts state that “Student-athletes must follow team policy as determined by the head coach.” This includes “academic practices”. **Failure to adhere to team policy could result in withdrawal of athletic aid.**

Athletics Learning Assistance Program

The Athletics Learning Assistance Program provides opportunities for student-athletes to develop effective study skills in a positive, structured learning environment.

Through the assistance of a fulltime, professional learning specialist and learning coordinators, student-athletes receive the individual attention to develop the study skills necessary to excel at Colorado State. The staff will diagnose the specific learning needs of each participant and help the students develop distinctive learning plans to address these needs.

In addition, participants attend a series of seminars about successful study habits and receive positive, daily reinforcement from the staff. The Athletic Learning Assistance Program is primarily designed to help student-athletes make a successful academic transition to Colorado State University. However, it may also be beneficial for current student-athletes who need a more structured learning environment.

Transition to College Class

Staff from Athletic Academic Services facilitates a one credit class for all new freshmen scholarship student-athletes during their first full semester at CSU. The class (IU 193) provides information about effective study skills and campus resources that are available to help new student-athletes make a smooth transition to Colorado State.

CHAMPS/Life Skills Program

The CHAMPS/Life skills Program is designed to help student-athletes excel in a variety of ways. Through personal development workshops, career day events, leadership development workshops and academic recognition events, student-athletes learn important skills to succeed at CSU and beyond. The program utilizes the resources of the entire campus community to assist student-athletes. Contact your Athletic Academic Coordinator for more information.

Textbook Loan Program

Textbooks will be loaned to scholarship student-athletes who have books included in their athletic financial aid. Books may be obtained in the lower level of the CSU bookstore. Standard textbooks will be loaned for your courses only. Athletics will not provide:

- supplementary textbooks
- art supplies

- engineering equipment or supplies
- notebooks, pencils, paper, etc.
- lab manuals, workbooks, charts or tables

And note:

- If an incorrect textbook is issued, it should be returned immediately to be replaced by the correct textbook.
- If you withdraw from school or are dropped from the grant-in-aid list, your book privilege is lost and all books on loan must be returned immediately.
- If a course is added or dropped after you obtain the original books, see the clerk at the bookstore.
- If you need to purchase textbooks or any other materials through a copy center, see your Athletic Academic Coordinator.

Student-athletes who receive textbooks as part of their athletic financial aid must return the textbooks to the Anderson Academic Center for the current semester by the first day of classes for the following semester (e.g. January 15 for the prior fall semester, June 1 for the prior spring semester and August 15 for the prior summer semester). Failure to do so will result in the cost of those textbooks being charged to your student account.

Tutoring Services

Tutorial assistance is secured by requesting a tutor on your *GradesFirst* homepage (see “Technology Resources, page 20). When you click on “Request a Tutor Appt” for a specific course, a screen will pop up requesting your preferred meeting time. Please list as many possible times and days that you can meet. Once the tutor coordinator has matched your request you will receive an email stating the date and time of your tutorial appointment.

Other Tutoring Resources:

The Institute for Learning and Teaching (TILT) – Walk-in Tutoring

Subjects Tutored: A variety of courses in Liberal Arts, Math, and Natural Sciences; schedule and subject offerings vary by term

Eligible Students: All

When and Where: Sunday - Thursday, 5:00 - 10:00pm; Great Hall, TILT Building (formerly Music Building) on the Oval

For More Information:

<http://www.natsci.colostate.edu/tutoring/tutschedule.cfm>

Academic Advancement Center - Individual and Group Tutoring

Subjects Tutored: A variety of courses (mostly 300-level and below); schedule and subject offerings vary by term

Eligible Students: Low-income, first generation or disabled students

When and Where: Monday-Friday, 8:00am – 8:00pm; 1st Floor Gibbons, Tutorial hall

For More Information: www.aac.colostate.edu/1tutoring.aspx

Beta Alpha Psi Tutoring – Individual and Group, Walk-in Tutoring

Subjects Tutored: All Accounting courses

Eligible Students: Students enrolled in ACT courses

When and Where: Mondays, 5:30 - 7:00pm; 167 Rockwell Hall

College of Engineering – Walk-in Tutoring

Subjects Tutored: Engineering (homework and exam preparation)

Eligible Students: All Engineering students

When and Where: Monday-Thursday, 7:00 - 10:00pm; Academic Village, Room C147

Computer Science Department – Private Tutoring

Subjects Tutored: All Computer Science courses (may be subject to fees)

Eligible Students: Student enrolled in CS courses

When and Where: Listed on all Computer Science course syllabi each term

Eagle Feather Tutoring Program – Individual or Walk-in Tutoring

Subjects Tutored: Schedule and subject offerings vary by term

Eligible Students: All

When and Where: Schedule changes each term; 218 Lory Student Center

For More Information: <http://www.nacc.colostate.edu/>

Math Department – Private Tutoring

Subjects Tutored: All Math courses (may be subject to fees)

Eligible Students: Student enrolled in MATH courses

When and Where: By appointment

For More Information: <http://www.math.colostate.edu/~tl/tutorlists10.html>

Writing Center

Subjects Tutored: All composition courses and assistance with any written assignment in any academic discipline

Eligible Students: All

When and Where: 10:00am – 4:00pm; 6 Eddy Building AND 6:00pm – 10:00pm; Morgan Library

For More Information: <http://writingcenter.colostate.edu>

Common Eligibility Concerns

Declaring or Changing a Major/Minor

Changing or declaring a major/minor may affect your eligibility status. Due to the progress toward degree requirements, student-athletes must see an Athletic Academic Coordinator, in cooperation with their major's academic advisor prior to changing or declaring a major/minor. The timing of a major change or declaration can also affect a student-athlete's eligibility status. **DO NOT MAKE A MAJOR/MINOR CHANGE OR DECLARATION WITHOUT SEEING AN ATHLETIC ACADEMIC COORDINATOR.**

Student-athletes must declare a major prior to the start of their fifth semester of collegiate enrollment. At the time of this declaration, all coursework taken must be applicable in a student-athlete's major.

NOTE: COURSES TAKEN TO FULFILL A MINOR MAY NOT BE UTILIZED FOR SATISFACTORY ACADEMIC PROGRESS UNLESS THE MINOR IS REQUIRED FOR THE DEGREE.

Student-athletes can declare a second major; however, you should meet with your Athletic Academic Coordinator to understand how coursework in a second major applies to satisfactory academic progress.

Repeated Courses

Students may repeat courses during their academic career. Repeating a course can affect eligibility. If a student wants to replace a repeated course grade, they must file the appropriate paperwork for "repeat/delete".

Repeat/delete is a one-time per course grading option that may be used by undergraduate students who repeat a course. The repeat/delete option may be used for a maximum of ten (10) credit hours and no more than three (3) courses during an entire degree program. For further information about the process of repeat/delete, please see the University Catalog under Grading and Scholastic Standards. **STUDENT-ATHLETES WHO WISH TO UTILIZE REPEAT/DELETE MUST CONTACT AN ATHLETIC ACADEMIC COORDINATOR PRIOR TO COMPLETING THE PROCESS.**

CSU Eligibility Requirements

Student-athletes are required to pass 24 credits per academic year to meet satisfactory progress and maintain a 2.0 cumulative GPA to be in good standing. Grades received in courses that do not meet the minimum grade requirements for select programs of study may not be used to meet the 24 credits per year.

NCAA Eligibility Requirements

Student-athletes must pass a minimum of 6 credits per term, 18 credits per academic year (fall and subsequent spring semester). Additionally, student-athletes must meet the NCAA's progress towards degree requirement (see page 41).

Grades received in courses that do not meet the minimum grade requirements for select programs of study may not be used to meet these minimum requirements.

