

AD WELCOME LETTER

Dear Rams Student-Athletes,

We are launching into a new school year! As always, there is renewed enthusiasm and expectation for what the year will bring – opportunities for learning and discovery, creating and expanding friendships, steps toward defining your future and chances to enhance and perform in your athletic pursuits. You are part of a world-class University, and as such it is incumbent on you to accept the opportunities and challenges offered through this experience to grow.

Time is your most valuable resource and your time as a Ram will move quickly, so be intentional about its use. To be a Colorado State University student participating in intercollegiate athletics is an honor and privilege. You can gain an incredible amount of self-knowledge if you embrace every aspect of being a CSU student-athlete. You face high expectations for your performance in the classroom, in the community and in your athletic endeavors in the conference and nation.

This handbook serves as a tool to guide your experience as a Colorado State student-athlete. It contains important information about campus, departmental resources and services available to you. An early section, clearly states our department's mission – TO EDUCATE, ENGAGE AND EXCEL and a set of 11 guiding principles used to formulate our decision-making process. It also outlines our conduct expectations and includes policy information for the University, Athletics, Mountain West Conference and NCAA. This book will serve as a good reference for you as you navigate the academic year

We strive for excellence in everything we do at Colorado State University – academics, athletics and community conduct. As a student who represents CSU in intercollegiate athletics, you are a visible member and leader of our campus. Wear the Green and Gold with pride! You have worked hard for this distinction. Don't allow poor decisions to adversely impact the opportunity you have worked so hard to achieve.

As you progress through this year, embrace your role as a leader, focus on your development as a student and an athlete, strive to be an outstanding teammate, and have fun!

Make this an incredible year and add your achievements to the legacy of CSU Athletics!

Go Rams!



Joe Parker
Director of Athletics

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ATHLETICS DEPARTMENT DIRECTORY

Prefix: 970-491- unless noted otherwise

<p>Administration/ Executive Staff 3350</p> <p>Athletic Communications..... 5067</p> <p>Business 6651</p> <p>Compliance 5459</p> <p>Development..... 4666</p> <p>Equipment 5513</p> <p>Facilities..... 7414</p> <p>Faculty Athletic Representative 6265</p> <p>Marketing 2063</p> <p>Spirit Squad.... 970-213-8939</p> <p>Sports Medicine/ Counseling/ Nutrition 6756</p> <p>Strength & Conditioning 7477</p> <p>Student-Athlete Support Services..... 5075</p> <p>Ticket Office 7267</p> <p>Video..... 5381</p>	<p>Men’s Basketball6232</p> <p>Women’s Basketball6569</p> <p>Football 6131</p> <p>Men’s Golf.....2946</p> <p>Women’s Golf.....3589</p> <p>Women’s Soccer 7147</p> <p>Softball.....6000</p> <p>Women’s Swimming & Diving.....6026</p> <p>Women’s Tennis..... 1311</p> <p>Track & Field/ Cross Country.....5434</p> <p>Volleyball.....6582</p> <p>Fax Numbers</p> <p>Executive Staff 3226</p> <p>Athletics Communications..... 1348</p> <p>Business Office 1495</p> <p>Equipment Room 2208</p> <p>Development..... 2353</p> <p>Marketing 2353</p> <p>Men’s Basketball..... 4630</p> <p>Women’s Basketball..... 7725</p> <p>Football 3585</p> <p>Men’s Golf..... 4630</p> <p>Women’s Golf..... 4630</p> <p>Women’s Soccer..... 4343</p> <p>Softball 4630</p> <p>Women’s Swimming/Diving... 4630</p> <p>Women’s Tennis 4630</p> <p>Track/Cross Country 4343</p> <p>Training 6167</p> <p>Volleyball 4630</p> <p>Ticket Office..... 1100</p>
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SECTION I

COLORADO STATE UNIVERSITY

Mission, Values and Guiding Principles

Adopted by The Board of Governors in May 2010.

University Mission: Inspired by its land-grant heritage, CSU 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.

University Values:

- Be accountable
- 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

Guiding Principles: CSU is a community dedicated to higher learning in which all members share in pursuit of knowledge, development of students, and protection of essential conditions conducive for the learning environment. These protections are presented in the form of university policies, applicable federal and state laws, and statements of fundamental rights and responsibilities which govern both the academic setting and the university community as a whole. Some of the policies are focused specifically on the student population and be accessed at the following link: <http://www.catalog.colostate.edu/Content/files/2013/FrontPDF/1.6POLICIES.pdf>.

Ram Facts

Colorado State University, formerly known as Colorado A&M (agricultural and mechanical), 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. Each team hosts an “Orange Out” and wears special orange uniforms for one game each season to pay tribute to our Aggies heritage and our original school colors.

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

SECTION II

DEPARTMENT OF ATHLETICS

Colorado State has been a member of the NCAA since 1929. The University competes in Division I - FBS (Football Bowl Subdivision). The University is a member of the MW (Mountain West) Conference; CSU has been a member of the MW since its inception in 1999

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, soccer, softball, swimming/diving, tennis, and volleyball. The sports for men include basketball, cross country, football, golf, indoor track and field and outdoor track and field.

Mission, Guiding Principles (Core Values)

Mission: To Educate, Engage and Excel.

Guiding Principles (Core Values):

- Student-Athletes First and Foremost.
- Play by the Rules! Always.
- Compete. Win. Be a Champion.
- Be a Stalwart Teammate.
- Respect Ourselves. Respect Others.
- Embrace the Opportunity. Honor the Privilege.
- Adapt to Change. Drive Progress.
- Build Strength through our Diversity.
- Share our Story. Grow our Family.
- Pause and Celebrate.
- We are Green and Gold.

Commitment to Diversity & Inclusion

(Adopted 2014)

As essential pillar to the mission and advancement of Colorado State University is its campus-wide commitment to embracing diversity and

fostering an inclusive environment for all members of our community. The Department of Athletics is equally committed to promoting a diverse and inclusive atmosphere in order to enhance the qualitative experiences and holistic development for our student-athletes and our entire staff. We value the unique contributions that are made by each and every member of the Department, and we celebrate their development academically, athletically, personally and in their future endeavors.

Through intentional efforts, we seek to acknowledge and affirm the strengths of diversity in all its forms – race and ethnicity, most certainly, yet also diversity of gender, culture, sexual orientation, origins, abilities and perspectives that elevate a consciousness and our collective ability to serve the needs of our diverse populations. The Department’s Office for Diversity and Inclusion serves as an engaging arm of our institution to continually promote inclusive excellence for all.

Faculty Council Committee on Intercollegiate Athletics

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. The FCCIA consists of one faculty member from each college and the Library and both a graduate and undergraduate student representative. Advisory members include the NCAA Faculty Athletics Representative, the Director of Athletics, the Executive Associate Athletic Director and other administrative staff as required.

