

University of Dayton

Division of Athletics

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Athletics Division Telephone List

All numbers have "229" prefix unless otherwise noted

ADMINISTRATION

Ted Kissell, Vice President and Director of Athletics	92165
Tim Wabler, Associate Vice President for Athletics	94598
Cindy Hartmann, Associate Director of Athletics/ Compliance and Senior Woman Administrator	93760 cell 272-4506
Joe Owens, Associate Director of Athletics	92663 home 299-1371

COMPLIANCE

Julie Steinke, Coordinator of Compliance & Eligibility	93708
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FACULTY ATHLETICS REPRESENTATIVE

Dr. Michael O'Hare, Physics Department	99311
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ATHLETICS COMMUNICATIONS

Doug Hauschild, Dir. of Sports Info/Media Relations	94390 cell 272-4503
Bill Thomas	94419

STRENGTH AND CONDITIONING

Mark Thobe	91434
Mike Bewley	94855

OFFICE OF ACADEMIC SERVICE FOR STUDENT-ATHLETES

Beth Flach, Academic Coordinator	92745
Vera Gomes, Academic Coordinator	94425

EQUIPMENT ROOMS

Frericks Center	94472
Ken Keck, Assistant Director of Athletics	94457
Tony Caruso (UD Arena)	449-2858

SPORTS MEDICINE/TRAINING

See Page 31

Frequently Used Campus Numbers

PUBLIC SAFETY.....	92121
UDARENA.....	94635
BOOKSTORE.....	93233
BURSAR.....	94111
CAMPUS MINISTRY.....	93339
CAREER PLACEMENT CENTER.....	92075
COUNSELING CENTER.....	93141
DIVERSE STUDENT POPULATIONS.....	93634
EDUCATIONAL PLACEMENT CENTER.....	94144
FINANCIAL AID.....	94311
INTRAMURALS.....	92731
LEARNING ASSISTANCE CENTER.....	92065
LIBRARY-ROESCH.....	94221
PLACEMENT.....	92045
REGISTRAR.....	94141
RESIDENTIAL SERVICES.....	93317
STUDENT GOVERNMENT ASSOCIATION (SGA).....	94444
STUDENT DEVELOPMENT.....	93311
STUDENT EMPLOYMENT.....	93249
TELEPHONE REPAIR.....	92248
UDARENA TICKET OFFICE.....	94433

MEN'S SPORTS:

BASEBALL	94456
BASKETBALL	94421
CROSS COUNTRY	94293
FOOTBALL	94423
GOLF	94271
SOCCER	92492
TENNIS	94279

WOMEN'S SPORTS:

BASKETBALL	94447
CROSS COUNTRY	94124
GOLF	94271
ROWING	94876
SOCCER	94459
SOFTBALL	94399
TENNIS	94279
TRACK	94249
VOLLEYBALL	94428

Hours of Operation

Sunday: 6:00PM to 9:00PM

Monday - Thursday: 8:30AM to 9:00PM

Friday: 8:30 AM to 4:30PM

Location

Study Hall: Lower Level Frericks (Ground Floor)

Tutoring & Printing: Frericks Room 114

Team Contacts

Vera Gomes, Coordinator

937-229-4425

vera.gomes@notes.udayton.edu

Sports: Baseball, Football, Soccer, Softball, Women's Track & Field, Volleyball

Beth Flach, Coordinator

937-229-2745

beth.flach@notes.udayton.edu

Sports: Men's and Women's Basketball

Katie Scanlon, Assistant Coordinator

scanloke@notes.udayton.edu

Sports: Cross Country, Golf, Tennis, Women's Rowing

Regulations

The following items are NOT allowed in the Academic Center:

- Food
- Tobacco products
- Non-scholarly exts and materials
- Cell phones

What counts toward study hours:

- Studying in the quiet study area
- Use of the OASSA Computer Lab
- Professor led review sessions (must be approved by coach)

What does NOT count toward study hours:

- Campus Library usage (unless approved)
- Any type of group study outside of OASSA services
- Projects for class (plays, musicals, speakers, etc.)

Reminders

- Hours are calculated Sunday through Friday - Coaches receive reports every Monday Morning.
- Study sessions must be at least 20 minutes long in order to receive credit.
- Headphone usage is permitted, although volume levels must be kept at respectable levels.
- Poor behavior will lead to coaches involvement.
- Study hours are designed to enhance your academic progress.
- Everyone should spend 4-10 hours per week studying in the center and never have the excuse of "I don't have anything to do" because you can always find something to do.
- Use the services if you need them, that's why we are here!

IMPORTANT FALL SEMESTER DATES & REMINDERS

Mon, Aug 21	Classes begin at 8:00AM
Fri, Aug 25	Monday 9AM classes will be held at 3PM
Mon, Sept 4	Labor Day - No Classes
Mon, Sept 11	Last day to DROP without a "W" on transcript
Mon-Tues, Oct 9-10	Mid-term Break, No classes
Mon, Oct 23	Midterm grades due for first-year students
Fri-Sun, Oct 27-29	Parents Weekend
Mon, Nov 6	Last day to withdraw with a "W" on transcript
TBA	Priority Registration
Tues, Nov 21	Thanksgiving recess begins after last class
Mon, Nov 27	Classes resume at 8:00AM
Wed, Dec 6	Last day of classes
Mon-Fri, Dec 11-15	Final exams

General Information

- Sophomores **MUST** declare a major before they register for the fall semester of their junior year. Those who fail to do so will not be permitted to participate in priority registration. NO EXCEPTIONS!
- EVERYONE** must meet with his/her academic advisor before participating in priority registration.
- Do not **ADD** or **DROP** a class without first meeting with your academic advisor **AND** academic coordinator.
- Please refer to www.daytonflyers.com for additional information on OASSA and eligibility requirements.

Office of Academic Services for Student-Athletes

Computer Lab Policies

- The computer lab is a necessary and helpful resource. All student-athletes may use the computer lab for enrichment hour purposes.
- The lab is monitored at all times and if the monitor feels a student is not using the lab appropriately the student will be asked to leave and OASSA staff members will be notified.
- You may or may not receive a warning from the monitor depending upon the severity of your actions. The monitor must be listened to at all times.
- If you have been told to leave the computer lab excessively, you can lose your computer privileges. Your coach will also be notified if problems occur.
- Every evening the computers are turned off and all settings are reset. If you saved any work on the hard drive, it will be erased.
- You must use some form of external disk to save your work. If you do not know how to do this, please ask and you will be helped.
- You should save all work that is typed.
- Please utilize the lab monitors. They are there to answer questions and help when needed.
- If you find there is a problem with a computer, please report the problem immediately to the lab monitor so it can be fixed as quickly as possible.
- All of the above policies are applicable to personal computers that are brought into the center. Laptops will be monitored when used in the quiet study room.

Rules & Regulations

- No food or drink (including water).
- No video games, email or chatrooms.
- No instant messaging.
- The internet is for course related research only.
- Work must be saved to an external disk or a student's account, not the hard drive.
- Talking is permitted, but must be kept to a minimum.
- Cell phones should not be visible and should be turned off.

Remember:
Please use the computer lab responsibly.
Your lab privileges may be revoked
if you fail to do so.

Office of Academic Services for Student-Athletes

LEAD SERVICES/TUTORING

OASSA, in conjunction with the Learning Enhancement and Academic Development Office (LEAD), has a strong commitment to providing our student-athletes with a comprehensive tutoring program. The tutorial program is available to all student-athletes.

The intent of the tutorial program is to provide additional academic assistance. Tutorial sessions cover many different areas which include review of class discussion and notes, study strategies, and other information imperative to the respective class. Student-athletes are expected to participate actively in the tutorial sessions. Attending tutorial sessions well-prepared will enhance the opportunity for greater academic development.

Tutors will be available for DROP-IN sessions in the afternoon and evenings in a variety of subjects. Student-athletes who need ONE-ON-ONE tutoring may request the services by contacting their Academic Coordinator. Once tutoring appointments are made, student-athletes are expected to attend on time and well-prepared by bringing all class notes and questions to the session in order to actively participate in the study process.

For more information or obtain tutoring schedules, please visit LEAD's website at: <http://academic.udayton.edu/tutor/dev/>

WEB REGISTRATION INSTRUCTIONS

Web registration process has 3 components

1. Student-athletes pick courses for which they want approval (“*Courses I’m Interested In*”). A student-athlete may begin this process as soon as course information becomes available to them.
2. Student-athletes inform their advisor by e-mail or phone that their course selections have been made and ask for advisor approval of the courses. Faculty e-mail addresses are available in your Lotus Notes address directory. It is recommended that the student-athlete and advisor meet face to face to go over selections. You will need to find out from your advisor or your department how they intend to handle appointments. Advisor approval should be completed at least 24 hours before the eligible date to register.
3. After advisor approval of courses, the student-athlete registers on the web for particular sections of approved courses on his/her assigned registration day. (Follow the below procedures)

Go to <http://register.udayton.edu>

1. Enter your 7-digit UD ID. If your card has eight digits, do not enter the last digit. Enter your PIN (the 6 digits you currently use to access

Office of Academic Services for Student-Athletes

Student Records). If you have not accessed your student records, your PIN will be your month, day, and year of your birth. (Do not use slashes.) For example, enter 022961 for a birth date of February 29, 1985. **We encourage you to change your PIN for security purposes.**

2. Select "Courses I am Interested In" from the main menu and enter those courses which you wish to have your advisor approve. If needed, there is a worksheet that is available in the Class Schedule booklet to assist you.