Minimum Grade Requirements for Select Programs of Study

Colleges and Departments may require specific grades in courses to graduate or move forward in the degree program. This minimum grade requirement may be one or both of the following:

- a. students maintain a minimum grade point average in a designated set of two or more courses critical to a designated undergraduate program of study, e.g., major, minor, interdisciplinary studies program, certificate program; and/or
- b. students earn a minimum grade in a single course or in each of a designated set of courses critical to that undergraduate program.

These standards are available in the catalog or in materials published by the department for student use in advising. If you are required to have a minimum grade in a course for graduation, this course will not count for satisfactory academic progress in that course unless the minimum grade is achieved.

**STUDENT-ATHLETES NEED TO BE AWARE OF MINIMUM
GRADE REQUIREMENTS
IN THEIR PROGRAM OF STUDY.**

**FAILURE TO MEET THESE
MINIMUM GRADE REQUIREMENTS
MAY AFFECT STUDENT-ATHLETE ELIGIBILITY.**

Registration Procedures

When registering for courses each semester, please note:

- Returning student-athletes must first go through the pre-registration advising procedures coordinated by the student's major department. Student-athletes must complete a Priority Registration Form signed by their academic advisor and return this form to their Athletic Academic Coordinator prior to registration.
- Incoming freshmen and transfers receive advising support from Athletic Academic Coordinators who coordinate with departmental advisors.
- Course schedules can be arranged in accordance with workout, practice and team meeting schedule commitments.
- University "Holds", including all personal debt (parking fines, etc.) must be cleared from student accounts to ensure access to registration.

Add/Drop Dates

The University utilizes a number of different dates that allow students to add and drop courses. These dates may affect athletic eligibility and any course changes during these time periods must be discussed with an Athletic Academic Coordinator.

Student Transcripts

Student-athletes may request official Colorado State transcripts from the Office of the Registrar. Athletic Academic Coordinators may not release unofficial transcripts. If a student-athlete wishes to obtain an unofficial transcript, this may be done through their personal account on RamWeb.

Academic Progress Reports

Periodically throughout the semester the Athletic Academic Services staff will send progress reports to the University's faculty for all student-athletes. Feedback from the faculty will be shared with the student-athletes and their coaches by the Athletic Academic Services staff. Athletic Academic Coordinators will follow up with student-athletes regarding any specific academic concerns.

Summer School

CSU offers a variety of summer sessions. Student-athletes may apply for athletic financial aid for summer school occurring at Colorado State. Summer school aid applications are available in February from Athletic Academic Services staff. Student-athletes must have received aid the previous academic year to be eligible to receive summer aid. Summer aid may not be in greater proportion than that received during the academic year. Student-athletes should return the applications by the deadline to be considered for aid. **Submitting an application does not infer that aid has been approved and is not guaranteed** (see "guidelines for Summer School Financial Assistance", page 37). Please contact your head coach regarding approval of summer aid.

Student-athletes may also take courses at other institutions. Prior approval must be obtained from Colorado State University for coursework taken at another institution to insure that the course will meet the transfer requirements. **Grades received from courses taken at other institutions do not apply to your CSU grade point average.** Also, student-athletes cannot receive summer athletic aid to pay for courses taken at another institution.

Student-athletes have academic responsibilities. As a student-athlete at Colorado State University you agree:

- To take on the responsibility for handling the time and effort required to be both a scholar and an NCAA Division I athlete.
- To exhibit self-discipline in study habits and class attendance.
- To use the resources available to you.
- To understand your progress toward your degree and **keep your graduation plan up-to-date.**
- To understand the status of your eligibility and always check with your Athletic Academic Coordinator before making any degree or schedule changes.
- To provide the Athletic Academic Services staff with required forms and paperwork in a timely manner.
- To **GRADUATE!!!!**

At no time shall your participation in CSU athletics be considered an extenuating circumstance upon which to base a request for an incomplete grade, late administration of an examination or late submission of required work assignments.

Guidelines for Summer School Financial Assistance

Student-athletes will be required to complete an application form in order to be considered for athletic financial assistance for summer school. Applications must be submitted to Athletic Academic Services prior to the established deadline (usually the end of March). The student-athlete's head coach must sign the application form. All requests will be reviewed on a case-by-case basis and in light of demand and available resources. However, the following guidelines will generally apply when considering whether to award summer school financial aid:

- In conformity with NCAA rules, summer school aid may only be awarded in proportion to the amount of athletically related financial aid the student-athlete received the previous academic year. Summer school aid cannot be awarded to student-athletes who are not currently receiving an athletic scholarship.
- Student-athletes must have a current degree plan on file with Athletic Academic Services at the time they apply for summer school aid.
- Student-athletes will not be able to access summer school funding to correct an academic eligibility issue more than one time during their career at CSU.
- Summer school funding will not be provided to complete a minor (unless required as part of the major), a second undergraduate major or to attend graduate school.
- Summer school funding will not be provided for courses that are not applicable to the degree requirements in the student-athlete's major.
- Preference will be given to student-athletes who need summer school to graduate on time; i.e., when their eligibility expires.
- Summer school funding will not be provided to student-athletes who create an academic eligibility issue due to dropping a course or changing a major without the prior approval of Athletic Academic Services.
- Summer school funding will not be provided for student-athletes to retake a course they previously failed.
- Summer school funding will not be provided in order to avoid a conflict with academic year practice schedules.
- Summer school funding will not be provided to student-athletes who did not comply with class attendance, structured study, tutor sessions, instructor meetings or other requirements imposed by Athletic Academic Services during the previous academic year.
- Student-athletes will be required to repay summer school expenses for courses they do not successfully complete.

Adopted May, 2009

Academic Calendar

Fall Semester-2011

Aug 18-19	Thursday-Friday	Orientation, advising and registration for new students
Aug 22	Monday	Classes begin
Sept 5	Monday	University offices closed
Sept 7	Wednesday	Registration closes
Oct 17	Monday	Last day for course withdrawal
Nov 19	Saturday	Fall recess begins
Nov 24-25	Thursday-Friday	University offices closed
Nov 28	Monday	Classes resume
Dec 9	Friday	Classes end
Dec 12-16	Monday-Friday	Final examinations
Dec 16-17	Friday-Saturday	Commencement ceremonies
Dec 21-23	Wednesday-Friday	University offices closed
Dec 30	Friday	University offices closed

Spring Semester-2012

Jan 12-13	Thursday-Friday	Orientation, advising and registration for new students
Jan 16	Monday	University offices closed
Jan 17	Tuesday	Classes begin
Feb 1	Wednesday	Registration closes
March 11-19		Spring Break
March 20	Monday	Classes resume
May 5	Friday	Classes end
May 8-12	Monday-Friday	Final examinations
May 12-13	Friday-Saturday	Commencement ceremonies

Summer Session-2012

May 16	Monday	First 4- and 12-week terms begin
May 30	Monday	University offices closed
June 10	Friday	First 4-week term end
June 13	Monday	8-week/Second 4-week term begin
July 4	Monday	University offices closed
July 8	Friday	Second 4-week term end
July 11	Monday	Third 4-week term begins
Aug 5	Friday	Last day of classes

Compliance



The National Collegiate Athletic Association (NCAA) is the governing body for intercollegiate sports at over 1,000 colleges and universities in the United States. Colorado State University has been a member of Division I (major-college level) of the NCAA since 1929. Colorado State is also a member of the Mountain West Conference (MWC).

As a result of these affiliations, student-athletes, coaches and staff members are required to comply with certain rules and regulations governing the operation of our intercollegiate athletic programs. The following summary is designed as a handy reference guide to some of the most important NCAA and MWC legislation.

It is the responsibility of each student-athlete to comply at all times with NCAA, Mountain West Conference and CSU regulations. Failure to do so can result in loss of eligibility (temporarily or permanently), forfeiture of games and/or loss of athletically-related financial aid.