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 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/>.

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. Participating in intercollegiate athletics is not a right. 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 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.

In short, Colorado State student-athletes are asked to “Do It All”:

- **Character.** Represent your University as an exceptional person. Be courteous and respectful, act with integrity in all that you do and support and serve others. Follow the rules.
- **Academics.** Embrace your education, pursue academic excellence and graduate (optimally in four years). Be well-rounded and prepare yourself to serve your country and the world as a productive citizen.
- **Win.** Through commitment, discipline and hard work, be an outstanding athlete and teammate who wins.

You shall abide by the following:

- Student-Athlete Code of Conduct
- Department of Athletics’ Student-Athlete Handbook
- Colorado State’s Student Conduct Code
- Residence Hall Policies
- Your Specific Team Rules

Student-athletes should support and encourage each other in abiding by this Student-Athlete Code of Conduct and should hold one another accountable. You are encouraged to ask questions of your coaches, Department of Athletics staff and University staff before engaging in any activity that might jeopardize your eligibility or violate this Student-Athlete Code of Conduct. If you violate this Student-Athlete Code of Conduct, you may be subject to disciplinary action from both the University and the Department of Athletics. This policy applies year-round and regardless of where you may be.

Academic Responsibilities

CSU student-athletes are students first and athletes second. The Department of Athletics expects student-athletes to carry out all of their academic responsibilities with integrity and character. The Department of Athletics encourages student-athletes to explore all of their areas of intellectual interest and take full advantage of the opportunities offered by the University to grow as people and students.

General Academic Expectations

Your academic responsibilities include:

- Making satisfactory progress each academic semester towards earning a degree and remaining in good academic standing under all

University, Mountain West and NCAA policies, rules and regulations.

- Preparing for and attending all classes even if attendance is not mandatory; arriving on-time and staying until the end of each class. You may not miss class for practice (unless related to competition or team travel) or for any other athletic department-sponsored activity (e.g., banquets, community outreach activities).
- Preparing for and attending all scheduled tutoring appointments, advising/coordinating appointments and other academic-related meetings.
- Conducting yourself in all academic settings (e.g., classroom, tutoring sessions, computer lab, study halls) in a manner that demonstrates a sincere dedication to learning and promotes a positive learning environment. This includes paying attention, actively engaging in class discussions and refraining from distracting behavior (e.g., sleeping, texting, listening to music, etc.).
- Satisfying all academic expectations outlined by the course instructor for each class even with the additional time demands related to practice, competition and team travel. This includes submitting all assignments on time, striving for academic achievement, investing the time and energy necessary to create high-quality academic work and contributing to the overall learning environment.
- Communicating with course instructors at the beginning of each semester regarding team travel and arranging to take exams or complete class assignments.
- Abiding by the Student-Athlete Handbook and all academic policies of Student-Athlete Support Services.

Academic Dishonesty

CSU student-athletes shall neither commit nor assist others in the commission of any act of academic dishonesty. Academic dishonesty includes, but is not limited to, cheating, plagiarism, unauthorized possession or disposition of academic materials, falsification, and facilitation of acts of dishonesty, and it 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. The separate and additional disciplinary sanctions that can be imposed by the Department of Athletics for academic dishonesty may include ineligibility for participation in intercollegiate athletics, which is grounds for cancellation of athletically related financial aid. Athletics and academics are

demanding on your time, but lack of time is not a valid excuse for committing an act of academic dishonesty.

Behavior

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. You represent Colorado State University, your team and yourself when you travel. Respect and demonstrate courteous behavior at all times and towards all individuals at airports, hotels, restaurants and the practice and competition sites you visit.

Harassment

In accordance with university policy, CSU “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. Sexual harassment is one form of such abuse and cannot be tolerated.”

Sexual harassment is illegal and is strictly prohibited at CSU. The CSU harassment policy applies to all persons affiliated with the University, including its students and employees. Persons who violate the policy shall be subject to corrective action.

If you are a victim of or a witness to any form of harassment, you are encouraged to report it to someone of authority (e.g., coach, Athletic Department administrator, University administrator, Dean of Students, the “Tell Someone” hotline: 491-1350, <http://www.supportandsafety.colostate.edu/tell-someone>.)

Discrimination/Hazing

Abusive or discriminatory 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.

Student-athletes are expected to foster a team environment that encourages trust, safety, and respect between team members. Hazing can destroy a team environment and may result in physical, emotional or psychological harm to

individuals or teams. Therefore, student-athletes are prohibited from participating in, encouraging or condoning any form of hazing. Any student-athlete 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. Note: In the state of Colorado, hazing is considered a misdemeanor criminal offense.

Please visit www.endhazing.colostate.edu for more information and to report hazing.

Sportsmanship

Student-athletes are expected to demonstrate good sportsmanship at all times. The Mountain West also has an extensive sportsmanship policy that can be accessed on the MW website at www.themw.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 may include suspension from one or more contests and/or public reprimand. Sportsmanship violations may also lead to additional disciplinary action by the University and/or the Department of Athletics including suspension or dismissal from the team and loss of athletically-related financial aid.

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 are expected to comply with local, state and federal laws related to alcohol and other drugs.
- Student-athletes may not use or be under the influence of drugs which have not been prescribed by authorized medical personnel. Sharing of prescription medication is a federal offense.
- Although the use and possession of marijuana is legal under Colorado laws, it is not allowed on the CSU campus. The use and possession of marijuana is prohibited by federal law, by this Student-Athlete Code of Conduct, by NCAA rules and by the Department of Athletics' substance abuse policy.
- The CSU 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 are not to consume, be under the influence of or be in possession of alcohol during any intercollegiate event, athletic practice or any other athletically-sponsored event, regardless of whether the student-athlete is of legal age.
- The legal age for alcohol consumption is 21 in the State of Colorado. It is illegal to possess or consume alcohol as a minor or provide alcohol to minors.

Social Media Policy

Colorado State University student-athletes are urged to exercise extreme caution in their use of social networking websites. Student-athletes should be aware that University officials, media outlets, law enforcement agencies and many other individuals, including on-line predators, check these websites on a regular basis. In addition, potential employers, internship supervisors, scholarship committees and graduate programs also use these sites to screen candidates and applicants.

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. While the Department of Athletics chooses not to prohibit the use of social networking websites such as Facebook/Twitter and/or internet "blog" websites (these sites are prohibited in the Student-Athlete Support 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, language or comments;
- Any pictures, comments or information placed on the website(s) that negatively reflect on (i) Colorado State University; (ii) the Department of Athletics and/or any of its coaches, staff and student-athletes; (iii) any intercollegiate athletics team, whether at CSU or another institution; or (iv) any student or staff member of the University.

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 or an Athletic Department administrator.