3. At this point, e-mail or phone your advisor to inform him/her that you have completed the "Courses I am Interested In" screen. Your advisor will electronically approve your schedule by going into your student records and reviewing choices. These approved courses become a permanent electronic record.

4. Once approved, you may return to the website and select "Register Now" on your registration date. Build your schedule using the courses which were approved by your advisor and selecting specific sections for each course. **You may register later than your assigned date, but not earlier.**

5. If you make an error in registering for courses, you may make changes in the add/drop screen.

6. You will be able to go back to the main menu and electronically add or drop a class until the first day of classes. You are strongly encouraged to discuss all changes in your schedule with your advisor.

SCHEDULE CHANGES - DROP/ADDS

When making changes to your schedule (i.e., dropping or adding a class), you must first seek approval from your Academic Advisor AND Academic Coordinator. Drop/Add forms are available through academic departments, the registrar's office, and Academic Coordinators. Student-athletes must return completed forms with signatures from their professor and advisor to the registrar's office. **Student-athletes should be advised to never drop below twelve credit hours.**

10 ACADEMIC SURVIVAL TIPS

- 1. Go to class...**
- 2. Go to class...**
- 3. Go to class... (Are you getting the idea?)**
- 4. Pay attention in class.**
- 5. Show interest in the class.**
 - Sit in front**
 - Ask question**
 - Talk to your instructor**
- 6. Go to class...**
- 7. Take good notes.**
- 8. Rewrite your notes after class.**
- 9. Study everyday.**
- 10. Don't forget to go to class.**

Conduct and Ethics

We should recognize that we are fortunate to have the opportunity to participate in intercollegiate athletics. Currently, there are more than 25,000 high schools and only 325 NCAA Division I athletics programs. That works out to less than one spot at this level for every 80 individuals that played sports in high school.

The University of Dayton is a very special place. We have a tradition of excellence in academics and athletics that you are now going to help us continue and improve upon. The fact that you chose UD is testimony that you believe in our mission.

All this opportunity does not come without some costs. Obviously it will be necessary for you to work hard and make certain sacrifices if you are to succeed. We also ask that you conduct yourself at all times in a manner that is consistent with the level of total excellence that we are striving for. Furthermore, you are expected to uphold the standards of ethical conduct established by the National Collegiate Athletic Association (NCAA), Atlantic 10 Conference, Division of Athletics and University of Dayton.

PERSONAL CONDUCT

For you, the student-athlete, the acceptance of athletic financial aid and/or participation as a member of an athletics team carries with it definite academic and athletic responsibilities. They are as follows:

Academic

1. Attend all classes, complete all academic assignments in a timely manner, and adhere to the University's Academic Integrity Guidelines;
2. Consult with academic advisors, academic enhancement program staff, and attend tutoring sessions, as directed;
3. Maintain an academic course load of at least twelve (12) hours per semester and make satisfactory progress toward a degree;
4. Accept responsibility for maintaining academic eligibility; and
5. Strive to obtain a college degree within four (4) years.

Athletic

1. Abide by all team, Division, University, Atlantic 10 and NCAA rules;
2. Maintain oneself in top physical condition, within accepted health standards;
3. Attend all organized practices unless officially excused;

Conduct and Ethics

4. Take proper care of uniforms and equipment and return them in good condition;
5. Treat officials, opponents, and teammates with respect, and avoid undue confrontations;
6. Maintain proper standards of grooming and dress; and,
7. Abstain from using tobacco (see Eligibility on page 21), alcohol and non-therapeutic drugs (see Life Skills on page 38).

SPORTSLIKE CONDUCT

1. The University will not tolerate unsportsmanlike conduct.
2. Sportslike conduct means more than the absence of negative actions in public. It includes your behavior both on and off the playing field. Unacceptable behavior on the playing field includes, but is not limited to, the following:
 - a. Physical or verbal abuse of officials, coaches, opponents or spectators (includes taunting);
 - b. Throwing of objects;
 - c. Unauthorized seizure of equipment from officials or news media;
 - d. Inciting players or spectators to negative actions or to any behaviors which insult or defile an opponent's traditions;
 - e. Use of obscene or otherwise inappropriate language or gestures;
 - f. Making public statements which are negative, controversial or outside the Division's media policy; or
 - g. Participating in any action which violates generally recognized ethical standards of intercollegiate athletics participation.
3. Sanctions for unsportsmanlike conduct include warnings, suspensions, community service, and more severe sanctions.
4. Incidents of unsportsmanlike behavior should be reported to the appropriate Sports Program Administrator (SPA). The SPA will handle the incident as described in the Athletics Division Sportsmanship Plan.

Conduct and Ethics

CRIMINAL ACTIVITY POLICY

The Athletics Division has implemented the following sanctions for student-athletes involved in criminal behavior:

- Misdemeanor (not including minor traffic violations) charges, and felony investigations will be left to the discretion of a committee including the Vice President/Director of Athletics, Faculty Athletics Representative, and legal counsel.
- Misdemeanor convictions will result in minimum of 2 game suspension (or 7%) of total competitions, with Committee Discretion.
- A Felony Charge will result in indefinite suspension, term of which will be determined by the Committee.
- A Felony Conviction will result in removal from team and loss of athletically related aid if applicable.

**All sanctions are in addition to any imposed by UD and local/state/federal legal system.

HAZING

Hazing is dangerous and illegal. Every year students suffer injuries or even death as a direct result of some rite of initiation into clubs, fraternities, and teams that go wrong. The University and the State of Ohio describe hazing as "...any act or coercing of another...to do any act of initiation...that causes or creates a substantial risk causing mental or physical harm to any person." Penalties range from large fines, to jail time, and expulsion from the University. This is a serious issue and one that no one should take lightly.

Many teams have acts of initiation for new athletes. Most are harmless and are intended to be fun. Remember however that the definition of hazing only requires that the potential for mental or physical harm exist. A simple, fun initiation can quickly turn into a dangerous situation and a crime. In order to make sure your team's initiation does not cross the line and become hazing please observe the following:

- Ask your Coach, Sports Program Administrator, or other Athletics administrator about your plans before you enact them.
- Student-athletes should be allowed to opt out of the initiations without fear of reprisal.
- Never involve alcohol in an initiation, this almost guarantees it will become dangerous and result in a hazing incident.

Conduct and Ethics

GAMBLING AND BRIBERY

As a student-athlete you are responsible for the following:

1. Reporting any offers of gifts, money or favors in exchange for supplying team information or for attempting to alter the outcome of any contest;
2. Maintaining a clear understanding of what constitutes gambling and bribery activities and reporting any suspected infractions;
3. Contacting a coach or other Divisional personnel (i.e., Director of Compliance) when questions concerning inappropriate release of team information occur; and
4. Increasing your awareness that participation in gambling and bribery activities can result in disciplinary actions by the University and the NCAA, as well as local, state and/or federal prosecution of the involved individual(s).

Student-athletes and Athletics Division staff members are prohibited from engaging in any type of gambling activity concerning collegiate and professional athletics competition.

Effective August 1, 2000, the NCAA had established a two-tiered process of sanctions for violations of NCAA gambling/sports wagering.

1. Engaging in activities designed to influence the outcome of a contest or wagering (solicit or accept a bet) on a University of Dayton contest shall permanently lose eligibility in all sports.
2. Wager on any intercollegiate or professional athletics will result in the loss of eligibility for a minimum of one year and charged with a loss of one season of competition.

“The NCAA prohibits a student-athlete from betting on college or professional athletics through a bookmaker, a parlay card or any other method used by organized gambling. This prohibition includes participation in tournament pools (such as the NCAA Men’s Basketball Championship) and rotisseries leagues where entry fees and/or awards and prizes are involved.”

“You should realize that the NCAA considers organized gambling to be bets placed or solicited between teammates, students, and/or friends. As an intercollegiate student-athlete you can jeopardize your eligibility if you participate in any one of these forms of gambling.”

Conduct and Ethics

SEXUAL MISCONDUCT

The following regulations address the types of student “sexual misconduct” that are unacceptable and that may result in university disciplinary action. The use of alcohol or drugs by a student charged with sexual misconduct shall not diminish his or her responsibility for violation of these policies. Violation of these policies may also constitute violation of the Ohio Revised Code regarding sexual imposition, rape, sexual battery, and gross sexual imposition and, therefore may be subject to criminal prosecution in addition to any university disciplinary action.

Non-consensual Sexual Intercourse

Non-consensual Sexual Intercourse is any type of sexual intercourse¹, however slight, by a person upon another person without *effective* consent.

Effective consent must be informed, freely and actively given by mutually understandable words or actions, which indicate a willingness to participate in mutually agreed upon activity at every stage of sexual interaction. *Effective* consent cannot be given under the conditions of the threat of physical

force, harm or intimidation or as a result of coercion. A person who is a minor; who is intoxicated (“high”), or who is incapacitated due to the consumption of alcohol or other drugs, unconscious or asleep, or physically helpless is unable to give *effective* consent.