Do not take chances with your eligibility. Contact the Compliance Office or your head coach before doing anything that may have an impact on your eligibility. Such things could include accepting employment; making personal appearances or endorsements; participating in outside competition; violating your amateur standing (such as agreeing to be represented by an agent); having improper involvement with boosters; accepting impermissible gifts, loans, services or other benefits; and violating NCAA policies on gambling, use of drugs and other banned substances, and use of tobacco products.

WHEN IN DOUBT, CHECK IT OUT!

Eligibility

The NCAA, Mountain West Conference and Colorado State University have established academic eligibility requirements for student-athletes. It is important that you are aware of these requirements so that you make progress toward your degree and remain eligible to participate in your sport.

INITIAL ELIGIBILITY

NCAA Eligibility Center

Participation in NCAA Division I athletics requires that high-school student-athletes register with the NCAA Eligibility Center and have their high school academic records (core courses, GPA and ACT/SAT test scores) reviewed for compliance with the NCAA's initial-eligibility requirements.

To be eligible for practice, competition and/or an athletic scholarship upon initial enrollment at Colorado State University, incoming freshmen must be certified as a "qualifier" by the NCAA Eligibility Center. These requirements are explained in more detail on the NCAA Eligibility Center website at www.ncaaeligibility.org. It is also possible that, in some cases, the eligibility status of transfer student-athletes may be dependent on eligibility certification decisions. The NCAA Eligibility Center is also responsible for certifying amateur status of new students.

Check with the Compliance Office for more information.

MWC Non-Qualifier Rule

Under Mountain West Conference regulations, incoming freshmen who are not certified as "qualifiers" by the NCAA Eligibility Center are permanently ineligible for participation in intercollegiate athletics at any MWC institution.

Transfer students from a four-year college who were not "qualifiers" out of high school are eligible in the Mountain West only if they completed four semesters or six quarters at the four-year school and successfully completed 48-semester hours of transferable degree credit with a minimum 2.00 GPA. Transfer students from a two-year institution who were not qualifiers out of high school are eligible in the Mountain West only if they receive an Associates of Arts degree.

CONTINUING ELIGIBILITY

After enrollment at Colorado State University, you must meet the following criteria to remain academically eligible to participate in intercollegiate athletics:

- Be registered for a minimum of 12 credits at all times during the semester to practice and/or compete.
- Successfully complete 24 new credits in your degree program every academic year. These courses must come from the areas of your major including required major courses, University Studies Program requirements and electives.
Eighteen of these 24 credits must be successfully completed during the regular academic year (fall and spring semesters) with no more than 6 hours being earned during the following summer session.
- Declare a major no later than the start of your 5th semester of enrollment.
Open option programs, pre-programs or interdisciplinary studies are not

considered majors and you may not stay in any of these programs past your fourth semester.

- Maintain a cumulative GPA for competition as follows: start of 2nd year: 1.80; start of 3rd year: 1.90; start of 4th year and beyond: 2.00. **Falling below a 2.00 GPA for more than 2 semesters will result in dismissal from the University.** Under NCAA regulations, the GPA is certified on a semester-by-semester basis.
- Successfully complete a minimum of 6 credits the previous academic semester to be eligible for competition the following academic semester. For example, **every student-athlete must successfully complete 6 hours in the fall to compete in post-season competition between terms or in the spring (or 6 hours in the spring to compete in post-season competition or the following fall semester).** This regulation applies to incoming freshmen, transfer students, continuing student-athletes and those student-athletes competing as graduate students.

PROGRESS TOWARD DEGREE REQUIREMENTS

You must make sufficient progress toward your degree program by meeting the following criteria:

- By the beginning of your **3rd year or fifth semester** of enrollment you must have **completed 40%** of the course requirements for graduation in your specific degree program.
- By the beginning of your **4th year or seventh semester** of enrollment you must have **completed 60%** of the course requirements for graduation in your specific degree program.
- By the beginning of your **5th year or ninth semester** of enrollment you must have **completed 80%** of the course requirements for graduation in your degree program.

INTRA-CONFERENCE TRANSFER RULE

The Mountain West Conference has an intra-conference transfer rule. A student-athlete who has received athletically-related financial aid (or a student-athlete who was a varsity athletics award winner at the United States Air Force Academy) and who transfers, directly or indirectly, from one Conference institution to another shall meet the following requirements prior to being permitted to compete at another Mountain West member institution:

- a. The student-athlete shall complete an academic year in residence;
- b. The student-athlete shall forfeit one season of competition; and
- c. The student-athlete shall not receive athletically related financial aid during the academic year in residence.

SCHOLASTIC STANDARDS

Failure to maintain a minimum cumulative grade point average earned at Colorado State of 2.00 or higher will result in academic probation. Students on academic probation will have the following academic year (fall and spring semester) to return to good academic standing. Failure to meet the probation at the end of two regular semesters will result in automatic dismissal from the University.

WITHDRAWALS

When withdrawing from the University, students must contact the Center for Advising and Student Achievement (CASA, Room 202, Aylesworth Hall, NE) prior to departure. Students leaving the University without officially withdrawing will receive failing grades and will be billed for the courses. Please contact your Athletic Academic Coordinator to insure the process is complete.

SEASONS OF COMPETITION FIVE-YEAR RULE

A student-athlete cannot engage in more than four seasons of intercollegiate competition in any one sport. Participation in any portion of a competition triggers a complete season of competition. A student-athlete must complete his/her seasons of competition within five calendar years from the beginning of the semester or quarter in which the student-athlete first registers for a minimum full-time program of studies in any collegiate institution (two year, four year, foreign institution) regardless of whether or not the institution sponsors the student-athlete's sport and regardless of whether or not the student-athlete participates in intercollegiate athletics at that institution. With proper documentation, time spent in the armed services, on official church missions or with recognized foreign aid services of the U.S. government or for reason of pregnancy may be exempt from the five-year rule.

MEDICAL HARDSHIP WAIVER

A student-athlete may be granted an additional year of competition by the Mountain West Conference as a result of an incapacitating injury or illness provided all of the following conditions are met:

- The injury or illness occurs in one of the four seasons of intercollegiate competition.
- The injury or illness occurs prior to the completion of the first half of the playing season that concludes with the NCAA championship in that sport and results in incapacity to compete for the remainder of that playing season.
- The student-athlete has not participated in more than three (3) contests or dates of competition or 30% (whichever number is greater) of the institution's scheduled contests or dates of competition in that sport.
- Appropriate medical documentation from a physician who administered care at the time of the injury or illness is submitted.

A hardship waiver will only be granted if the additional year of competition can be used within the student-athlete's five-year "clock". Student-athletes who red-shirt or have to fulfill a residency requirement or do not compete during a year for some other reason are generally not eligible for a medical hardship waiver.

Financial Aid

ATHLETIC GRANT-IN-AID

Under NCAA regulations, an athletic grant-in-aid (scholarship) cannot exceed the value of tuition, fees, room, board and course-related books. **A grant-in-aid cannot be awarded for more than one academic year (fall and spring semesters) at a time.** Other aid from the University or aid from outside sources may require a reduction in your athletic grant-in-aid. **Student-athletes are required to promptly report all sources of institutional and/or outside aid.** Check with the Compliance Office to determine if additional aid will impact your athletic grant-in-aid.

NATIONAL LETTER OF INTENT

A National Letter of Intent (NLI) is not valid unless it has been accompanied by an athletic grant-in-aid (scholarship) offer for a minimum of one academic year. Once you have signed a NLI, all institutions and conferences that participate in the NLI program are obligated to respect your signing and must cease to recruit you. You should inform any recruiter who contacts you that you have signed a National Letter of Intent.

If you signed a NLI with Colorado State University, you are committed to attend Colorado State for a minimum of one full academic year. **Transferring prior to completing this year will result in significant penalties including the loss of one year of eligibility.** Please talk with the Compliance Office prior to any transfer decisions.