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, MW and CSU policies.

Amorous Relationship Policy

The CSU Department of Athletics prohibits amorous relationships between athletics department staff members and student-athletes.

Disciplinary Process

Violations of the Student-Athlete Code of Conduct will be handled on a case-by-case basis, and the discipline imposed for a violation shall depend on the specific facts and circumstances of each case. The discipline process administered by the Department of Athletics is separate and supplemental to the University's discipline process. Possible sanctions by the Department of Athletics include warnings, reprimands, mandatory counseling, community service, probation, suspension from team activities, dismissal from the team, and revocation/reduction/non-renewal of athletically-related financial aid.

Student-athletes must immediately notify their head coach or sport administrator of any incident that involves: (i) an arrest or charge of any misdemeanor or felony criminal offense by CSU campus police or any other law enforcement agency; (ii) an actual or alleged violation of any Colorado State University policies or procedures (including residence hall policies). This notice requirement applies year-round and regardless of where the incident occurs.

When a student-athlete has been arrested or charged with a violation of criminal law, the student-athlete will be suspended from all team activities pending further investigation. If the alleged criminal activity would constitute a misdemeanor offense, the head coach may lift the suspension after obtaining the approval of the sport administrator. If the alleged criminal activity would constitute a felony, the suspension may be lifted only upon authorization of the Director of Athletics.

The sport administrator shall be responsible for promptly reviewing any alleged violation. A meeting with the student-athlete ordinarily will occur before any discipline is imposed, but in extenuating circumstances, the sport administrator and/or head coach may suspend the student-athlete before the meeting. A student-athlete's refusal to participate and cooperate in a review of a possible violation of this Student-Athlete Code of Conduct may itself constitute a basis for disciplinary action. Upon completion of the review the sport administrator shall determine, based on a preponderance of the evidence, whether a violation of this Student-Athlete Code of Conduct has taken place. The sport administrator, in conjunction with the head coach, shall decide the appropriate disciplinary action and shall inform the student-athlete and the Director of Athletics of the sanctions imposed.

If the student-athlete disagrees with the decision or the severity of the sanctions, the student-athlete may submit a written appeal to the Director of Athletics within five business days of the sanction being implemented. The student-athlete may not appeal for suspension from team activities or removal

from team. The Director of Athletics shall review the written appeal and may conduct a meeting with the student-athlete, the head coach and the sport administrator. If the Athletic Director chooses to conduct a meeting, the student-athlete shall attend the meeting in-person, but a telephone conference may occur if necessary. The student-athlete may consult with his or her parents or legal counsel for assistance with the written appeal but they may not attend the in-person meeting or participate in the telephone conference. The Director of Athletics shall render a final decision after the meeting, and there shall be no further right to appeal.

Links mentioned in this policy and other helpful sites:

Colorado State University Student Code of Conduct:
<http://www.conflictresolution.colostate.edu/conduct-code>

CSU Student-Athlete Handbook: www.csurams.com

CSU Residence Hall Policies: <http://reshallpolicies.colostate.edu>

CSU Academic Integrity Website: <http://tilt.colostate.edu/integrity/>

CSU Sexual Harassment Policy: <http://oeo.colostate.edu/sexual-harassment-complaint-procedures>

CSU Hazing Policy: www.endhazing.colostate.edu/resources

Mountain West Sportsmanship Policy: See Page 17

CSU Drug Testing Program: www.csurams.com

SECTION III

MOUNTAIN WEST

From its inception in 1999, the Mountain West (MW) 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 18th 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. The MW is headquartered in Colorado Springs, Colorado.

History/Composition

The Mountain West 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) agreed to form a new NCAA Division I intercollegiate athletic conference. The MW now includes the Air Force Academy, Boise State University, Colorado State University, Fresno State University, the University of New Mexico, San Diego State University, San Jose State University, the University of Nevada-Las Vegas, the University of Nevada-Reno, Utah State and the University of Wyoming. The University of Hawaii competes in the MW in football only. Colorado College competes in women's soccer only.

Exposure

The Mountain West Network (MWN) is the official multi-media platform of the MW. Dedicated to delivering live, historical and original content through innovative platforms, the MWN is a partnership between the MW and Campus Insiders (CampusInsiders.com). It maximizes the distribution of MW content through live television broadcasting, original programming via digital technologies, historical archives, Mountain West Championship events, mobile applications, social media, and the official Mountain West website. CBS Sports Network is the official television partner for the Mountain West, giving the fastest-growing 24-hour college sports network exclusive rights to MW football and men's basketball, plus coverage for all other MW 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 coverage on the ESPN family of networks and on ROOT Sports.

Mountain West Sportsmanship

Mountain West 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 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 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 MW, 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 MW 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 website at www.themw.com.

SECTION IV

NCAA

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 (MW) Conference.

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 MW legislation.

It is the responsibility of each student-athlete to comply at all times with NCAA, Mountain West 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 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.eligibilitycenter.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 all students.

Check with the Compliance Office for more information.

MW Non-Qualifier Rule

Under Mountain West regulations, incoming freshmen who are not certified as "qualifiers" or "academic redshirts" by the NCAA Eligibility Center are permanently ineligible for participation in intercollegiate athletics at any MW 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 full-time 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. Football student-athletes must successfully complete 9 hours in the fall or they will be ineligible for the first 4 games of the following season.

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 full-time 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 full-time 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 full-time enrollment you must have **completed 80%** of the course requirements for graduation in your degree program.

INTRA-CONFERENCE TRANSFER RULE

The Mountain West 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 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 course-related books, and additional expenses up to the cost of attendance established by the university. 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.

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 appeal the decision to the Athletic Appeals Committee if you believe this action is being taken for disputed reasons. Contact the Compliance Office for assistance or contact the Office of Conflict Resolution and Student Conduct Services (see “Grievance Procedures”, page 69).

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.

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 Student-Athlete Support 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 Summer Aid Approval Committee 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 & 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
- 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 once a semester (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 & 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 26);
- * 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 has adopted the Uniform Athlete Agents Act which sets specific requirements for agent contracts and agreements. Student-athletes at Colorado State University are subject to this law. The Athletic Department's Associate 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.

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 (other than a street drug) on this list, he/she will be ineligible to participate in regular-season and

If You Spit, You Sit!



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. If a student-athlete tests positive for a street drug, he/she will be ineligible for half of the following season. **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 12). 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 a 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 & Practice Seasons

The NCAA limits organized practice activities, including 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). Men's and women's golf has an allowable exception to the daily 4 hour limit;
- 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 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 ASSOCIATE ATHLETIC DIRECTOR 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 \$40/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 \$20/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 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 and return all unused funds at the end of the visit.