Non-consensual Sexual Contact

Non-consensual Sexual Contact is any sexual touching⁵ (including disrobing or exposure), however slight, with any object, by a person upon another person without *effective* consent (see above for *effective* consent).

Sexual Exploitation

Sexual Exploitation is taking non-consensual, unjust or abusive sexual advantage of another for the exploiter’s own advantage or benefit or to the benefit or advantage of anyone other than the one being exploited. Examples of *sexual exploitation* include but are not limited to; the recording (video or audio)* of sexual activity, complicity in voyeurism*, peeping tommy*, the knowing transmission of HIV or STD*, inducing incapacitation* with the intent to take sexual advantage (can occur regardless of whether sexual activity actually takes place).

Sexual Harassment

Sexual Harassment is any pattern of sexually oriented verbal, visual or physical attention by a student upon a student that is unwanted, causes discomfort or embarrassment to another and creates an intimidating, hostile or offensive environment.

Examples of *Sexual Harassment* include but are not limited to:

1. Inappropriate comments of sexual nature;
2. Unwelcome and repeated flirtations and sexual advances;
3. Sexually explicit questions, jokes, teasing, or anecdotes;
4. Touching, patting, hugging, whistling, pinching, brushing against a person’s body, or repeated unwanted staring;
5. Graphic commentary about an individual’s body, sexual prowess, sexual deficiencies, sexual activity, experience or orientation;
6. Crude or offensive language;
7. Derogatory or demeaning comments based on gender or sexual orientation whether sexual or not;
8. Displaying objects or pictures that are sexual in nature and that creates a hostile or offensive living environment.

(Students who believe they are being or have been Sexually Harassed by a member of the university faculty or staff, an employee or a university vendor or contractor should refer to the University’s Human Resources policy on “Sexual Harassment.” Copies of this policy may be obtained at the Office of Human Resources and areas that maintain copies of the official University Policy Manual (e.g., Roesch Library, Office of Administration, offices of all academic deans). For additional information regarding Sexual Harassment, refer to excerpts from the policy on “Sexual Harassment” in the section “Of Special Note...”).

Conduct and Ethics

ATHLETICS DIVISION ALCOHOL POLICY

The Athletics Division expects its student-athletes to behave in a manner that brings pride to our program and gives them the optimum chance at success both as students and as athletes. Alcohol misuse is not consistent with the philosophy and goals of our program or the behavior of a committed, dedicated student-athlete.

Important aspects of the policy:

- all student-athletes should report any alcohol-related incidents to their coaches immediately
- the Athletics Division may impose sanctions in addition to those imposed by the University, and/or any local state agency
- teams may have their own policies that may be more strict and carry heavier sanctions than those of the Athletics Division
- sanctions for alcohol abuse (i.e. property destruction, violent or abusive behavior, loss of motor control, DUI or loss consciousness) and drug use accumulate for a student-athlete's entire athletic career
- sanctions for alcohol violations (i.e. possession/consumption in residence halls, misrepresentation of age to obtain/consume alcohol, underage possession and/or consumption of alcohol) accumulate for two full semesters after the semester in which the incident occurs
- in addition to violations of UD or local/state regulations/policies, the Athletics Division considers the following as offenses:
 - consuming alcohol within 48 hours (even if student-athlete is of legal age) prior to a contest (teams may be more restrictive)
 - alcohol consumption by a student-athlete host and/or their assigned recruit while on a recruiting visit (it is also a violation for a student-athlete host to allow a recruit to consume alcohol)
 - any undocumented offense brought to the attention of the Administration by the coach of the program
 - consumption of alcohol on UD sponsored road trips by any student-athlete (regardless of age)

ATHLETICS DIVISION SANCTIONS:

The minimum sanction that will be imposed by the Athletics Division will be as follows:

1st offense

- 10 hours of community service and possible parental notification (at the discretion of the Athletics Administration)

2nd Offense

- suspension from one contest, or (if out of season) 20 hours community service, parental notification, and an alcohol assessment (in the case of alcohol abuse)

3rd Offense

- removal from the team and all athletically related aid is removed at the end of the year

Conduct and Ethics

UD ALCOHOL ABUSE PREVENTION ALCOHOL POLICY

The possessing and/or consumption of alcohol in Marycrest Complex, Stuart Complex, Founders Hall, Virginia W. Kettering Hall, and Campus South are strictly prohibited. Also prohibited is the underage possession and/or consumption of alcohol anywhere on or off campus or the misrepresentation of age for the purposes of acquiring alcohol. The consequences for choosing to violate this policy are:

First Offense

- \$135 fine
- Participation in an alcohol education program

Second Offense

- \$150 fine
- Participation in a 6-8 hour alcohol education program
- Loss of privilege to participate in upperclass housing lotteries
- Disciplinary probation for two full regular academic semesters

Third Offense

- One year disciplinary suspension from the University

Note: all sanctions are accumulative for two full regular semesters following violations.

Mitigating circumstances related to alcohol violations

In reviewing reported violations of the alcohol policy the following mitigating circumstances will be considered in the decision of any disciplinary action:

In those instances where students notify Public Safety or other urgent assistance or care, neither the student making the notification nor the student needing attention or assistance will be subject to the monetary fine stipulated by the **PASS** sanction for alcohol violations. Depending upon the extenuating circumstances of the medical or emergency situation, the administrative disciplinary officer or the hearing board may also waive, at their discretion, other stipulations of the **PASS** sanctions.

Common Source Distribution

The distribution of mixed alcoholic beverages from a common source other than the original packaging is prohibited.

Empty alcohol beverage container (cans, bottles, kegs, beer balls, cardboard cartons, etc.) are not permitted in Marycrest Complex, Stuart Complex, Founders Hall, Virginia Kettering Hall, or Campus

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South. **Fine: \$135.00**

Alcohol abuse on the part of any student, regardless of age, associated with property destruction, violent or abusive behavior, loss of motor control, driving under the influence (DUI), or the loss of consciousness will result in the following disciplinary action:

First Offense	- \$135 fine -Restitution for damages -enrollment in the University's Substance Education Program
Second Offense	- \$150 fine -Restitution for damages -Professional substance use assessment and, if indicated, enrollment in an appropriate treatment program -Disciplinary probation for two full regular academic semesters
Third Offense	-Disciplinary suspension for an indefinite period -Restitution for damages

Note: all sanctions are accumulative until graduation.

Alcohol is prohibited at UD Athletic events (intercollegiate and recreational) held on campus.

See UD Student Handbook for additional policies and changes for 2006-2007.

ENFORCEMENT/PENALTIES

If you are found to be in violation of a team, University, Athletics Division, Conference or NCAA policy, the penalty imposed depends upon the severity of the offense and may include:

1. Private or public reprimand;
2. Probation;
3. Suspension from the squad;
4. Dismissal from the squad;
5. Cancellation or gradation of athletically related financial aid; and/or
6. Dismissal from the University.

Eligibility Requirements For Athletic Participation

The rules concerning intercollegiate athletics exist to protect the student-athlete and preserve the purity and fairness of competition among universities. Without a “level playing field” there can be no real victory. If everyone has similar resources and is restricted from gaining unfair advantages, then true competition can exist. The rules we abide by attempt to insure that victories are earned the right way and not through cheating or at the expense of the welfare of the student-athlete.

To be eligible to participate in the athletics program at the University of Dayton, a student-athlete must comply with the following NCAA, Atlantic 10 Conference and UD regulations which govern eligibility.

1. As a student-athlete you must be in compliance with the principles of amateurism as established by the NCAA.
2. As a student-athlete you must have been admitted to the institution in accordance with the regular published entrance requirements of the institution.
3. To be eligible to practice and compete during any semester, you must be enrolled in at least a minimum full-time program of studies.

To be considered full-time at the University of Dayton, an undergraduate student must be enrolled in a minimum of 12 hours for the semester. Graduate students must be enrolled and maintain 6 credit hours. All athletes must notify their coach immediately should hours drop below the appropriate number of hours. Failure to do so may affect your future eligibility and financial aid status.

4. As a student-athlete you must be in good academic standing as determined by the faculty of this institution or have written permission from your dean in order to compete.

A student-athlete who declared ineligible to compete **MAY NOT TRAVEL WITH THE TEAM AND MAY HAVE ATHLETIC AID IMMEDIATELY WITHDRAWN.**

UNIVERSITY REQUIREMENTS

To avoid probation and possible dismissal from the University of Dayton, a student must maintain a minimum cumulative GPA of 1.7 at the end of the 1st and 2nd terms; a 1.8 GPA at the end of the 3rd term; a 1.9 at the end of the 4th term and a cumulative GPA of 2.0 thereafter.

Eligibility Requirements For Athletic Participation

A student-athlete who is placed on probation may be permitted to complete a contract with the Dean for the purpose of determining the nature and limitations of the student-athlete's future academic and extracurricular activities, including restored eligibility.