REDUCTION/CANCELLATION OF ATHLETIC GRANT-IN-AID

Once the period of the award (academic year) has begun, changes generally cannot be made in your athletic grant-in-aid (scholarship). Your grant-in-aid may be cancelled, however, under the following conditions:

- You render yourself ineligible for intercollegiate competition.
- You give false information on your application, NLI or financial aid agreement.
- You engage in serious misconduct resulting in University disciplinary action.
- You voluntarily withdraw from the sport for personal reasons.
- You accept impermissible outside aid or aid that violates your individual or your team's financial aid limit.
- You fail to attend class(es) or participate in other class-related activities (e.g. field trips, labs, etc.) related to your academic course work.
- You fail to abide by NCAA, Mountain West or CSU rules, the specific written rules of your sport or the "Student-Athlete Conduct" section (page xx).

RENEWAL/NON-RENEWAL OF ATHLETIC GRANT-IN-AID

As long as you have eligibility remaining, you will be notified in writing if your head coach recommends that your athletic grant-in-aid (scholarship) be reduced or not renewed for a subsequent year. You will also be notified that you have the

right to a hearing if you believe this action is being taken for disputed reasons. Contact the Athletics Compliance Office for assistance or contact the Office of Conflict Resolution and Student Conduct Services (see “Grievance Procedures”, page 13).

TRANSFER REGULATIONS

Once you enroll full-time, attend classes or report for official practice in your sport at Colorado State, NCAA rules prohibit your contacting another four-year institution about the possibility of transferring and participating in their athletic program without written permission from Colorado State’s Director of Athletics (or his/her designated representative). Permission will not be granted without the consent of the head coach. If your request for permission to speak with another institution is denied, you are entitled to appeal the decision to the Athletic Appeals Committee.

You may be ineligible for competition your first year immediately following transfer. Please talk with your head coach or the Compliance Office for assistance with any transfer requests or questions.

OTHER AID

Fifth Year Aid

Student-athletes who complete their eligibility within the first four years may **apply** for Athletic Department Fifth Year Aid Awards. These awards are designed to assist students in completing their degree program. The qualifications for application are:

1. The applicant shall be a student-athlete who: (a) has completed athletic eligibility at Colorado State University, (b) has not exceeded five years of athletic aid, (c) is within five years of his/her initial collegiate enrollment, and (d) has not received an undergraduate degree.
2. The applicant shall have received athletically-related financial aid for the preceding year.
3. Applicant must have met the satisfactory academic progress requirement for the preceding year (24 new credits fall and spring; summer school shall not be considered).
4. Applicant shall be in good academic standing (2.00 cumulative GPA) and must not be under contract to or currently receiving compensation from a professional sports organization.

NCAA Special Assistance and Student Opportunity Fund

The NCAA provides a fund to assist student-athletes with special financial needs. You may be eligible to receive money from the NCAA Special Assistance and Student Opportunity Fund if you are:

- A Pell Grant-eligible student. This includes student-athletes who have exhausted their eligibility or cannot participate in athletics because of medical reasons.
- A foreign student-athlete who receives athletically-related financial aid and who has demonstrated financial need.

If you are eligible to receive money from the NCAA Special Assistance and Student Opportunity Fund, you may use the funds for the following expenses:

- Essential purchases, such as clothing and shoes (entertainment is not included in these expenses), or travel expenses home not to exceed \$500 total per year.
- Supplies for academic course (general school supplies such as notebooks and pens).
- Medical and dental treatment not paid for by your insurance coverage (premiums for optional medical insurance, hearing aids, vision therapy, psychological counseling).

These funds are available if you meet the qualifications. If you think you are eligible to receive aid from the NCAA Special Assistance and Student Opportunity Fund, contact Karen Taylor at 491-0214.

SUMMER FINANCIAL AID

Student-athletes will be required to complete an application form in order to be considered for athletic financial assistance for summer school. Applications must be submitted to Athletic Academic Services prior to the established deadline (usually the end of March). The student-athlete's head coach must sign the application form. All requests will be reviewed on a case-by-case basis and in light of demand and available resources.

The awarding of summer financial aid is at the discretion of the Director of Athletic Academic Services upon recommendation of the head coach. Enrolled student-athletes must meet the following criteria:

- * You must have received athletically-related aid during the previous academic year or will be receiving it the following academic year
- * Summer athletically-related aid is awarded only in proportion to the amount of the athletically-related aid received by the student-athlete during the previous academic year (e.g. if you receive a 50% athletic grant in the past academic year, you may not receive more than a 50% athletic grant in that summer).

Requested aid is not automatic. Awards are subject to availability of funds.

Employment and Promotional Activities

STUDENT-ATHLETE EMPLOYMENT

- **Student-athletes who have eligibility (i.e. seasons of competition) remaining should complete a student-athlete employment statement prior to accepting employment during the academic year. Please see the Compliance Office.**
- There is no limit on the amount of earnings student-athletes can receive from employment opportunities, provided they are compensated only for work actually performed and at a rate of pay comparable to the going rate in the employer's locality for similar work. Transportation to and from the job cannot be provided unless it is the employer's established policy to transport all employees to and from the job site.
- Student-athletes and their employers will be required to sign an employment statement before employment begins.
Prior approval is not required for employment that occurs during fall break (Thanksgiving), semester break (Christmas), spring break or the summer vacation period.
- Student-athletes are able to receive compensation for teaching or coaching sports skills or techniques in their sport. Such employment is subject to the following conditions:
 - Colorado State University facilities may NOT be used;
 - Playing lessons shall NOT be permitted (i.e., getting paid for playing a round of golf or a tennis match with the recipient of the lesson);
 - Student-athlete provides the Compliance Office with a list of all recipients of lessons, the fees charged to each and the dates and locations of lessons that are provided at any time during the calendar year (including summers);
 - Fees are paid by the lesson recipient (or recipient's family) and NOT any other individual or entity.

PROMOTIONAL ACTIVITIES

Student-athletes cannot allow their names or pictures to be used or make personal appearances to promote any type of commercial product, service, or business.

Certain institutional or charitable activities are permissible provided they are approved in advance by the Director of Athletics. All requests should be referred to the Compliance Office.

Regulations on Booster Activities

Boosters, coaches, Athletic Department staff and/or University employees are **not allowed** to provide student-athletes with any extra benefits or special arrangements, such as:

- Room, board or transportation for family or friends to visit campus or attend an away game;
- Use of an automobile or provision of any type of transportation (except as specified below);
- Use of cell phones, telephone access codes or credit cards for free long distance calls;
- Cash or special discounts, payment arrangements or credit on goods or services;
- Loans of money in any amount or signing or co-signing a loan or note to arrange a loan for any purpose;
- Use of personal property (e.g. ski condo, summer home, car, boat, equipment, computers, etc.);
- Gifts for holidays, birthdays or any other occasion; and
- Free or reduced-cost services or goods (e.g. movies, haircuts, dry cleaners, restaurant meals or food, tickets, etc.).

It is **permissible** for a booster to:

- Invite a student-athlete to his/her home for a meal on an infrequent and special occasion (must be provided in the home and not at a restaurant); booster can provide transportation for the student-athlete to the home but may not provide the student-athlete with the use of his/her vehicle; **invitation must be approved in advance by the head coach and the Compliance Office;**
- Hire a student-athlete for a bona-fide employment opportunity; salary must be based on actual work performed and at a rate of pay comparable to the going rate for similar work; **all employment during the academic year must be approved by the Compliance Office;** and
- Entertain student-athletes at away contests provided the entertainment includes all team members and has been approved by the Compliance Office.