SECTION V

STUDENT-ATHLETE ACADEMIC SERVICES

Student-Athlete Support Services

Address:

Student-Athlete Support Services
Colorado State University Department of Athletics
110 Anderson Academic Center
830 South Shields
Fort Collins, Colorado 80523-0120
Phone: 491-7126
Fax: 491-2372

The Student-Athlete Support 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 utilize the Support Services' website at sass.colostate.edu to take full advantage of the opportunities and services listed below:

New Student-Athlete Orientation

At the beginning of each academic year, the Student-Athlete Support Services staff provides orientation sessions for all new student-athletes. These sessions include information about Student-Athlete Support 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 and Colorado State University policies regarding progress towards degree and ensures 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
- 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 the Athletic Academic Coordinator 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

The Student-Athlete Support Services staff facilitates a one credit class for newcomer student-athletes during their first fall or summer term 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.

Student-Athlete Development Program

The Student-Athlete Development 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.

Textbook Loan Program

Textbooks will be loaned to scholarship student-athletes who have books included in their athletic financial aid. Books are ordered by the Compliance staff and delivered to the Anderson Academic Center for student-athletes to pick up the day before classes start. Standard textbooks will be loaned only for courses that a student-athlete is currently enrolled in. Athletics **will not provide:**

- Supplementary textbooks
- Art supplies
- Engineering equipment or supplies
- Notebooks, pencils, paper, etc.

And note:

- If an incorrect textbook is issued, it should be returned immediately to be replaced by the correct textbook.
- If a student-athlete withdraws from school or is dropped from the grant-in-aid list, their book privilege is lost and all books on loan must be returned immediately.
- If a course is added or dropped after the original books are obtained, the student-athlete must see the clerk at the bookstore.
-

Student-athletes who receive textbooks as part of their athletic financial aid must return the textbooks to the Anderson Academic Center or the bookstore 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 the student's account.

PaperCut

Student-Athlete Support Services utilizes the PaperCut print management program to provide printing services in the form of credits to student-athletes. These credits are issued each semester to all student-athletes and are applicable in the Anderson Academic Center for use of the Center's printers.

Tutoring Services

Tutorial assistance is secured by requesting a tutor on the student's *GradesFirst* homepage at csurams.campus.eab.com. When the student clicks on "Request a Tutor Appt" for a specific course, a screen will pop up requesting a preferred meeting time. The student should list as many possible times and days that they can meet. Once the tutor coordinator has matched the request, the student will receive an email stating the date and time of their 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 on the Oval

For More Information: <http://tilt.colostate.edu/learning/tutoring/>

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: By appointment, contact AAC; 1st Floor Gibbons, Tutorial hall

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

College of Engineering – Walk-in Tutoring

Subjects Tutored: Engineering (homework and exam preparation)

Eligible Students: All Engineering students

When and Where: Sunday-Thursday, 7:00 - 10:00pm; Academic Village, Room 147

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

PACe Tutoring, Math Department – Walk-in Tutoring

Subjects Tutored: All Math PACe courses

Eligible Students: Student enrolled in MATH courses

When and Where: Monday-Friday 9 AM – 4 PM, Monday-Thursday 6:30 – 9 PM, PACe Office, 137 Weber Building

For More Information:

<http://learning.colostate.edu/tutoring/resource.cfm?ResourceID=6>

Writing Center

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

Eligible Students: All

When and Where: Monday-Thursday, 10:00am – 4:00pm & Friday 10am – 1pm; 6 Eddy Building AND Sunday-Thursday, 6:00pm – 10:00pm; Morgan Library; Hours arranged each semester with Student-Athlete Support Services – FA13 – SP14; Tuesday & Wednesday: 7 – 9pm, Thursday, 10am – 12pm

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

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 Student-Athlete Support 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, students should remind their instructor that they will be missing class due to competition. **Students should make arrangements with instructors and classmates for notes and handouts as necessary.** If informed well in advance of absences due to athletic competition, most instructors will assist students in rescheduling exams. However, arrangements for making up missed assignments are at the discretion of the instructor. If an instructor does not provide an opportunity for a student to make up class work due to an athletic absence they should contact their Athletic Academic Coordinator for assistance.
- **Leaving in the late afternoon for a road trip to a game does not excuse students from attending classes in the morning.** Students 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

Students should notify their Athletic Academic Coordinator if they have missed or will miss class due to hospitalization, injuries or family/personal problems.

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 full-time 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 maintain a 2.0 cumulative GPA to be in good standing.

NCAA Eligibility Requirements

Student-athletes must pass a minimum of 6 credits per term, 18 credits per academic year (fall and subsequent spring semester). Football student-athletes must pass 9 credits every fall semester. Additionally, student-athletes must meet the NCAA's progress towards degree requirement (see page 22). 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 Student-Athlete Support 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 Student-Athlete Support Services staff. Athletic Academic Coordinators will follow up with student-athletes regarding any specific academic concerns.

Summer School

Student-athletes may apply for athletic financial aid for summer school occurring at Colorado State. Summer school aid applications are available in February from Student-Athlete Support Services staff. Student-athletes must have received aid the previous academic year or will be receiving aid the following 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 45). 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 Student-Athlete Support 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 Student-Athlete Support 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:

- , Summer school aid will only be awarded in proportion to the amount of athletically related financial aid the student-athlete received the previous academic year or will receive aid the following academic year.
- Student-athletes must have a current degree plan on file with Student-Athlete Support 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 Student-Athlete Support 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 Student-Athlete Support Services during the previous academic year.

- Student-athletes will be required to repay summer school expenses for courses they do not successfully complete.

Academic Calendar

Fall Semester 2016

August 22	Classes Begin
September 5	University Holiday-No Classes
November 21-25	Fall Recess-No Classes
December 9	Classes End
December 12-16	Final Exams
December 16-17	Commencement

Spring Semester 2017

January 16	University Holiday
January 17	Classes Begin
March 13-17	Spring Recess-No Classes
May 5	Classes End
May 8-12	Final Examinations
May 12-13	Commencement

Summer Session 2017

May 15	First 4- and 12-Week Terms Begin
May 29	University Holiday-No Classes
June 9	First 4-Week Term Ends
June 12	Second 4- and 8-Week Terms Begin
July 4	University Holiday-No Classes
July 7	Second 4-Week Term Ends
July 10	Third 4-Week Term Begins
August 4	Summer Session Ends

Student-Athlete Outreach & 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 Sports
- Nutrition and Wellness
- Relationships 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. 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 twice a month 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 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.