NCAA REQUIREMENTS

The NCAA requires that student-athletes (including a transfer) entering their second year of college work present a cumulative minimum grade-point average (on a 4.0 scale) that equals 90% of the grade-point average required for graduation (1.80). Student-athletes entering their third year of work need a grade-point average equal to 95% required for graduation (1.90). All student-athletes in their fourth and/or fifth year of enrollment need a grade-point average equal to 100% of the GPA required for graduation (2.00). This minimum GPA is not Dean negotiable.

5. Current NCAA academic regulations for students who have completed two or more semesters of college work are as follows:

Good Academic Standing

- a. All student-athletes must remain in good academic standing by maintaining the specified cumulative GPA stated above under University Requirements, or receive permission from his/her Dean to compete.
- b. All student-athletes must complete a minimum of six (6) degree applicable credits per semester during the academic year.

Satisfactory Progress

- c. After one year in residence or one year of competition, a student-athlete must demonstrate normal progress towards a degree by successfully completing a minimum of 24 semester hours of credit from one fall term to the next fall term. A student-athlete shall earn at least 75% of the required 24 semester hours during the regular academic year. No more than 25% of the hours may be earned during the summer.
- d. After two years of collegiate enrollment, student-athletes must continue to demonstrate progress towards their degrees by completing at least 18 credits of degree applicable work during the academic year (fall and winter semesters).
- e. Summer coursework taken at another institution must have prior written approval from your Dean if such

Eligibility Requirements For Athletic Participation

coursework is to be used to satisfy the normal degree progress requirement.

Degree Declaration

- f. Once a student-athlete has completed four semesters of college work (includes transfers), they must have an officially declared major in order to continue to be academically eligible to compete.
 - g. Effective for student's entering on or after August 1, 2003 have successfully completed at least 40% of the course requirements in that student's specific degree program when entering his/her third year of collegiate enrollment. A student-athlete entering the fourth year must have completed 60%, and upon entering the fifth year, 80% needs to be completed. For those student-athletes entering before August 1, 2003, the percentage of degree requirement remains 25%, 50%, 75%.
6. A student-athlete is entitled to four years of athletic participation at a Division I school provided such participation occurs within five years after the student-athlete's initial full-time enrollment in a collegiate institution. Any competition (including a scrimmage) with outside participants during the intercollegiate season shall count as a season of competition.
 7. A student-athlete is required annually prior to competition to receive an NCAA rules summary and to sign a statement to verify the student-athlete's compliance with NCAA regulations governing eligibility, recruitment, financial aid, amateur status, and gambling involvement. Additionally, a student-athlete must give written consent to be tested for the use of drugs specifically prohibited by NCAA legislation.
 8. Athletes who wish to compete in non-intercollegiate events during the academic year must be aware that events must be certified by the NCAA before collegiate athletes are permitted to participate. Do not participate without receiving permission from the Compliance Office in advance.
 9. A student-athlete is responsible for his/her involvement in any violation of NCAA regulations. In cases determined to be major violations, the student-athlete will not have eligibility restored by the NCAA eligibility committee unless circumstances clearly warrant restoration.

AMATEUR STATUS

Only an amateur student-athlete is eligible for intercollegiate

Eligibility Requirements For Athletic Participation

competition in a particular sport. An individual loses amateur status and becomes ineligible for intercollegiate competition in a particular sport if the individual:

1. Uses their athletics skill (directly or indirectly) for pay in any form in that sport;
2. Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation;
3. Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received;
4. Receives, directly or indirectly, salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletics skill or participation, except as permitted by NCAA rules and regulations;
5. Competes on any professional athletics team even if no pay or remuneration for expenses was received;
6. Subsequent to initial full-time enrollment, enters into an agreement with an agent or other entity to negotiate a professional contract; or
7. Enters into an agreement with an agent.

If you have any questions about professional sports agents, accepting prize money for athletics contests, receiving payment of expenses or gifts of any kind, endorsing or advertising products or activities, you should talk to the compliance coordinator immediately.

NOTE: Subsequent to initial full-time collegiate enrollment, an individual loses amateur status in a particular sport when the individual asks to be placed on the draft list or supplemental draft list of a professional league in that sport, even though:

- (a) The individual asks that his or her name be withdrawn from the draft list prior to the actual draft;
- (b) The individual's name remains on the list but he or she is not drafted; or
- (c) The individual is drafted but does not sign an agreement with any professional athletics team.

In all other sports, an individual loses amateur status when he or she requests to be placed on the draft list of a professional league.

OUTSIDE COMPETITION

Competition and practice on outside teams during the academic

Eligibility Requirements For Athletic Participation

year and during the summer are restricted in different ways for different sports. You can jeopardize your eligibility by participating on an outside team. Check with your coach and the Compliance Office before participating on any outside team.

Basketball players must be aware that in order to participate in a summer league, they must receive prior written approval from the Compliance Office, and that league must first be approved by the NCAA. There may be no more than two members of the University of Dayton basketball team on your team and players should consult the Compliance Office regarding NCAA approval. Players are only permitted to participate on one team in one league.

EXTRA BENEFITS

Receipt by a student-athlete of an award, benefit or expense allowance not authorized by the NCAA renders the student-athlete ineligible, unless that award, benefit or expense allowance is generally available to other University of Dayton students. This rule also applies to your family and friends. Some examples of extra benefits which are NOT allowed are:

1. Money or loans not available to University of Dayton students - not allowed
2. Discounts on tickets, services, products or rent not available to other University of Dayton students - not allowed
3. Use of an automobile (except one owned by you or your family) - not allowed
4. Athletic boosters are not permitted to provide meals at a restaurant, or other benefits, free of charge or at a reduced rate - not allowed
5. Use of telephone or telephone credit card for your personal use - not allowed
6. Use of copy machine for your personal use - not allowed
7. Co-signing of loans (except by family members) - not allowed

TOBACCO USE

The use of tobacco products is prohibited by all players, coaches, trainers, managers and game personnel in all sports during practice and competition.

PROMOTIONAL ACTIVITIES

A student-athlete must receive written approval from the Compliance Office before participating in any promotional activity, even if it is an institutional, charitable, educational or nonprofit promotion. Student-athletes should check with the Compliance Office regarding participation in any promotional activities.

Year of Initial Collegiate Enrollment	Initial-Eligibility Standard Initial-Eligibility Standard	Entering Second Year of Collegiate Enrollment	Entering Third Year of Collegiate Enrollment	Entering Fourth Year of Collegiate Enrollment	Entering Fifth Year of Collegiate Enrollment
2003 and 2004	Current or new standard	* 24 semester/36 quarter credits * 18/27 credits earned during academic year * 90% of GPA for graduation (1.90)	* 40% of degree requirements * 18/27 credits earned during academic year	* 60% of degree requirements * 18/27 credits earned during academic year * 100% of GPA for graduation (2.00)	* 80% of degree requirements * 18/27 credits earned during academic year * 100% of GPA for graduation (2.00)
	New standard	* Six credits/term * A maximum of six semester/nine quarter hours of remedial courses may be used in the first year	* 95% of GPA for graduation (1.95) * Six credits/term * Declaration of degree program	* Six credits/term	* Six credits/term
2008	16 core courses*				

Financial Aid Policies

Participating in intercollegiate athletics is a tremendous opportunity. Some student-athletes receive financial aid in the form of an athletic scholarship. Others may receive aid from the University or other sources that are not specifically related to their participation in athletics. Both the University and the NCAA have rules concerning the amount and types of aid that student-athletes may receive. Keep yourself informed of these regulations and abide by them in order to protect both your financial aid resources and your athletics eligibility.

NCAA FINANCIAL AID POLICIES

GENERAL LIMITS

The following policies govern the award procedure for financial aid at the University of Dayton (NCAA policies are stated in this typeface.)

A student-athlete may not accept institutional aid that exceeds the cost of attendance. Any financial aid permitted by a division that would result in a student-athlete's total financial aid exceeding the value of tuition and fees, room and board and required course-related books shall be based upon the demonstrated financial need of the individual student-athlete.

Athletes are also entitled to receive the following benefits which are considered incidental to athletic participation:

- a. Student-athletes living in dorms may receive meals and housing during periods when dorms are closed (i.e. pre-school, Christmas, spring break and post-school) and the athlete is required to be on campus for practice or competition. Off-campus athletes may receive meal benefits only.
- b. Actual and necessary expenses may be provided for student-athletes for the purpose of off-campus competition and/or practice.
- c. A student-athlete may receive a complimentary admission to any home athletics contest, and up to 4 "comp" admissions for contests in which the athlete is participating.
- d. Tutoring expenses, athletics insurance, limited awards, and career counseling expenses may be provided for student-athletes.
- e. Legitimate loans which are available to all students and based on a regular repayment schedule may be received by the student-athlete without affecting the athletics award.

Financial Aid Policies

AID ADMINISTRATION

3. All financial aid must be administered by UD's office of Financial Aid with the following exceptions:
 - a. Assistance is provided by anyone upon whom the student-athlete is naturally or legally dependent; and
 - b. Assistance is awarded solely on a basis having no relationship to athletic ability.
 - c. Assistance awarded through an established and continuing outside program in which athletics participation is not the major criterion must be disbursed through the institution.
- d. Assistance awarded through an established and continuing outside program for the recognition of outstanding high-school graduates in which athletics participation is a major criterion must be disbursed through the institution.