It is permissible for an Athletic Department coach or staff member to provide reasonable local transportation to a student-athlete on an occasional basis. It is also permissible for an Athletic Department coach or staff member to provide a student-athlete with a meal on an infrequent and special occasion at either the coach's or staff member's home or at a local restaurant, **provided** such meal has been approved in advance by the Compliance Office.

Amateur Status and Agents

A student-athlete loses his/her amateur status and thus becomes ineligible for intercollegiate competition in a particular sport if he/she:

- * Uses athletic skill (directly or indirectly) for pay in any form in that sport, **except that receiving pay for private lessons is acceptable under certain conditions** (see EMPLOYMENT, page 46);
- * Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletic participation;
- * Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration (money or benefit) received;
- * Receives (directly or indirectly) a salary, reimbursement of expenses, or any other form of financial assistance from a professional sports organization based upon athletic skill or participation (except as specifically permitted by NCAA rules);
- * Competes on any professional athletics team or any team that provides any of its player's expenses above actual and necessary expenses;
- * Enters into a professional draft. There are exceptions for professional basketball and football drafts provided you are not drafted, you do not enter into an agreement with an agent, and you declare your intent to resume intercollegiate competition within a specified time limit. See the Compliance Office or your head coach for more information.
- * Enters into an agreement (written or oral) with an agent.
- * Accepts transportation or any other benefit from an agent or an agent's representative (i.e., a runner) for either yourself or your family.

AGENTS

NCAA legislation strictly defines student-athlete conduct with agents and other activities that can jeopardize your amateur standing. Student-athletes can jeopardize their amateur standing (and thus lose their eligibility for intercollegiate athletics) by: (1) agreeing (verbally or in writing) to be represented by a professional sports agent; (2) entering into any agreements or contracts (written or oral) with professional sports agents or their representative; (3) accepting transportation or any other benefit from an agent or an agent's representative for either yourself or any member of your family; or (4) allowing anyone other than your current sport coach to market your athletics abilities to a professional sports team or representative.

In addition to NCAA rules, the legislature of the State of Colorado passed a statute limiting contact between agents and student-athletes and set specific requirements for agent contracts and agreements. Student-athletes at Colorado State University are subject to this law. The Athletic Department's Assistant A.D. for Compliance is the NCAA's and the University's designated contact for professional sports and sports agent issues. Check with the Compliance Office before doing anything that could jeopardize your status as an amateur.

Gambling

NCAA legislation prohibits student-athletes from engaging in gambling or betting activities related to college or professional sports events. Student-athletes found in violation of this legislation will be ineligible for further intercollegiate competition, even if the gambling activity did not involve the student-athlete's specific sport or institution.

In clear, simple language, NCAA rules mean:

- * You may not place a bet of any sort on any college or professional sports event.
- * You may not give information to anyone who does place bets on college or professional sports.

That means:

- * NO wagers on ANY professional or college sports event, even those that don't involve Colorado State University.
- * NO sports "pools" or bracket contests, even those run by your friends in the dorm.
- * NO internet gambling on sports events.
- * NO sports wagering using "800" numbers.
- * NO exchange of information about your team with ANYONE who gambles.
- * No fantasy leagues.

Protect your college career by simply remembering the following:

- * DO NOT make bets on your team or any other team.
- * DO NOT give information, such as reports on team morale, game plans, starting line-ups, new plays, discipline problems, injuries, etc. about your team or your teammates or any student-athletes at your institution to anyone.
- * DO NOT talk about odds or point spreads with anyone.
- * DO NOT associate with bookies or gamblers.
- * DO NOT accept money, gifts or favors for any reason from anyone associated with sports betting.

GAMBLING IS A CRIME; it is a federal offense to influence or attempt to influence in any way a sporting contest by bribery. This statute covers not only the outright throwing of contests but also point-shaving and applies to the maker and the recipient of the bribe. **Violations may result in substantial fines, imprisonment or both.** It is a federal offense to make use of interstate facilities, including the telephone, internet or mail, for the placing of illegal bets.

If you have any questions regarding gambling or are approached by anyone soliciting bets or "inside" information on teams or student-athletes, you should immediately inform the Director of Athletics, the Compliance Office or your head coach.

Tobacco/Banned Substances

USE OF TOBACCO PRODUCTS

NCAA regulations prohibit the use of all tobacco products by student-athletes during practice and competition. In addition, the Colorado State University Athletic Department does not allow student-athletes to consume any alcohol, tobacco or drugs when representing the University.

If You Spit, You Sit!



USE OF BANNED SUBSTANCES

The NCAA has adopted a list of banned drugs and other substances. This list is provided to all student-athletes at the fall eligibility meetings along with the NCAA's Drug Testing Consent form. A copy of this list is also available on the NCAA's web site at www.ncaa.org.

If a student-athlete tests positive for a banned substance on this list, he/she will be ineligible to participate in regular-season and post-season competition for one calendar year and will be charged with the loss of a minimum of one season of competition in all sports. **The penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned substance.** Please note that CSU has an institutional drug testing program in addition to the NCAA program (see page 58). Information is also available on www.csurams.com (follow the link from the Athletics tab to the student-athlete section).



If you are using nutritional or dietary supplements, sports drinks, stimulants, performance-enhancing drugs or any other such substances, even something over-the-counter, you may be putting your health as well as your athletics eligibility in jeopardy. Since many dietary and nutritional supplements are not strictly regulated, **what's in the bottle is not always on the label.** So be sure to check out what you are taking. Talk with the Head Athletic Trainer,

Terry Dezeeuw, or access the Resource Exchange Center at www.drugfreesport.com. Student-athletes are encouraged to use this website, which is password protected (under REC Login enter username "NCAA Division I" and password "ncaa1"), to access a confidential hotline for information on supplements, ask general questions or research banned substances.

Guidelines for Students with Attention Deficit Hyperactivity Disorder (ADHD)

(www.ncaa.org/health-safety)

The NCAA bans classes of drugs because they can harm student-athletes and can create an unfair advantage in competition. Some legitimate medications contain NCAA banned substances, and student-athletes may need to use these medicines to support their academics and their general health. A common example is use of medication for ADHD.

ADHD – Attention Deficit/Hyperactivity Disorder is one of the most common neurobehavioral disorders of childhood and can persist through adolescence and into adulthood. ADHD is generally diagnosed in childhood, but sometimes not until college or later. The most common medications used to treat ADHD are methylphenidate (Ritalin) and amphetamine (Adderall), which are banned under the NCAA class of stimulants. In order for a medical exception to be granted for the use of these stimulant medications, the student-athlete must show that he or she has undergone standard assessment to identify ADHD.

Frequently a student-athlete may find that the demands of college present difficult learning challenges. They may realize that some of their teammates are benefitting from the use of these medications, and figure they should ask their team physician or family doctor to prescribe the same for them. **If they do not undergo a standard assessment to diagnose ADHD, they have not met the requirements for an NCAA medical exception.** The student-athlete should either provide documentation of an earlier assessment, or undergo an assessment prior to using stimulant medication for ADHD.

If the diagnosis is ADHD, the student-athlete may then pursue treatment with the team physician or family physician for a prescription for stimulant medication, and provide all documentation to the appropriate athletics administrator to keep in the file in the event the student-athlete is selected for drug testing and tests positive. At that point, the athletics administrator will be instructed to provide the documentation for review by the medical panel, and if all is in order, the student-athlete's medical exception is granted.

A complete description of the NCAA Drug Testing Exemption Procedure along with guidelines for management of ADHD is available in the NCAA Drug Testing Policy at www.ncaa.org/health-safety.

Playing and Practice Seasons

In order to minimize interference with the academic progress of student-athletes, the NCAA limits organized practice activities, the length of playing seasons and the number of contests or dates of competition in all sports. Each head coach in conjunction with the Compliance Office will determine the dates of the playing/practice season and the competition schedule for each sport.