SECTION VI

ATHLETIC & ACADEMIC 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 or average of 3 minutes playing time per game.
- **Cross Country** - participate in a conference or regional championship.
- **Football** - participate in 1/2 of the total quarters played or average 9 minutes playing time per game.
- **Golf** - participate in 1/2 of all tournaments played.
- **Swimming** - participate in more than 1/2 of all meets held or score in a conference or national championship.
- **Soccer** - participate in 1/2 of the total games played.
- **Softball** - participate in 1/2 of the total innings played.
- **Tennis** - participate in 1/2 of all matches played.
- **Indoor and Outdoor Track** – participate in 1/2 of all meets conducted or score in an individual event at the conference championship or qualify for any round of the NCAA Championships or set a school record or place in the top 3 in a relay event in the conference.
- **Volleyball** - 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 completes all graduation requirements, provided he/she has earned at least two letters at Colorado State or actively participated on a team for a minimum of three years or based upon the recommendation of the head coach.

Academic Awards

Candidates for the Merrill-Gheen (Male Scholar-Athlete of the Year) and Mencimer Memorial (Female Scholar-Athlete of the Year) Awards are nominated by Student-Athlete Support Services (SASS) staff and approved by the Department's Executive Staff. Nominees must have a minimum 3.5 cum

GPA and have exhausted all eligibility in their sport. Nominees have to have excelled athletically, academically and in community/campus service. CSU's successful nominees are forwarded to the MW for consideration for the MW Male and Female Scholar-Athlete-of-the-Year 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.

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).

Athletic Awards

Candidates for the Nye Trophy (Male Athlete of the Year) and Virginia K. Frank Award (Female Athlete of the Year) are nominated and voted on by the head coaches and approved by the Department's Executive Staff. Nominees have to be letter winners who have demonstrated superior athletic achievement and brought significant recognition to their team, the University and the MW; have to be in good academic standing and meet all CSU, MW and NCAA academic eligibility requirements; and demonstrated good character and conduct on and off the playing field. CSU's successful nominees are forwarded to the MW for consideration for the MW Male and Female Athlete-of-the-Year 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).

Virginia K. Frank Award: The Most Outstanding Female Athlete at Colorado State University receives the Virginia K. Frank Award in honor of Frank's outstanding leadership and coaching during her 16-year tenure at CSU, where she developed and directed women's athletics while it was under the Women's Recreation Association.

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 recipient is selected and voted on by CSU's student-athletes. 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 recognizes an outstanding former CSU student-athlete based on post-graduation accomplishments. McGregor, who passed away in 2010, was a CSU Honors student and All-American tight end. He went on to achieve professional success as an NFL player and as an administrator in both intercollegiate and professional sports, including nine years as the President of the Colorado Rockies Baseball Club. The recipient is selected by the executive leadership team upon recommendations from coaches, staff and alumni organizations.

Mountain West Awards

MW Athlete of the Year Award

Two awards are given annually to the male and female athlete who best exemplifies excellence in athletics. Each institution will nominate one male and one female in any year of eligibility in any NCAA-recognized sport. MW 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, MW and institutional academic eligibility requirements.

MW Scholar-Athlete of the Year Award

Two awards are 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 one male and one female student-athlete in his/her final year of eligibility in any NCAA-recognized sport. MW 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 MW names Academic All-MW 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; and
- b. Achieved a minimum cumulative GPA of 3.00 at the member institution.

MW Scholar-Athlete Award

This award will be presented annually by the MW to any student-athlete at any member institution who meets 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

This award was established in 2005-06 and was re-named in honor of the former UNLV faculty athletics representative, a noted author and historian. It is presented annually to the male and female student-athlete who best exemplifies the term “sportsmanship” as defined in the nomination criteria for the annual NCAA Sportsmanship Awards. The Faculty Athletics Representative from each member institution serves as the point person for receiving and completing the nomination packets for the NCAA award. The MW Recognition Committee selects one male and one female winner from the nominations submitted by the membership to represent the MW among a national pool of candidates for national and divisional awards, which are chosen by the NCAA Committee on Sportsmanship and Ethical Conduct.

The award recognizes student-athletes who are outstanding contributors to their sports, teams and universities. The requirement for a “demonstrative sportsmanship act” has been eliminated; however, such acts will be weighted more heavily when evaluating candidates.

SECTION VII

STUDENT-ATHLETE RESOURCES & GENERAL INFORMATION

Sports Medicine

The Colorado State University (CSU) Sports Medicine facility exists to serve the medical needs of the CSU student-athletes. The Sports Medicine Staff strives to provide comprehensive medical care with the goal of a safe and prompt return to participation, when indicated. Due to the significant responsibilities associated with this goal, certain rules must be followed.

Sports Medicine Facility Rules

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

Treatment of Injuries and Illnesses

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

If you are injured you should:

1. Report any injury or problem to the Sports Medicine staff immediately. 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 the athletic trainer assigned to 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 Sports Medicine staff prior to seeing any allied health care professional. The form is then taken to the health care provider and returned to the Sports Medicine staff immediately following the appointment with the health care provider's signature and instruction for care. The Athletic Department will assume financial responsibility after primary health insurance benefits have been exhausted for athletic-related injuries/illness; however, **the Athletic Department will not be responsible for charges accrued without this referral form or for injuries not directly related to participation in intercollegiate athletics.**
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, CSU Team Physician or CSU Health Network physician. A student-athlete who seeks medical care "out of network" 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 a 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 by University physicians or designee. 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 Sports Medicine facility 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 the CSU Health Network prior to participation.

Return to Play Policy

In the event of an injury or illness to a student-athlete, a Colorado State University Health Network or CSU designated Team Physician (or his/her designee), in consultation with a Colorado State University certified athletic trainer, has the final authority to decide if and when an injured student-athlete may return to practice or competition. A student-athlete's private physician does not have authority over the participation status of the student-athlete, although the medical opinion of a private physician would be taken under consideration by the university when exercising its decision-making authority. Any student-athlete seen by a physician

other than through direct referral from the Colorado State University Health Network or Colorado State University Team Physician must return to CSU for follow-up evaluation and final clearance prior to returning to full participation status.

University Health Insurance

Each domestic undergraduate and graduate CSU student taking six or more resident instruction credits is required to have health insurance and is eligible to enroll in the CSU Student Health Insurance Plan (SHIP) or show proof of private health insurance coverage. All international and INTO students are automatically enrolled in the CSU SHIP regardless of credit level. This expense is not covered by the Athletic Department. Students with private health insurance may waive the CSU Health Insurance Plan through a simple waiver process. Students who do not have comparable health insurance or have not completed the waiver process by the 10th day of classes will be enrolled in the CSU SHIP.

The Athletic Department provides an accident insurance policy for all student-athletes which covers injuries or illnesses connected with participation in intercollegiate athletics and those which are determined to be athletic related by the Sports Medicine staff. This is a secondary coverage policy and will only pay for expenses after all other existing policies have been applied. Additionally, the NCAA provides 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 that are managed by the CSU Sports Medicine Staff.