PERIOD OF AWARD

4. An award of athletics financial aid may not exceed a period of one year and it may not be reduced or cancelled during that year's term based on athletic performance or because illness or injury prevents participation. Aid may be reduced or cancelled under the following circumstances:
 - a. The athlete fails to meet eligibility requirements for athletic participation;
 - b. Fraudulent misrepresentation of any information by the student-athlete;
 - c. Serious misconduct; or
 - d. Voluntary non-participation.
 - I. Voluntary withdrawal from participation by a student-athlete will result in an immediate prorated reduction of their athletics grant-in-aid.

In the event a student-athletes' aid is recommended for reduction or cancellation, the student-athlete will receive written notification from the Financial Aid Office of his/her opportunity for a hearing.

SCHOLARSHIP RENEWAL

5. A student-athlete is to be notified on or before July 1, as to whether or not athletics aid is to be renewed. If the student-athlete receives a non-renewal notification and believes the non-renewal was for a questionable reason, the student-athlete may request and will be granted a hearing before the institutional agency making the award.

Financial Aid Policies

SUMMER SCHOOL

6. In sports other than basketball, it is not permissible to provide athletically related financial aid for the summer prior to initial enrollment at UD. In the sport of basketball, it is permissible to provide athletically related financial aid in the summer prior to initial full time employment at UD provided the criteria outlined in NCAA Bylaw 15.2.7.1.3 are met.

7. At the University of Dayton financial aid is applied directly to cover tuition, fees, room and/or board. Athletes receiving athletics aid should receive no cash except in the following cases:
 - a. Athletes who qualify for PELL may receive those funds through their University Bursar's Office account.
 - b. Athletes who live off-campus and/or are receiving all or some portion of room and board will receive part of the awarded amount through a check and the remainder will be issued through their University Bursar's Office account as cash.
 - c. Athletes who qualify for loans will receive a check for the approved amount through the University Financial Aid Office.



Financial Aid Policies

STUDENT EMPLOYMENT

NCAA regulations do not place a limit on the dollar amount that you as a student-athlete may earn. However, in all cases, a student-athlete must be paid at the going rate for work he or she actually performs and compensation cannot be based on the student-athlete's athletics reputation.

FEE FOR LESSON

A student-athlete may be paid for giving a lesson in his or her sport provided the following occur:

1. UD facilities are not used,
2. Playing lessons are not permitted,
3. UD documents the fee(s) received by the student-athlete during the academic year,
4. The student-athlete is paid by the lesson recipient's family and not another individual entity,
5. Instruction is comparable to the instruction that would be provided when it involves more than one person at a time, and
6. The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability for the lesson.

SPECIAL ASSISTANCE FUND

The NCAA has established a Special Assistance Fund for student-athletes with special financial needs. Those student-athletes eligible to access the fund are PELL Grant recipients and any student-athletes receiving athletically related financial aid who have financial need as demonstrated through federal guidelines.

The Special Assistance Fund may be used for clothing and other essentials up to \$500 per year; medical and dental expenses, vision therapy, hearing aids, off-campus psychological counseling, expendable course supplies (e.g., pen, paper, notebooks), and emergency travel expenses for parents and student-athletes. If you would like to access the fund, please see the Compliance Office to see if you qualify.

Recruiting

Recruiting is the life blood of any athletics division. The results we are capable of attaining in competition are almost directly related to the quality of the individuals we have in our program.

As you know, there are many factors that can influence a young person's decision about which university to attend. We try to conduct our recruiting efforts in a manner that highlights the positive aspects of our campus and our program.

From time to time you may be asked to meet with, or serve as a host or hostess for someone who is considering competing for the University of Dayton. This is your opportunity to influence the composition of our program. We hope you will be friendly, honest and sincere. We are confident that we have a great program.

If, in your conversations with a prospect, they relay information that is not confidential in nature, that you think may help in recruiting this person, please relay that to the appropriate coach. Once you have spent some time with this person, feel free to convey your opinion of them to your coach. This person may end up representing our school - let us know what you think about them.

Certain NCAA rules apply to both you and the prospective student-athlete. Make sure you are familiar with these rules. If you have any questions, ask your coach, the Compliance Office, or any sports program administrator.

ALCOHOL ON RECRUITING VISITS

The University of Dayton is responsible for the welfare of prospective student-athletes while they are on campus. We want their visit to be an opportunity to show off the best aspects of our campus and the educational and athletic opportunities that it offers. In almost all instances, recruits are underage and would be breaking the law by consuming alcohol. It is extremely unwise and potentially dangerous to have their visit hosted by someone who is consuming alcohol.

Athletic Division policy prohibits alcohol consumption by prospective student-athletes during campus visits. Those persons designated as "hosts" for these visits must also agree to refrain from consuming alcohol while they are responsible for the recruit.

Medical Policies and Training Room Procedures

At the University of Dayton, the health and well being of our student-athletes is a primary concern. The Sports Medicine Staff strives to prevent injuries through pre-participation physical examinations, well-designed conditioning programs, warm-ups, proper practice planning, and appropriate equipment selection. When an athletic injury occurs, our goal is to effectively, efficiently and consistently provide the highest quality medical care possible from the initial first-aid to the follow-up care and rehabilitation.

FACILITIES

There are two Athletic Training Rooms in operation at the University of Dayton. The Arena Training Room is located in the Donohoe Basketball Center and utilized by Arena teams for practices and games. The Frericks Center training room is open year round and is utilized for treatment and rehabilitation to all sports in the mornings and serves those sports that operate out of the Frericks Center in the afternoon.

STAFF

The University of Dayton Sports Medicine Staff consists of a team of Family Practice/Sports Medicine Trained Physicians and Orthopedic Consultants and four full-time and two graduate assistant certified and licensed Athletic Trainers, any of whom may be consulted regarding injuries or illnesses. These professionals work through open lines of communication and cooperation to achieve their common goal.

In particular instances the Head Team Physician may refer athletes to other physicians or specialists. However, the Head Team Physician supervises the status of all athletes and has the final authority with regard to all medical disqualifications, treatment, and return to play.

Referrals to specialists will be made through the Team Physicians or Athletic Trainers only!

Trained personnel are present at all athletic contests and, where possible, at all practices to insure prompt medical attention. Priority for coverage is given to those sports where the risk of injury is greatest.

The Sports Medicine Staff is committed to a system of shared responsibility with the athlete and coaches. They work closely with the coaching staff to keep them informed of the medical status of the athletes.

Medical Policies and Training Room Procedures

PHYSICAL EXAMINATIONS

All first-year athletes must pass a physical examination from our medical staff before being allowed to participate in any intercollegiate sport. This exam is repeated the athlete's junior year of participation; yearly if medical history warrants.

In addition, all first-year athletes must complete a Medical History questionnaire. A complete history of all previous significant injuries and illness must be reported. This history is updated yearly and must be on file with the Sports Medicine Staff before participation in that sport is allowed.

INSURANCE

The University of Dayton Division of Athletics carries a "secondary" athletic injury insurance policy. This policy only covers injuries sustained during official and supervised athletic activity. NCAA regulations prohibit payment of medical expenses for injuries and illnesses not the result of intercollegiate competition or practice. Our athletic injury insurance policy requires we first utilize the health insurance of the athlete's parents or guardians. After the athlete's insurances have paid all available benefits, any remaining balance should be submitted to the Sports Medicine Staff for processing.

In the event the athlete does not have health insurance, it is recommended that the athlete enroll in the University of Dayton Student Insurance program (Plan B) through the Health Center. Although this policy does not cover athletic injuries- which the Athletics Division will, cover- it will provide insurance coverage for those injuries and illnesses that occur outside participation in the athlete's sport.

Only those dental injuries incurred as a result of practices or games are covered by our insurance policy. Report such injury immediately. Payment for all other dental problems is the responsibility of the athlete.

The Athletics Division may assist in the purchase of corrective lenses for the eyes that are necessary to enable the athlete to participate in their sport. The purchase of additional lenses is the responsibility of the athlete and is recommended.

Medical Policies and Training Room Procedures

Each athlete's insurance coverage information **MUST** be on file with the Sports Medicine Staff. This information helps expedite insurance claims should they occur. No athlete will be allowed to participate until this information is on file.

Each athlete should sign, their first year of participation, an "Authorization for Use or Disclosure of Information" form. This form allows communication of medial information among the Sports Medicine Staff and coaches to assist in the care of the injured athlete.

INJURY PROCEDURES

Report all injuries and illnesses as soon as possible after they occur to one of the Staff Athletic Trainers. They can be reached by cell phone if not present at the practice or game. In cases of an emergency or illness occurring during off hours, contact a Staff Athletic Trainer and report to **Miami Valley Hospital**; list our Head Team Physician, Dr Sean Convery, as your primary care physician.

Staff Athletic Trainers or our Team Physicians will initially evaluate all injuries. All referrals to other physicians or specialists are to be made through the Sports Medicine Staff only; the athlete or coach is not to do this on his/her own. Any medical expense that results from outside physician consultation without the knowledge of the Sports Medicine Staff will not be covered by our insurance.