During the playing/practice season, the following restrictions apply (when classes are in session):

- A limit of 4 hours per day and 20 hours per week of athletically-related activities (all competition counts 3 hours);
- One day off each week when no athletically-related activities can occur;
- No restrictions on voluntary activities provided they are not required or supervised by a coach (for safety reasons, a coach can supervise swimming, diving, water polo and field events in track);
- Class time cannot be missed for practice activities (except for travel to an away contest).

During the off-season, the following restrictions apply:

- Two mandatory days off per week are required;
- No daily hour limit is enforced;
- Athletically-related activities are restricted to a total of 8 hours per week; the following activities must be counted in the 8 hours:
- Required weight training and conditioning;
- Physical-fitness classes (if conducted by an Athletic Department staff member);
- In all sports other than football, required individual skill-related instruction provided the skill instruction does not exceed a total of 2 hours per week of the 8 permissible hours. In football, no skill instruction is permitted during the off-season (except for the designated spring football period), but a maximum of 2 hours per week of required film viewing is permissible provided it is included within the 8 hours of required weight training and conditioning activities; and
- No required activities are permissible the week prior to final exams through the week of final exams.

Athletically-related activities include:

- Practice, competition, required weight training and conditioning;
- Participation in a physical fitness class (if conducted by an Athletic Department staff member);
- Required film or videotape reviews of practices or contests;
- Required participation in camps, clinics or workshops;
- Meetings on athletically-related matters;
- Individual workouts required or supervised by a coaching staff member;

- Visiting the competition site (cross country and golf only).

The following activities are not considered athletically-related:

- Training table or competition-related meals;
- Physical rehabilitation;
- Dressing, showering, taping;
- Structured study, tutoring sessions, meetings with Athletic Academic Coordinators;
- Meetings on non-athletic matters (eligibility, health and welfare issues, academics);
- Travel to and from practice and competition;
- Medical exams, treatments, drug testing activities;
- Recruiting services such as serving as a student host;
- Voluntary workouts and viewing of videotapes;
- Meetings with a coach at the student-athlete's request; and
- Visiting the competition site (sports other than cross country and golf).

OUTSIDE COMPETITION

Student-athletes are not allowed to participate during the academic year as a member of any outside team in any non-collegiate, amateur competition except while representing Colorado State University. Exceptions or waivers are available for specific events such as high school alumni games, Olympic Games, Pan American games and national teams.

APPROVAL FOR ANY OUTSIDE COMPETITION MUST BE OBTAINED IN ADVANCE FROM THE ASSISTANT A.D. FOR COMPLIANCE.

NCAA rules allow limited summer competition based on certain restrictions for each sport. Student-athletes should check in advance with their coach or the Compliance Office before committing to any summer competition. Student-athletes in men's and women's basketball are required to have **written permission** from the Compliance Office before participating in summer competition, and they can only participate in summer competition that has been certified by the NCAA.

Involvement in the Recruiting Process

Enrolled student-athletes can play a limited role in the recruiting process. Specifically, student-athletes can:

- Serve as a student host during a recruit's official visit to campus; student hosts will receive printed instructions at the time of their recruits' visit.
- Receive telephone calls from a recruit as long as the calls are made at the recruit's expense and are made after July 1st following the recruit's junior year in high school.
- Call a prospect at his/her own expense (call cannot be paid for by Colorado State University, its

employees or boosters) as long as the call is not at the direction of a coach or Athletic Department staff member.

- Student-athletes are not allowed to transport recruits to or from the airport.

Student-athletes are also not allowed to participate in making any phone calls for any department on campus (such as the Admissions Office) if the calls involve recruitment of students (athletes or non-athletes) to Colorado State University.

Serving as a Recruiting Host

As a student-athlete, you may be asked to host prospective student-athletes (high school and transfer students) during their official recruiting visit to Colorado State University. Serving as a student host is an important responsibility, and you will be expected to conduct yourself in an appropriate manner and one which brings credit to the University and its athletic programs. You will be provided with student-host money to entertain your recruit. You will be expected to comply with all NCAA and institutional regulations regarding the use of the student-host money, to account for the expenditure of all such funds, and to return any unused funds to the institution following completion of the visit.

Inappropriate Conduct

Recruiting activities specifically prohibited include:

- Underage or excessive consumption of alcohol
- Illicit drug use
- Sexual misconduct
- Participation in gambling and/or gaming activities
- Use of escorts, exotic dancers, "strippers" or any other such personal services providers
- Visits to "adult entertainment" facilities or venues

- Abusive conduct which threatens or endangers the physical or psychological health, safety or welfare of any individual
- Harassment, including harassment on the basis of race, sexual orientation, age, gender, religion or physical disability
- Activities or events at any location that may cause a perception of impropriety
- Entertainment that is excessive or not at a scale comparable to that of normal student life
- Any other behavior that is illegal, inappropriate or results in embarrassment to the University, its athletic programs, its student-athletes or its recruits

Inappropriate conduct will result in disciplinary action that could include suspension or termination from the team and loss of your athletics scholarship. Such behavior could also result in University disciplinary action and/or legal action.

NCAA Regulations

Student hosts will be provided with a maximum of \$30/day (up to two days) to cover entertainment expenses for a recruit. NCAA rules specify that:

- Student-host money may only be used for the student host, the recruit, the recruit's parent(s) [or legal guardian(s)] or the recruit's spouse, if married.
 - If you host more than one recruit at the same time, you will be provided an additional \$15/day for each additional recruit you host.
 - No cash may be given to the recruit.
 - Student-host money may not be used to purchase souvenirs, T-shirts or other institutional mementos.
 - All entertainment must occur on the main campus or within a 30-mile radius.
 - You may not use a vehicle provided by a coach, institutional staff member or booster. Host money may be used for gas (\$5 for one day; \$10 for two days) if you use your personal vehicle to transport a recruit.
 - Recruits are not allowed to have contact with any boosters at any time on or off the institution's campus.
 - You must keep receipts, provide a complete list of all expenditures, and return all unused funds at the conclusion of the visit.
-

Athletic Training Room

The Colorado State University athletic training (AT) room exists to serve the medical needs of the CSU student-athletes. The AT staff strives to provide comprehensive medical care with the goal of a safe and prompt return to participation. Due to the significant responsibilities associated with this goal, certain rules must be followed.

Athletic Training Room Rules

1. The athletic training room is a place of business for the AT staff. Therefore, student-athletes must conduct themselves in a mature and courteous manner.
2. The AT room is not for social gatherings; loitering is not allowed.
3. Nothing may be taken from the AT facility without the staff's permission.
4. All treatments will be directed by the AT staff.
5. No equipment, balls or shoes with cleats are to be in the AT facility; cubbies inside the entrance are provided for their storage.
6. No food or drink allowed.
7. No tobacco products of any kind are permitted.
8. The AT room is a coed facility; please maintain proper language, behavior and attire (shirts are required, white spandex are prohibited).
9. No shoes are allowed on the treatment tables.
10. The telephone in the AT room is for staff use only. Use of cell phones are prohibited when actively engaged in treatment/rehab.

Treatment of Injuries and Illnesses

The athletic training staff needs the cooperation of the student-athletes to insure proper treatment and care of any problems that arise. All injuries/illnesses should be disclosed to the athletic training staff to insure proper management and referral as necessary.