Each year, parents are requested to provide insurance information and a copy of their current insurance card for their son or daughter. This must be completed and on file in the Sports Medicine facility and with the CSU Health Network prior to the start of the first practice. Insurance claims will not be processed by CSU's secondary insurance without initial processing of primary insurance.

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 CSU team physician or Sports Medicine 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 completing of athletic eligibility.
- Injuries occurring after graduation or disenrollment 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 over-the-counter substances that are not in compliance with NCAA guidelines he/she may be putting his/her health, as well as athletics eligibility, in jeopardy (see “Use of Banned Substances” on page 30).

Drug Testing

The Athletic Department (“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 a year round institutional Student-Athlete Drug Education and Testing Program (“Program”) is an appropriate means to this end. The goals of the Program include:

1. Help to 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

Counseling Services

The Colorado State University Department of Athletics is committed to the physical, mental and emotional health of its student-athletes. In an effort to provide an optimal environment for success, the Department houses a full-time Licensed Professional Counselor (LPC) to assist with the mental health needs of our student-athletes. The Senior Coordinator for Counseling Services for Student-Athletes collaborates between the CSU Health Network and the CSU Department of Athletics to provide counseling services for student-athletes and has a specific understanding of the culture and climate of Division I athletics.

Student-athletes have a variety of needs. As students, they are subject to the same developmental tasks, stressors, transition difficulties and risks as other Colorado State University students. Additionally, as competitive athletes, they face pressures related to athletic performance, time and life balance, as well as maintaining the personal and academic standards expected of them as representatives of Colorado State University. The Senior Coordinator for Counseling Services assists student-athletes by creating a continuum of services to promote positive performance, resiliency, coping strategies, stress management, and early identification of mental health and substance abuse through assessment, counseling and referral to more intensive services as needed.

Counseling services can be accessed in the Sports Medicine Facility located in Moby Arena, room 141K, or through the CSU Health Network Counseling Center in Aylesworth Hall.

Nutrition Services

The Colorado State University Department of Athletics is committed to meeting the nutritional needs of all student-athletes in 16 intercollegiate sports teams. Proper nutrition is vital for optimal sports performance, injury prevention, rehydration, and muscle recovery. In an effort to improve overall nutrition, student-athletes have access to the following resources:

Sports Dietician

- Individual consultations: meal planning and nutritional assessments
- Tailored team specific nutrition meetings
- Special dietary needs assessment and assistance (vegetarian, gluten-free, diabetes, anemia, etc.)
- Nutrition education: cooking tips, grocery store tours, guide to eating out, handouts, and recipes

- Recommendations on fueling for performance: pre-exercise, post-workout recovery, injury and illness prevention
- Body composition testing

*Please see the CSU Sports Medicine staff to schedule an appointment with the sports dietician, or to seek further information regarding nutritional resources at Colorado State University.

Fueling Station

- The Fueling Station is a grab-n-go nutritional center located within the athletic complex of Moby arena designed to provide “on-the-go” food to supplement the nutritional needs of the student-athletes at CSU.
- The station is accessible weekdays during the academic term, with morning and afternoon hours of operation and is open to all student-athletes active on a team roster.
- Summer hours TBD based on sport training and class schedules.
- Please be clean and courteous when using this facility.

Hydration Stations

- Multiple PowerAde stations are available in athletic facilities to fuel the hydration needs of the student-athletes.

Strength & Conditioning

PROGRAM MISSION STATEMENT

The mission of the Colorado State University Strength & Conditioning program is to foster a positive and safe training environment that allows coaches and student-athletes to work together to develop the student-athlete’s full physical and mental potential. Weight training, speed development, conditioning, flexibility, and proper dietary practices are the focal points. Sport-specific training methods will be implemented in a year-round training cycle to produce more competitive student-athletes.

PROGRAM GOALS

1. **IMPROVE PERFORMANCE**
2. **PREVENT INJURY**
3. **INCREASE TOTAL BODY STRENGTH AND POWER**
4. **IMPROVE SPEED AND AGILITY**
5. **IMPROVE SPORT SPECIFIC CONDITIONING**
6. **INCREASE LEAN MUSCLE MASS AND DECREASE BODY FAT**
7. **IMPROVE MENTAL AND PHYSICAL SELF ESTEEM**

PROGRAM STRATEGY

1. **SPORT PERFORMANCE IS CONTINUALLY IMPROVING**
 - Every Colorado State University student-athlete must engage in year round athletic development in order to be physically prepared to meet the demands of the sport, continually improve their performance, and surpass the improvement of their competition.
2. **SPECIFICITY AND PROGRESSIVE OVERLOAD ARE GUIDING TRAINING PRINCIPLES**
 - Specificity: the specific type of demand placed on the student-athlete's body will dictate the type of adaptation that will occur. Specific Adaptation to Imposed Demands (SAID).
 - Progressive Overload: periodically increasing the stress/load placed on the student-athlete's body as he/she becomes capable of producing greater force
 - Progression: the systematic and gradual implementation of the specificity and overload principles. For the training program to continue to produce higher levels of performance, the stimulus must be progressively altered to elicit new adaptations.
 - Training programs are designed to meet specific needs identified after analyzing the sport, each position/event and each student-athlete's strengths, weaknesses and injury limitations.
 - Conditioning/agility sessions and strength training sets, reps and intensity change throughout the year and are different for each sport and position or event. The intensity and duration of workouts vary for pre-season, in-season, off-season and any special season training cycles. These principals help the student-athlete to meet the priorities for specific times of year while preventing overuse injuries, over-training, under recovery and performance plateaus.
3. **COACH THE STUDENT-ATHLETE AND TRAIN THE MOVEMENT**
 - Create a safe and effective training atmosphere that enhances the physical and mental potential of the student-athlete.
 - Proper execution and technique are essential.
 - Correct lifting, running and jumping posture and mechanics are coached and emphasized.
4. **STRENGTH EXERCISES ARE PRIMARILY FREE-WEIGHT, MULTI-PLANE, MULTI-JOINT, AND GROUND BASED**
 - Forcing student-athletes to balance their body with external loads through multiple planes and full ranges of motion develops athletic strength and power more effectively and efficiently while more closely simulating sport specific movements.
5. **INTEGRATE EXPLOSIVE TRAINING, SPEED & AGILITY DEVELOPMENT WITH STRENGTH TRAINING**
 - Combining lifts like the Power Clean and Back Squat; Push Press, Jerk and Bench Press; with specific speed and agility drills, medicine ball throws, and jump training will produce a stronger, more explosive, athletic and functional student-athlete.

6. EXERCISE PRESCRIPTIONS ARE BASED ON SCIENCE AND ARE GROUNDED IN REALITY:

- All programs are based on the best available training science, research and the realities of the collegiate student-athletes schedule.
- *We train student-athletes; not power lifters, bodybuilders or professionals.* Our program must be effective, efficient and maximize each student-athletes training time while following NCAA guidelines.