If one of our Team Physicians recommends additional medical testing or examinations, this examination will be performed at the earliest opportunity based on: the athlete's insurance policy and procedures, physician or facility availability, and athlete availability.

Injured players must report to the training room daily for treatment recommended by the Team Physicians or Athletic Trainers. Each injured athlete is expected to get as many treatments per day as ordered. Treatments will be given from 8:00 a.m. until 2:00 p.m. Monday through Friday in the Frericks Center Training Room. Additional treatment times can be arranged with one of the Staff Athletic Trainers. The Athletic Training Room will open approximately 1.5 hours prior to practice for treatments and taping. No treatments will be given one-half hour neither prior to practice nor during practice without permission of the Athletic Trainer and coach. Failure to report for treatment or to complete the prescribed treatment will be reported to the coach for appropriate action.

Everyone will dress in full gear for practice unless otherwise advised beforehand by the Athletic Trainer. If the athlete is injured to the extent that he/she cannot dress in full gear or will be available only for limited

Medical Policies and Training Room Procedures

work, he/she will be required to report to practice on time and in the gear suggested by the Athletic Trainer. Injured players will be assigned special exercises, running, or calisthenics intended to speed recovery and maintain conditioning. These exercises are to be performed at the practice area under the supervision of the Athletic Trainer. No athlete is to leave practice because of an injury or illness without consulting an Athletic Trainer. Failure to complete assigned exercises, loafing, or inactivity during practice will be reported to the coach for appropriate action.

In the absence of a Team Physician or an Athletic Trainer, the head coach is responsible for the decision of returning an athlete to participation until the advice of Team Physician or Staff Athletic Trainer can be obtained. Student Aids are present for first-aid purposes only. Both athletes and coaches are to remember that the Head Team Physician has the final authority regarding an athlete's return to participation following an injury or illness.

PREVENTION OF INJURIES

The prevention of an injury is much better than having to treat one after it occurs. All players should not underestimate the importance of flexibility, strength, and conditioning exercises, and perform them thoroughly. Taping or wrapping necessity will be at the discretion of the Athletic Trainers. Those athletes who have chronic problems are expected to be wrapped or braced and perform specific exercises to help remedy the problem. Tape will be applied directly on the skin whenever possible. All athletes should have the area clean-shaven, free of all oils and dirt, and prepared to be taped, when they enter the training room.

TRAINING ROOM RULES

1. Do not wear cleated or spiked shoes in the training room.
2. Do not bring uniforms, shoes, or other clothing into the training room.
3. Wear shorts at all times while in the training room
4. Absolutely no self-treatments: the Sports Medicine Staff will apply all taping, bandages, etc.
5. No **LOITERING** in the training room unless you are there for treatment or examination by the Sports Medicine Staff.

Medical Policies and Training Room Procedures

6. Do not use or remove equipment, supplies, or special pads without permission of the Athletic Trainers. All wraps, etc., will be checked out to the athlete and returned and returned when the athlete is finished using them. Athletes will be charged for any item not returned.
7. Avoid horseplay, improper language, and unnecessary confusion.
8. After practice remove tape, etc., in the locker room and take a shower before treatment of injuries, minor wounds, cuts, and abrasions.

SPORTS MEDICINE STAFF TELEPHONE NUMBERS

Steve Foster, ATC/L	94401
cell	272-4491
Nate Seymour, ATC/L	94437
cell	272-4492
Sara Thomas, ATC/L	94437
cell	469-3419
Kaname Yamaguchi, ATC/L	94437
cell	272-6567
Jessica Stanley, ATC/L	94437
Lindsay Luti, ATC/L	94437
Arena Training Room	94658
Head Team Physician	Sean Convery, MD
Assistant Team Physician	Dusty Rhodes, DO
Assistant Team Physician	Mike Barrow, MD
Part-time Assistant Team Physician	Earl Scheidler, DO
Orthopedic Consultants	Tim Quinn, MD
	Jim Klosterman, MD

Strength and Conditioning Services

“Champions are not born, they’re made.” The University of Dayton believes strongly in the ability of its student-athletes to improve themselves given the right environment and resources. One such resource that is available to all student-athletes is our strength and conditioning program. This program consists of three fully equipped facilities and a staff of professionals dedicated to helping our athletic teams compete safely and successfully.

FACILITIES

The Athletics Division operates three separate strength and conditioning facilities. The Frericks Center Strength and Conditioning Area (room 45) is the heart of our program. The facility houses a wide variety of freeweights, dumbbells, weight training machines, agility devices, and cardiovascular exercise equipment. We also have a weight room in the back of the Frericks Center Gymnasium. This facility is used primarily for team workouts. The basketball teams will use the weight room in the Donohue Basketball Center which is attached to the UD Arena. Additionally, the University operates several weight rooms on campus and a state of the art conditioning facility in the Physical Activity Center (located adjacent to the Frericks Center).

SAFETY

The strength and conditioning staff are trained professionals who are dedicated to helping our student-athletes. You will not be asked to perform any exercise that is considered risky or dangerous. Please do not attempt to do exercises that you are not familiar with or ones you do not feel you can perform in a safe and effective manner. Always use proper safety equipment (weight belts, safety racks, etc.). Never perform lifts such as squats, bench press (incline or regular), or military press without a competent spotter. Listen to and follow the instructions of our staff.

STRENGTH TRAINING

There are three requirements that must be met to produce meaningful strength gains.

1) **Properly designed resistance training must be performed.** All UD athletic teams participate in some kind of resistance training, and most lift year round. If your team isn't involved in an organized lifting program, feel free to contact a member of our staff to get an individual program started.

Strength and Conditioning Services

2) **Athletes need to get adequate rest and sleep.** Muscular improvements occurs between workouts, not during them. It is sometimes difficult for college students to get enough sleep on a regular basis, but proper daily planning can help. If you feel you are having a problem in this area, you can contact a member of our Academic Support Program or someone at the Counseling Center.

3) **Weight training without adequate nutrition can be futile.** The body needs energy to fuel growth and materials to produce muscular changes. What and when you eat may be as important as lifting when it comes to muscular development.

NUTRITION SUPPLEMENTS

The overwhelming majority of nutrition supplements sold in magazines, gyms, health food stores, and over the internet, will not do anything to enhance athletic performance. A few are effective, but most are useless and expensive. Some can actually damage your health and performance, and may contain compounds that could cost you your NCAA eligibility. Beware of anything that promises phenomenal physical gains or weight loss in short periods of time. Products that contain extracts from herbs, roots, and other natural sources are poorly regulated. Some of these include banned substances that may or may not be listed on the label.

The supplements listed below are examples of compounds banned by the NCAA and considered particularly dangerous to athletes. Please note that these are just examples and that there are many more dangerous supplements available and even more brand names containing these dangerous compounds.

Please contact a member of our strength and conditioning or sports medicine staffs before you try any type of ergogenic or nutritional supplement.

Student-athletes and coaches may also contact the Dietary Supplement Resource Exchange Center (sponsored by the NCAA) for confidential answers to questions about supplements.
www.drugfreesport.com/rec. 816.474.7321 or 877.202.0769

Strength and Conditioning Services

EXAMPLES OF NCAA BANNED SUBSTANCES BY NAME-BRAND

WEIGHT CONTROL/STIMULANTS

Ephedrine, Yohimbine, Ma Huang, Guarana

NAME BRANDS	"RIPPED FUEL"	"MEGA-RIPPED"
	"DIET FUEL"	"HYDROXY RIPPED"
	"ECA STACK"	"METABOLIFE 365"
	"METABOLIFT"	"METABOSURGE"
	"XENADRINE"	"THERMADRENE"
	"PRO-ORANGE"	"ULTIMATE ORANGE"
	"NO DOZE"	"GAS-N-GO"
	"TRIM-PHEN"	"MALE CHROMA DIET"

ANABOLIC TYPE STEROIDS/STEROID MIMICKERS

STEROID MIMICKERS

Androstenedione, DHEA, Tribulus Terrestris

NAME BRANDS	"ANABOLIC DRIVE"	"DHEA"
	"TRIBULUS TERRESTRIS"	"ANDROSTENEDIONE"
	"NATURAL STEROL COMPLEX"	

MULTI-VITAMIN PRODUCTS

NAME BRANDS	"ULTRA VITA-MAN"	"COBRA"
	"MALE RESPONSE"	"VIPER"

NUTRITION TIPS

- * Eat breakfast early every day.
- * Never skip meals.
- * Try to distribute food intake evenly throughout the day.
- * Drink plenty of fluids--especially before, during, and after practice.
- * Increase fluid intake when practicing or playing in the heat.
- * Eat fruit or drink a carbohydrate beverage shortly after practice.
- * Eat balanced diet rich in fruits, vegetables, breads, and cereals.
- * Avoid food high in fat.
- * Eat only light to medium meals that are high in carbohydrates within three to four hours of practice and competition.
- * Consume meat or some other source of protein at every meal.

OTHER SERVICES

The Strength and Conditioning Program offers a wide variety of services. We have a large assortment of cardiovascular conditioning equipment, as well as number of speed, agility, and quickness devices. Our staff are available to help individuals or groups on an appointment basis.