If you are injured you should:

1. Report any injury or problem to the AT staff immediately. The sooner treatment begins, the sooner an injury can respond to treatment. It is the student-athlete's responsibility to follow the directions of the sports medicine staff.
2. If an injury or illness develops after hours, please attempt to contact the head athletic trainer or assistant athletic trainer that oversees your sport, regardless of the time of day. In the event of an **emergency situation**, seek medical attention at a hospital or urgent care facility located on your emergency contact card – or – call 911 for medical assistance then contact your designated staff athletic trainer as soon as possible.
3. Student-athletes referred for medical care will be given a “medical referral form”. This form must be obtained from the AT room staff prior to seeing any allied health professional. The form is then taken to the health care provider and returned to the AT staff immediately following the appointment with the physician's signature and instruction for care. The Athletic Department will assume financial responsibility for athletic-related injuries/illness; however, **the Athletic Department cannot be responsible for charges accrued without this form or for injuries not directly related to an organized CSU athletic practice or competition.**

4. Colorado State utilizes a network of local healthcare providers in addition to services provided by the CSU Health Network. If you desire medical attention other than that which is provided by the Colorado State University Sports Medicine staff, you may do so at your own expense. The Athletic Department will not be responsible for payment of medical expenses generated “out of network” without direct referral from the head athletic trainer, team physician or CSU Health Network physician. A student-athlete who seeks medical care outside of the department will not be allowed to participate without written documentation from his/her personal physician clearing him/her for full participation and clearance to participate by the CSU team physician.

Physical Exams

The NCAA and Colorado State University require a medical physical examination for all student-athletes prior to participation in any athletic activity, including try-outs.

Physical exams are performed at the CSU Health Network Center. If you miss a scheduled physical exam you will not be allowed to participate in any athletic activity until the physical exam has been completed. Additionally, you will be responsible for rescheduling the exam and payment of the ‘missed appointment’ fee assessed by the CSU Health Network.

A medical clearance form must be on file in the AT room prior to the first practice session. Financial responsibility of the physical exam will be assumed by the Athletic Department for all student-athletes receiving a scholarship and for returning walk-ons. First-time walk-ons will be required to pay for a physical exam performed at Colorado State prior to participation.

University Health Insurance

The Athletic Department provides a medical insurance policy for all student-athletes which cover injuries or illnesses connected with participation in intercollegiate athletics and those which are considered “athletic related” in nature. This is a “secondary” coverage policy and will pay for expenses after all other existing policies have been applied. Additionally, the NCAA holds a catastrophic injury and disability policy on all student-athletes.

No out-of-pocket expenses will be incurred by a student-athlete for athletic-related injuries or illnesses, however, the Athletic Department encourages all student-athletes to have “primary” insurance coverage through their parents, through an independent insurance carrier or carry the University’s student health insurance policy (this expense is not covered by the Athletic Department) for medical expenses. Since there are numerous circumstances where Colorado State is unable to pay for medical expenses, it is strongly recommended that parents maintain their primary health insurance on their son or daughter to cover non-athletic related injuries.

Each year, parents are requested to provide insurance information and a copy of their insurance card for their son or daughter. This must be completed and on file in the athletic training room prior to the start of the first practice. Uninsured student-athletes will be required to have their parent/guardian sign the Athletic

Department insurance information form stating their son or daughter does not have primary insurance coverage. Insurance claims will not be processed by CSU's secondary insurance without a signed insurance form on file.

Financial Considerations

The Athletic Department will not assume responsibility for:

- Injuries or conditions that occurred prior to admission to Colorado State University as a student-athlete (e.g. pre-existing conditions or injuries).
- Injuries or illnesses that are not incurred during a supervised practice or intercollegiate athletics competition (i.e. intramurals, dormitory horseplay, etc.) or at a time when not enrolled at Colorado State.
- Medical expenses accrued without a proper referral from a team physician or athletic training room staff member.
- Elective surgeries or required surgeries that are not directly related to athletic participation (e.g. wisdom tooth extraction, tonsillectomy, appendectomy, etc.).
- Injuries occurring after graduation or departing from the University.
- Injury claims not generated within the first two years of the initial injury onset date.

Dietary Supplements

If a student-athlete chooses to purchase and use nutritional or dietary supplements, sports drinks, stimulants, performance-enhancing drugs, or any other such substances, even something over-the-counter that is not in compliance with NCAA guidelines he/she may be putting his/her health, as well as athletics eligibility, in jeopardy. Please refer to "Use of Banned Substances" on page 49..

Drug Testing

The Department of Athletics ("Department") at Colorado State University ("University") is concerned with the health, safety and welfare of the student-athletes who participate in its intercollegiate athletics programs. The University's campus-based and non-campus based constituents, including fellow student-athletes, faculty, administration, governing board, student body and the community at large entrust the University and the Department with the duty and responsibility to take reasonable measures to ensure the health, safety and welfare of its student-athletes. The implementation of an institutional Student-Athlete Drug Education and Testing Program ("Program") is an appropriate means to this end and also:

1. helps promote fair competition in intercollegiate athletics by preserving the integrity of the sports in which student-athletes compete from those who choose to seek a competitive advantage;
2. affirms and assists in compliance with National Collegiate Athletic Association ("NCAA") rules and regulations regarding the use of banned substances;
3. helps promote a year-round drug free environment in the University's intercollegiate athletics program;

4. responds proactively to the increased use of banned substances nation-wide and the physiological and psychological damage that such use can cause to student-athletes;
5. includes educational programming to support a positive decision-making process for student-athletes;
6. helps identify student-athletes who are using banned substances in an effort to assist them, through education and counseling, before they harm themselves or others or become physiologically or psychologically dependent;
7. adds a further deterrent to student-athletes' use of such substances; and
8. protects the University's integrity while minimizing the potential for negative publicity.

Full details of the CSU drug testing policy along with a list of NCAA banned substances can be reviewed at www.csurams.com/ot/csu-student-athletes.html

Athletic Media Relations

Athletic Media Relations is charged with enhancing and protecting the image of the Athletic Department, as well as those of the respective coaches and competitors in each individual sport, and serving as a liaison between the local, regional and national media, and the CSU student-athletes, coaches and staff. This office also maintains the Athletic Department's official website (CSURams.com) and manages all aspects of sports information and publicity.

Colorado State is a nationally recognized program, competing at the highest level of college competition. As one of the largest institutions in the state, we receive daily coverage from five local/regional newspapers. We also receive the attention of television and radio stations in Denver, the nation's 18th largest media market, and of course are the focus of our institution's student journalists representing the *Rocky Mountain Collegian*, CTV and KCSU-Radio.

With this media attention, it's likely that every student-athlete during his/her tenure at CSU will receive at least one interview request. Every interaction with the media should be viewed as an opportunity to develop your communication skills, which will benefit you now and in the future.

THE INTERVIEW

Whenever there is a media request for an individual interview, a member of the Athletic Media Relations staff will be in contact with you either in person, by phone, or by a text message. **Any other requests that are received individually should be forwarded immediately to the Athletic Media Relations Office.**

Guidelines for Interviews:

- All interviews must be arranged by a member of the Athletic Media Relations staff.
- Academics, team practice, and competition come first. An interview should never be scheduled that conflicts with any of these events.
- Student-athletes should never give their contact information to a media representative for any reason.
- Student-athletes who have agreed to do an interview should be prompt and courteous. Respect the time constraints of the media representative as they are working with a deadline to meet.
- Whenever possible, interviews either in person or by phone, should be conducted in the Athletic Media Relations office, the media work room, or at the practice or competition venue with an Athletic Media Relations representative present.
- Don't criticize teammates, coaches, officials, or opponents.
- Don't respond to questions that are framed as "off the record" and don't use the terms "off the record" or "no comment" in your response.
- Remember that what takes place in the locker room is private and has no place in the media or general public.
- Don't speak on behalf of the head coach. **Let coaches answer questions related to lineups, injuries, etc.**

- The head coach, athletic training room staff and media relations personnel will handle the dissemination of information related to all injuries.