PHILOSOPHY

1. TRAIN EXPLOSIVELY

- In athletics, the amount of time available to make forceful movements is often very brief (0.1 – 0.3 seconds). The amount of time it takes for a muscle to develop maximum force is much longer than what is often available in athletic situations. Training should focus on developing force quickly. This quality is essential in any sports which involve jumping, striking, or throwing.

2. TRAIN MOVEMENTS, NOT MUSCLES

- Sports skills involve compound (multi-joint) movements in 3 planes of space simultaneously (forward/backward, up/down, side-to-side). The only way to effectively train in these three planes are through the use of free weights. Sport involves movements at all the body's joints via the recruitment of many muscle groups. Strength gains made with isolated joint exercises will have little if any carryover to the compound movements on the court, field, track, and in the pool.

3. UTILIZE GROUND-BASED ACTIVITIES TO DEVELOP TOTAL BODY STRENGTH

- Most sport skills are initiated by applying force with the feet against the ground. Total body strength is the ability to transmit large lower-body pushing forces through the trunk to the upper extremity. It requires a highly coordinated effort from the body's prime movers, synergists, and stabilizing muscles. This is exactly how the muscular system is overloaded during ground-based training activities. In turn, upper body strength is only as good as that which connects it to the ground.

4. TRAIN PROGRESSIVELY AND TRAIN SPECIFICALLY

- Application of the load has a crucial impact on maximizing performance. Strength training is nothing more than applying a stress (training load) to the body, and the body's physiological response to that stress (load). We will utilize different combinations of volume (repetitions) and intensity (weight) as we progress through the training year. In addition, it is not only the exercise which modifies the body (more specifically the neuromuscular system) but the way in which the exercise is performed. We will train in a highly specific way to improve the velocity of movement, force of contraction, movement pattern, muscle fiber recruitment, metabolism, and flexibility.

Specificity should not be confused with simulation!

5. TRAIN THE CORRECT ENERGY SYSTEM

- In order for conditioning to be effective it must occur at the same intensity and duration that is used in competition. This ensures improvement in energy capacity and thus performance. The program design will match the specific demands of the game.

POLICIES AND PROCEDURES

1. DRESS CODE

- Only CSU issued or staff approved gear may be worn during workouts and conditioning sessions: shirts, shorts, sweat pants, warm-ups.
- No other school logos, clothing that contains profanity, or degrading commentary/graphics will be allowed. Torn and ripped clothing is unacceptable.
- Athletic shoes and socks are mandatory. No open toe shoes, sandals, deck shoes are allowed.

2. PERSONAL ELECTRONICS

- During team training no cell phones, iPods, personal stereos, etc. will be allowed.

3. FOOD AND SUPPLEMENTS

- No gum, food, or outside beverages will be allowed in sports performance facility. Only water and CSU provided sport drinks/supplements/fruit will be allowed.
- No personal supplements are allowed in the weight room.

4. FACILITY MANAGEMENT ISSUES

- All student-athletes must be on their official sport roster. All NCAA clearinghouse and CSU standards must be met before any training will be allowed.
- All student-athletes must be medically cleared by the CSU sports medicine staff before any training will be allowed.
- Any pre-existing injuries must be made known to the strength & conditioning staff.
- All student-athletes must train with a CSU designed and approved workout.
- Only the strength & conditioning staff is allowed to modify workouts, not student-athletes.
- If you are ever injured during a workout, notify your strength & conditioning coach immediately.
- Always use collars when lifting bars and weights.
- Always return any plates, bars, collars, belts, straps and other equipment to their proper place. Help keep our facilities clean and organized by picking up after yourself and others.
- No student-athletes are allowed in the coaches' offices unless invited.

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 Associate AD for Compliance (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.

Athletics Communications

Athletics Communications is charged with enhancing and protecting the image of the CSU Rams brand, as well as the image of the respective coaches and student-athletes in each individual sport. In short, we strive to help “Share our Story,” and you play a big role in that. The department manages all aspects of communications and publicity, serving as a liaison between the local, regional and national media, and CSU’s student-athletes, coaches and staff. This office, along with athletics marketing, also maintains the Athletic Department’s official website (CSURams.com) and manages the majority of Athletics’ social media accounts, in addition to providing training and guidance for student-athletes, coaches and staff on responsible and appropriate use of social media.

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 16th 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 have formal interaction with the media for an on-the-record interview. 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 Athletics Communications 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 Athletics Communications contact for your sport.**

Guidelines for Interviews:

- All interviews must be arranged by a member of the Athletics Communications 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. If a media member contacts you directly via any means (phone, text, email, social media), please report that to athletics communications.
- 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 Athletics Communications office, the media work room, or at the practice or competition venue with an Athletics Communications representative present.
- Always be positive; 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.
- Keep internal team business internal, like you would with your own family. Remember that what takes place in the locker room and/or among teammates and coaches 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, strategy, etc.**
- The head coach, athletic training room staff and communications personnel will handle the dissemination of information related to all injuries. Do not give the media information about your own injuries or those of teammates.

Hints for Successful Interviews

- Prior to the interview, think about what points you want to communicate as a student-athlete and always be honest. You don't have to tell a reporter everything you know on a subject, but be truthful about the things you do tell.
- Who is the audience (e.g. students, general public, etc.)?
- You can't control the questions, but you do control the response.

- Anticipate the line of questioning before the interview begins, or ask your communications representative for help ahead of time.
- Use positive body language, speak clearly and make eye contact. The more personable you are, the better impression you will make.
- While newspapers or long-form internet outlets will seek more in-depth answers, 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, along with the Associated Press wire service and sports-related websites. 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 often visit campus in the days preceding a televised event. They typically interview coaches and players, and often in the setting a "production meeting," which is an off-camera, but on-the-record, information-gathering session to enhance their broadcast. Network TV affiliates from Denver include KCNC (CBS), KUSA (NBC), KMGH (ABC) and KDVR (FOX), which also frequently come to campus for feature stories on our teams.

Radio

Radio broadcasters cover Colorado State's athletic program on a daily basis and attend practices as well as games. They provide listeners with insight about our programs.

CSURams.com, YouTube, Social Media

The athletics department continues to increase its ability to share our stories directly with our fans. You play a big role in this, not only with being asked to participate in interviews, video shoots and photo sessions, but in providing interesting information that allows us to know which stories to pursue. We encourage you to share your story with us if you have an interesting background, hobby, past achievement or notable family members. These "human interest" stories are the types we'd like to help share, whether through our own channels or with the news media and game broadcasters.

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 hard tickets will be issued. Admission will be provided only through a pass list at a designated entrance at the site of competition.
- 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. However, student-athletes will be required to identify the relationship of the recipient to themselves (e.g., mother, brother, aunt, cousin, classmate, family friend) and provide contact information for the recipient when they complete the request on JumpForward. 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.