Life Skills (Student-Athlete Support Services)

The University of Dayton recognizes that student-athletes may come across challenges while trying to balance being a Division I student-athlete with the responsibilities of academics and being a successful well-rounded individual. In order to offset some of these challenges and enhance your experience as a student-athlete, we created the UD Life Skills Program. UD's program is recognized as a member of the NCAA CHAMPS Life Skills Program.

The objective of this program is to give each student-athlete the opportunity to discover and enhance his/her own strengths, values, goals, and vision as a unique individual. This program is set up to focus on the well-being on the whole student-athlete. Some of your involvement is mandatory, but most of it will be optional. You are strongly encouraged to take advantage of the different parts of the Life Skills program.

LIFESKILLS

The University of Dayton was one of the first schools to participate in the NCAA's Lifeskills Program. This opportunity provides UD with state-of-the-art programming, coursework, materials, and training in many areas that are very important to the student-athlete. The Lifeskills program includes topics such as:

- alcohol education
- community outreach
- diversity education
- goal setting and time management
- nutrition
- self esteem
- study skills
- career development
- dealing with grief
- fiscal responsibility
- manners and etiquette
- peer education/counseling
- stress management
- leadership skills

Some of these topics will be offered as workshops throughout the year. Many of the Lifeskills programs can be done on a self-study basis. If you are interested in any of these areas, contact Julie Steinke, Coordinator of Compliance & Eligibility at x93708 or Joe Owens, Associate Director of Athletics at x92663.



UDI 145 – LIFE SKILLS FOR STUDENT-ATHLETES

The course is designed to introduce first-year student-athletes to the various life skills needed to successfully manage the pressures of being a college student-athlete. This course will also help assist the student-athlete in adjusting to college life as well as identifying and clarifying personal values in relation to life decisions. It will help the student-athlete recognize the unique demands of college and assist them in acquiring skills, which will allow them to respond to those challenges. The student-athlete will be provided with programs and resources to enable them to maximize personal success. This course will also provide a forum for reflection on life goals, values, study skills and life skills to help the student-athlete succeed in their new environment. UDI 145 is mandatory for all first-year University of Dayton student-athletes. It is a one-semester course for which the student-athlete will receive one credit.

SPECIAL LECTURES AND WORKSHOPS

Occasionally we will bring in national caliber speakers to address important topics. These programs are held in one of the larger assembly areas on campus. Everyone is encouraged to attend these presentations.

STUDENT-ATHLETE ADVISORY BOARD (SAAB)

This group is made up of two to four representatives from each varsity team. They meet several times each year to address areas of special interest to our student-athletes. Typical topics of discussion at these meetings include:

- our awards system
- community service projects
- NCAA legislation that effects the student-athlete
- needs of specific groups or teams
- developing new programs
- social events for student-athletes

The Student-Athlete Advisory Board has decided to concentrate much of their efforts on providing and supporting community service opportunities in the Dayton area. Current projects include the National Youth Sports Program (NYSP) and a year-round program at the City of Dayton's Westwood Recreation Center. The Westwood program includes 3 weeks of sports summer camps, a tutoring/mentoring program, and several trips to campus for the kids at the center. Everyone is encouraged to participate in these activities. See your Student-Ath-

Life Skills (Student-Athlete Support Services)

lete Advisory Board representative for information about these events. Furthermore, we want to develop this student group into a leadership pool that can help provide guidance and information to both their teammates and the administration. The Administrative Advisor attends every SAAB meeting, while other occasional attendees include: the Director of Athletics, Associate Director of Athletics, and other key Athletic Administrators.

Your representatives to the SAAB should identify themselves to you. You are encouraged to use this program to address problems that you are having, or to bring up suggestions that you feel may benefit the Athletics Division. If you have an immediate concern, you should forward it to the attention of your head coach or your sports program administrator. The Athletics Division exists for you. We encourage you to bring important items to our attention.

CAREER SERVICES

UD's Career Services Center, located in the Caldwell Street Center, works closely with all students that would like assistance with this area, such as: choosing a major, setting career objectives, or taking the first steps toward a career. Career Services will help you build your resume, review cover letters, and walk through mock interviews. There are also career fairs set up at the university for all students that are interested in taking advantage of them.

WORSHIP AND SPIRITUAL GROWTH

The University of Dayton supports those wishing to practice their faith and/or experience spiritual growth in a number of ways. Campus Ministry offers many services and programs. Athletes in Action and Campus Crusade are active on campus and there are several bible study/fellowship groups among our student-athletes. To get more information on any of these activities contact Campus Ministry at 93339 or Joe Owens, Associate Director of Athletics.

EATING DISORDERS

In virtually every college athletics department across the United State, there are student-athletes with eating disorders. We here at the University of Dayton want to help any of our athletes that have such a problem. If you suspect that you or someone you know has a disordered eating pattern or an eating disorder, please consult your coach, sports program administrator, or one of our athletic trainers. They will help you to the proper medical and professional resources and lead you, or the person you are concerned about, on the way to

Life Skills (Student-Athlete Support Services)

recovery.

COUNSELING CENTER REFERRALS

The University operates a professionally staffed Counseling Center to attend to the emotional and psychological needs of our students. Any student can access these services by calling the Counseling Center at 93141. The Athletics Division enjoys a very good relationship with this center. If you would feel more comfortable, you may contact the Manager of Student-Athlete Support Services for information about their services and/or help in setting up an appointment. All conversations of this nature are held confidential. Once you reach the Counseling Center, your privacy will be respected, as with all students. No one in the Athletics Division will be advised of your relationship with the center unless requested by you.

DRUG EDUCATION/TESTING

The Athletics Division strongly discourages illegal drug use through various educational outlets and a randomly administered drug testing program. The complete details of this program will be explained to you (see page 54) and you will be asked to sign a consent form. The purpose of this program is to provide an effective deterrent to illegal drug use. We have had very few incidents of drug abuse in our program and the overwhelming majority of our coaches and athletes favor the type of testing program we use.

ALCOHOL ABUSE PREVENTION/ALCOHOL POLICY

The Athletics Division feels that inappropriate alcohol use and abuse (i.e. underage drinking, binge drinking, etc.) is inconsistent with the expectations that it has for its student-athletes. Studies show that excessive drinking patterns are directly related to lower grade point averages, poor athletic performance, and many other problems. The UD Life Skills program offers presentations and workshops for coaches and student-athletes by nationally known experts on the subject of alcohol abuse and alcoholism. Individuals can also seek assistance from the University's Counseling Center (93141).

Athletics Awards

We believe that completing a season on a Division I athletic team is an accomplishment. In order to recognize that effort, we present awards for each year of participation. These awards were selected in conjunction with the Student-Athlete Advisory Board. They are not sold anywhere and are available only to those who earn them. It is truly an honor to receive one of these awards.

In addition to recognizing participation, most teams give awards for special individual accomplishments. See your coach to find out what accolades are given out in your sport.

University of Dayton Varsity “D” Athletic Awards

Varsity “D” awards will be presented to members of recognized varsity teams based on the criteria specified in succeeding sections. Student-athletes who participate in more than one sport shall receive only one award for that year.

Criteria

1. Awards shall be presented to varsity student-athletes. Criteria for awards vary by sport. For further information, contact your coach. Awards will be made only upon recommendation of the coach of the sport in concurrence with the Director of Athletics.
2. Awards are not based on whether a student-athlete is a freshman, sophomore, junior, or senior, but rather, on whether the student-athlete has participated at the varsity level in the sport for one, two, three, or four years at the University of Dayton.
3. Personal performance or contributions to a team are not the only factors in presentation of awards.
4. Student-athletes who transfer to the University of Dayton after using one or more years of eligibility in any particular sport will be eligible for, at most, a third year award in that sport.

For award purposes, student-athletes who transfer will be credited for their participation at another university as follows:

- a. One year participation at the first institution will earn no participation credit at the University of Dayton.
- b. Two years participation at the first institution will earn one year participation credit at the University of Dayton.
- c. Three years participation at the first institution will earn two years participation credit at the University of Dayton.

Athletics Awards

5. Specifications for Varsity Student-Athlete Awards

Years of Varsity Credit

First year

Second year

Third year

Fourth year

Award

Plaque

Letter Jacket

Watch

Ring



Athletics Uniforms and Equipment

A proud moment for most of our student-athletes is the first day they get to put on a University of Dayton uniform. Being a part of our program should make you proud. Every time you compete in a UD uniform you represent over 70,000 living alumni of this university. It is an honor to be a Flyer.

It is no small task ordering and maintaining uniforms and equipment for our 17 athletic teams. We attempt to maintain our teams in the best equipment possible given our fiscal limitations. Our equipment managers make every effort to keep all of our gear in the best condition possible. It is important that you take care of the equipment that you are issued and that you follow the procedures that have been established.

The University of Dayton has two equipment/laundry facilities; one is located at the arena and one is in the Frericks Center. The Frericks Center equipment room is located on the north side of the building (RM 9) and the arena facilities are located in the Donoher Basketball Center.

Our facilities in the Frericks Center accommodate all sports except football and men's/women's basketball. Hours vary in accordance with practice, game, travel and weekend schedules.