Hints for Successful Interviews

- Prior to the interview, think about what points you want to communicate as a student-athlete and be honest.
- Who is the audience (e.g. students, general public, etc.)?
- You can't control the questions, but you can control the response.
- Anticipate the line of questioning before the interview begins.
- Use positive body language and speak clearly.
- Look directly at the media representative conducting the interview.
- With the immediacy of electronic journalism (radio and television), newspapers are forced to dig deeper to maintain reader interest. Be prepared to spend more time giving answers. Every athlete has an interesting story - whether it is about hobbies, interests, or activities.
- Television seeks short answers, 10-20 seconds long. A first impression is critical. Speak clearly and distinctly when on camera. Maintain pace in delivery and pause to reinforce important statements. Maintain eye contact with the reporter. Be patient through any technical difficulties (e.g. sound, lighting).
- Radio is a more relaxed medium and the possibility of being misquoted is virtually zero. The interview is more like a conversation and answers can be longer, but get to the point.

NOTES ABOUT THE MEDIA

Newspaper

Beat writers are sports reporters who cover Colorado State's athletic program on a daily basis. The *Fort Collins Coloradoan*, *Denver Post*, *Loveland Reporter-Herald* and the *Rocky Mountain Collegian* are area newspapers who staff events with beat writers. Beat writers provide objective coverage as opposed to columnists who are writers who cover specific events and write to express their subjective opinions.

Television

Television broadcasters visit campus the days preceding a televised event. They typically interview coaches and players.

Radio

Radio broadcasters cover Colorado State's athletic program on a daily basis and attend practices as well as games. They provide listeners with a behind-the-scenes look at our program.

Strength and Conditioning

The charge of the Colorado State University Strength and Conditioning staff is to provide a safe and positive environment that allows student-athletes and coaches to work together towards developing the full physical and mental potential of each student-athlete.

Resistance training, speed development, conditioning, flexibility and proper dietary practices are the core of the program. These areas are based on the latest research and utilize sport-specific training methods. Modeled in a year-round cycle, the program is designed to produce bigger, leaner, stronger, faster and more physically explosive student-athletes.

Objectives

- Injury prevention;
- Increase total body strength and power;
- Increase lean muscle mass and lower body fat;
- Improve sport specific conditioning
- Improve speed, agility and flexibility
- Improve mental and physical self-esteem; and
- Improve athletic performance.

Facility Policies

Training sessions are an extension of your sports practice. In order to get the most out of training sessions, the following policies exist:

- The facility is coed. Any attire or conduct that is inappropriate will not be tolerated.
 - Report any injuries to a member of the strength and conditioning staff immediately.
 - Programs are designed and implemented to develop student-athletes to their fullest potential - FOLLOW THEM!
 - Train in appropriate Colorado State issued gear only.
 - BE ON TIME for assigned team or individualized workout sessions.
 - Offices are off limits. Student-athletes are not permitted to use office phones, computers, etc.
 - The music system is supervised by the strength and conditioning staff who determine content.
 - Report problems with training equipment to a member of the strength and conditioning staff immediately.
 - Remember that **it is a privilege to use the strength and conditioning facility**. Treat the strength and conditioning staff, facility and equipment with respect at all times.
-

Equipment

Student-athletes will be issued equipment and a locker at the beginning of the academic year. You are financially responsible for all the equipment you are issued; therefore, keep lockers secured at all times. All issued equipment is the property of the Athletic Department and you will be notified as to what equipment must be returned after the conclusion of the playing season.

No equipment, uniforms or other items of apparel may be sold, donated or otherwise disposed of without the consent of the Equipment Manager, the athletic business office and the Compliance Director (if NCAA rules are involved). Student-athletes will be charged with the full cost of any equipment that is lost, stolen, or not returned, regardless of the age of the item(s).

Personal Items

Any personal items that come loose in the Athletic Department laundry, items left in the pockets of garments or items left in travel bags will be held in the equipment room for one week. All unclaimed items after this time will be disposed of.

Please be aware that the equipment room staff members will access all locker rooms and individual lockers as necessary to complete their duties. These intrusions will be kept to a minimum and every effort will be made not to disturb personal items. It may be necessary to pick up personal items outside of lockers and lock them inside the lockers to ensure security and cleanliness.

Replacing Worn Out Equipment

All equipment that is worn out will be replaced when that particular piece of equipment is returned to the Equipment Manager per adequate inventory of replacements in stock. **Do not throw away any worn out equipment.** Return equipment to the Equipment Manager to avoid being charged for that item(s).

Replacing Lost or Stolen Equipment

Please notify the Equipment Manager of any lost or stolen equipment immediately. Student-athletes:

- are responsible for replacing the equipment.
- must pay the full cost of the item lost or stolen.
- will not receive a replacement item until charges are paid.
- will be ineligible to register for classes, receive grades, or graduate until account is cleared with the Equipment Manager.
- will not be issued additional gear for any gear left at home.

Retention of Apparel and Equipment

Practice Apparel: Student-athletes may retain any and all practice apparel at the end of their collegiate eligibility.

Uniforms: Student-athletes may retain one uniform item, either a jersey or a bottom, upon completion of eligibility provided the equipment staff determines the item is not reusable in subsequent seasons.

In addition, any apparel item (practice or competition) that the equipment staff determines is not reusable may be retained by the student-athlete prior to the end of the student-athlete's collegiate eligibility.

Equipment: Student-athletes may not retain any item of equipment at any time.

Purchase Options

Student-athletes may purchase used apparel items and equipment, when available. Payment must be made by check or a University-accepted credit card. The equipment staff is not permitted to sell items to student-athletes for purposes other than practice or competition including personal use or for friends, family or other individuals. Costs will be based on the following pricing formula:

- Before the finish of one full season = full price
- After 1st full season = 50% off full price
- 2nd season and thereafter = 75% off full price
- Items four years or older or deemed by Equipment Manager as not reusable = 50% of the 75% off price

Laundry Bags

- Contain all needed practice gear for your sport.
- Should be turned in after every practice; items will be cleaned and returned for the next practice.
- Only items that were issued to you are to be put in the laundry bag.
- Any personal items found in the Athletic Department laundry are disposed of after one week.

Travel Bags

- Will be issued for away contests.
- The items enclosed must be returned in the bag.
- Must be returned by the first working day following your contest.
- If clothing is not turned in on time, it may not get laundered. Any personal items found in the Athletic Department laundry are disposed of after one week.

Athletic Tickets

Complimentary Admissions:

The NCAA allows student-athletes to receive complimentary (comp) admission to home and away contests in their sport. The following guidelines apply:

- No tickets will be issued. Admission will be provided only through a pass list at a designated entrance at the site of competition. Recipients will be given ticket stubs indicating their seat locations.
- For home games, student-athletes may receive a maximum of four (4) comp admissions. For away games, student-athletes on the travel squad may receive a maximum of two (2) comp admissions.
- There are no restrictions on who can receive comp admissions. **Student-athletes are required to list the names of all recipients and their relationship to the student-athlete on the “complimentary request” envelope.** Recipients will be required to show identification and sign for their admissions at the site of the competition.
- Student-athletes may not receive payment from any source for their comp admissions and may not exchange or assign them for any item of value.
- A student-athlete may assign his/her comp admissions to an eligible teammate by notifying the Athletic Ticket Office staff.

Complimentary Ticket Ordering Procedure:

To designate recipients for complimentary admissions, student-athletes must:

1. Read and sign the “Complimentary Admissions Statement” and return it to the head coach or the Athletic Ticket Office. Comp admissions cannot be issued unless this statement is on file in the Athletic Ticket Office.
 2. Fill out and sign a “complimentary request” envelope prior to each contest. Envelopes are available at the Athletic Ticket Office.
 3. Football players must sign up by 12:00 noon on the Thursday prior to the game. All other student-athletes must sign up at least three hours prior to the event on the day of their event or the Friday before (if the contest is on a Saturday, Sunday or holiday).
 4. If a student-athlete neglects to declare a recipient or substitutes a name for someone previously listed, no admissions will be issued.
 5. Each person receiving admissions must present an ID and sign for their own tickets. Only one ticket may be left for each individual guest.
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