Complimentary Ticket Ordering Procedure:

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

1. Log on to JumpForward and submit all guests for review 24 hours prior to a game/match. Student-athletes must identify their relationship to the guest and include a valid phone number or email for any guests over the age of 18.
2. Once guests have been approved, student-athletes must assign guests to a specific game/match prior to the following deadlines.
 - a. Football- 11:30PM the evening before the game.
 - b. Basketball and Volleyball- 4 hours before the game/match start time.
3. If a student-athlete neglects to declare a recipient or substitutes a name for someone previously listed, no admissions will be issued.
4. Each person receiving admissions must present an ID and sign for their own tickets. Only one ticket may be left for each individual guest.

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.
- New student enrollment fees
- Sevis and foreign tax fees

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 and Cost of Attendance Stipends:

Off campus housing stipends are made directly to student accounts. Students are required to set up direct deposit on their accounts. 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 'Z' 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://parking.colostate.edu>.

The Moby parking lot (immediately west of the McGraw Athletic Center) requires an 'X', 'Z' or 'A' permit as posted in the lot. Daily permits may be purchased from a dispenser in the lot for \$10/day. Meter parking is available in south Moby lot for \$1.50 per hour. 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 this 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 decal is not valid during Men's Basketball games or during some special events.

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.

SECTION VIII

CAMPUS RESOURCES & GENERAL INFORMATION

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 Director of Athletics, Joe Parker, an Athletic Department senior administrator or any athletics staff member. (See page 3 for Athletics Department Staff Directory).
3. Talk to Faculty Athletics Representative Dr. Jim Francis (a CSU faculty member appointed by the University President who serves as a liaison between Athletics and the University community).
4. 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 Associate Athletic Director for Compliance or the Faculty Athletics Representative for further information on this process.

Conflict Resolution and Student Conduct Services (CRSCS)

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. CRSCS 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 Programs

International Programs (491-5917) provides leadership in the internationalization of the educational experience of students, faculty and the community. It 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://o eo.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:

Hazing is against the law in the state of Colorado. Hazing means any activity by which a person recklessly endangers the health or safety of or causes a risk of bodily injury to an individual for purpose of initiation or admission into or affiliation with any student organization; except that hazing does not include customary athletic events or other similar contests or competitions, or authorized training activities conducted by members of the armed forces of the state of Colorado or the United States. Hazing includes but is not limited to:

- (1) forced and prolonged physical activity;
- (2) forced consumption of any food, beverage, medication or controlled substance, whether or not prescribed, in excess of the usual amounts for human consumption of any substance not generally intended for human consumption;
- (3) prolonged deprivation of sleep, food, or drink.

Furthermore, Colorado State University has adopted the following addition to the above policy:

- (1) Physical hazing shall be defined as any activity which is harmful or humiliating to the individual (i.e. paddling, abandonment, excessive exercise, eating repulsive food, exposure to extreme temperatures, nudity, consumption of alcohol or drugs, etc.
- (2) Psychological hazing shall be defined as any public act or in-house act which compromises the personal dignity of an individual thereby: causing personal embarrassment or shame to the individual; causing an individual to be the object of malicious amusement or ridicule; or causing an individual psychological harm or emotional strain.
- (3) Any requirements by an initiate or new member which compel another initiate or new member to participate in any activity which is illegal, which is known by the compelling party to be contrary to individual's moral or religious beliefs, or which is contrary to the rules/regulations of the university, shall be construed as hazing.

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. All University disciplinary action is handled by the office of Conflict Resolution and Student Conduct Services (CRSCS).

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/Queer/Questioning & Ally (GLBTQ2A) Resource Center (491-4342)
- Native American Cultural Center (491-1332)
- Resources for Disabled Students (491-6385)
- Women and Gender Advocacy Center (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).

CSU Health Network

The CSU Health Network is a student support service that provides a full range of medical, mental health, and health education and prevention services to optimize the health of students and the campus community (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.

<http://www.casa.colostate.edu/>

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.

<http://career.colostate.edu/>

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.

<http://www.aac.colostate.edu/>

CSU Health Network

491-7121

- * Available to all students with medical needs.
- * **See page 52 “Sports Medicine” before making an appointment with University Health Services.**

<http://health.colostate.edu/>

University Counseling Center

491-6053

- * Provide educational and personal counseling for all students.

<http://health.colostate.edu/services/counseling-services/>

The Writing Center

491-0222

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

<http://writingcenter.colostate.edu/>

Learning Assistance Program

491-6053

- * 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

<http://www.apacc.colostate.edu/>

Black/African American Cultural Center 491-5781

<http://www.baacc.colostate.edu/>

El Centro 491-5722

<http://www.elcentro.colostate.edu/>

Gay, Lesbian, Bisexual, Transgender Resource Center 491-4342

<http://www.glbtrc.colostate.edu/>

INTO Colorado State University (International Students) 492-4686

<http://www.intohigher.com/us/en-us/the-universities/into-colorado-state-university.aspx>

Native American Cultural Center 491-1332

<http://www.nacc.colostate.edu/>

Resources for Disabled Students 491-6385

<http://rds.colostate.edu/>

Women and Gender Advocacy Center 491-6384

<http://www.wgac.colostate.edu/>

Campus Computer Labs

(Open to **ALL** Students)

* E-Cave (next to Subway) 23 Lory Student Center 491-5534

* Durrell Computer Lab 113 Durrell Center 491-2846

* Morgan Computer Lab 1st Floor and Lower Level 491-1841

<http://www.acns.colostate.edu/Lab>

RAMtech

491-7625

* Sells computers, software and accessories at discounted prices to students, faculty and staff.

www.ramtech.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://tilt.colostate.edu/learning/studySkills/>

* 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

Health Tools/Resources <http://health.colostate.edu/resources/>

* Mental and Emotional Help

* Stress Management

* Weight Management

* Financial Management

Career Resources <http://career.colostate.edu/>

* Resume/Cover Letter Assistance

* Explore Careers or Majors

* Find an internship or a Job

* Preparing for Graduate School

Technology Resources

Canvas

Canvas 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 Canvas. If a course utilizes Canvas, 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.

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, Headphones and Calculators

The Student-Athlete Support Services office has laptops available for student-athletes' use **while traveling for athletically-related events**. Student-athlete may check-out headphones while they are in the Anderson Academic Center and working on an assignment that requires audio and may also check-out calculators for temporary periods of time. Student-athletes should contact their Athletic Academic Coordinator to check-out equipment.

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, student-athletes will be expected to access this CSU email account daily 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 an account. Please note, a student's University email address (name@rams.colostate.edu) is the username to establish the account.

csurams.campus.eab.com