Our laundry facilities work on a daily basis and are run by student employees. We do not do any personal laundry for the athletes. For those teams who need daily practice gear laundered, it must be dropped off and picked up in the equipment room.

For home contest, game gear will be issued from the equipment room the same way as practice gear. When your team is on the road, players will need to follow instructions.

At the end of each sports season we will have an equipment return date and time set up for the players. The players are to return any issued gear, including trainers wraps, braces, etc., at this time. Those who do not return items will be notified along with the head coach.

Both equipment rooms are equipped with telephone answering machines and messages may be left at any time (**Frericks Center x4457 or Arena 449-2858**).

Athletics Uniforms and Equipment

All gear (practice and/or game) should be turned in as soon as possible after use. Your coach will let you know when things are due. Failure to turn in gear in a timely manner may result in it not being laundered before it is returned and/or other penalties.

Players are responsible for any and all UD issued gear (practice and game), locks, etc. Alterations to uniforms are to be done by the equipment staff only, or with the equipment manager's expressed written permission. If a player does not return all items issued to him/her, he/she will be billed a replacement cost for the items. The equipment manager will give a list of items still out to the head coach and they will make a decision as to the payment procedure.

Our locker room facilities are limited in size so please help by keeping the locker room clean and as neat as possible. It will be necessary for some teams during the season to share a locker room. If during the day a player needs to get into their locker room they may come to the equipment room and someone will let them in.

All equipment will be inventoried at the end of each team's season. The equipment manager and staff will abide by all Athletics Division, Atlantic 10 Conference, and NCAA rules.

SUBSTANCE ABUSE PROGRAM POLICIES AND PROCEDURES

INTRODUCTION

The educational ideals of the University of Dayton stress the development and integration of the total person: mind, body, and soul. The mastering of athletic skills and the challenge of intercollegiate competition make a positive contribution to the development and integration of the whole person. On the other hand, alcohol and drug abuse are serious impediments to growth, development, and integration. The drug education and testing program for student athletes set forth in these pages is part of the University's endeavor to create an educational environment which encourages the responsible use of alcohol and prescription drugs and seriously discourages alcohol and drug abuse.

The University of Dayton provides this drug education and testing program for student athletes for two additional reasons. First, this drug education and testing program will help ensure the safety and health of the students participating in intercollegiate competition. Second, since the University has built a reputation for high quality athletic program and it is a privilege for the student athlete to represent the University in intercollegiate athletics, the University has the right and obligation to set standards of behavior for those who represent it in these activities. By participating in all aspects of the drug education and testing program, the student athlete contributes to his or her own education and to the safety and integrity of intercollegiate athletics at the University of Dayton.

POLICY AND IMPLEMENTATION

It is the policy of the University of Dayton Athletics Division to discourage and/or eliminate the use of illegal substances and the use/misuse/abuse of other dangerous substances in order to promote the health and safety of student-athletes and to ensure fair intercollegiate athletic competition.

To assist in the implementation of the foregoing policy, the University of Dayton Athletics Division has established this Substance Abuse Program consisting of the following activities, services, and sanctions:

1. Informational and Educational Activities administered by the Athletics Division consisting of providing information about substances and educating student-athletes as to the psychological and physical effects resulting from the use/misuse/abuse of such substances.
2. Counseling Services administered by the University Counseling Center consisting of problem awareness and assessment sessions, and follow-up counseling sessions providing assistance through the profes-

SUBSTANCE ABUSE PROGRAM

sional counseling to student-athletes in their efforts to cease the use/misuse/abuse of substances.

3. A Testing Procedure administered by the Associate Vice President for Athletics and the Drug Testing Coordinator to identify student-athletes who have used banned substances.
4. Administrative Procedures administered by the Athletics Division if a student-athlete has a confirmed positive test result (Step 2); or a third confirmed positive test result during the same academic year (Step 3).
5. Sanctions, and the procedures for the imposition thereof, applicable to student-athletes who refuse or otherwise fail to be tested or whose test results are confirmed positive.
6. Appeal Procedures to safeguard the inherent fairness of this Substance Abuse Program as it is applied to an individual student-athlete.
7. Confidentiality as to matters uniquely involving an individual student-athlete (such as test results), and, at the same time, to achieve the objective of the Substance Abuse Program.

Participation in this Substance Abuse Program is a prerequisite for team membership in all intercollegiate athletics at the University of Dayton. A substantial and material failure to participate will result in dismissal from all athletic scholarship at end of current academic year.

Prior to and as a condition of team membership in all intercollegiate athletics at the University of Dayton, student-athletes are required to file with the Drug Testing Coordinator a Consent and Release of Liability in the form of Appendix II attached hereto.

1. INFORMATIONAL and EDUCATIONAL ACTIVITIES

The Athletes Division may hold group and / or individual meetings with student-athletes; may offer and require participation in educational programs and may furnish informational and education materials to them.

The intended objectives of these activities are:

- To provide student-athletes with an education that will enable them to approach the decision making process about the use of illegal substances and the use/misuse/abuse in a knowledgeable manner.
- To create an awareness of problems related to and resulting from use of illegal substances and the use / misuse / abuse of other substances in a knowledgeable manner.

SUBSTANCE ABUSE PROGRAM

- To decrease the social acceptance of substance abuse and to increase positive peer pressure that would argue against substance abuse.

- To present an overview of the social decisions facing student-athletes during and related to campus life and as may be relevant in future social settings

Student-athletes will be encouraged to self-identify substance use/misuse/abuse problems they may have and to seek out assistance to deal with such problems. Informal counseling by the staff of the Athletics Division and professional counseling at The University of Dayton Counseling Center will be available to provide such assistance.

2. COUNSELING SERVICES

The University Counseling Center is available to all student-athletes who desire assistance through professional counseling in their efforts to cease the use/misuse/abuse of substances. Self-referral is encouraged and can be through the Athletics Division by contacting the Head Coach, Drug Testing Coordinator/Head Athletic Trainer, or the Manager of Student Athlete Welfare Services or directly by contacting the Counseling Center. Required counseling occurs when a student athlete has a confirmed positive test result. The Associate Vice President for Athletics shall refer the student athlete to the Counseling Center. The Counseling Center shall be furnished a copy of the Step 1 contract and any amendments thereto.

The relationship between a student-athlete and the University Counseling Center shall be the same as the Counseling Center has with all students of the University, and no distinction shall exist whether the student-athlete is a self-referral or is required to avail himself/herself of the Counseling Services because of a confirmed positive test result. Nothing in this Substance Abuse Program modifies the practices or procedures of the Counseling Center, and inclusion of reference to the Counseling Center is only to confirm approval of this program by the Counseling Center and its commitment to provide Counseling Services are which are an integral part of this Program.

The University Counseling Center will, upon request of a student-athlete or notified parents, counsel the student-athlete and/or notified parent as to inpatient/outpatient substance abuse programs available to the student-athlete, and will provide recommendations with the respect thereto. Such outside services are at the option and expense of the student-athlete and/or notified parents.

SUBSTANCE ABUSE PROGRAM

TESTING PROCEDURE

1. The testing procedure will be administered by the Drug Testing Coordinator. All test results will be reported confidentially to the Associate Vice President for Athletics.
2. The University of Dayton Athletics Division may require any or all student-athletes to participate in the Testing Procedure submitting a specimen for analysis by the testing laboratory to ascertain the presence of a banned substance.
3. The Faculty Athletics Representative shall coordinate the random selection of student athletes to participate in the testing procedure. In addition to being required to participate in the testing procedure because of random selection, an individual student-athlete may be required to participate in the testing procedure upon an indication of use of banned substance, or may be required to submit additional specimens if the Athletics Division determines that a previously submitted specimen may have been altered or contaminated or that previous testing procedures or results may not have been proper or correct. The time or times at which a specimen may be required may be pre-scheduled or without prior notice. All results will be reported to the Associate Vice President for Athletics.
4. If any student-athlete refuses or otherwise fails to participate in the Testing Procedure by not providing a specimen when and where requested, the athlete shall be denied the opportunity to participate in intercollegiate athletic activities. Such denial shall be automatic and will be effective upon written notice by the Associate Vice President for Athletics to the student-athlete. A copy of this notice shall be furnished by the Associate Vice President for Athletics to the Head Coach, the appropriate Sports Program Administrator, and the Director of Athletics. Such denial will continue until the student-athlete denied participation is interviewed by the Director, and submits a specimen as required by the Testing procedure. Such interview and subsequent compliance with the Testing Procedure may be before or after the written notice denying participation.
5. If a student-athlete has a confirmed positive test result, he/she will be required to avail himself / herself of Counseling Services and will be subject to Administrative Procedures detailed in the following section.
6. Student-athletes with negative test results are not notified in any way.

ADMINISTRATIVE PROCEDURES

STEP 1.

1. If a student-athlete has a confirmed positive test result, such fact will be reported by the Associate Vice President for Athletics to the student-athlete, the Head Coach and the Director of Athletics.
2. The Head Coach shall establish a private meeting attended by himself/

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herself, the student-athlete and the Associate Vice President for Athletics to:

- a. Reinforce the non-punitive philosophy of the Substance Abuse Program, discuss any input of notified parent, review the sanctions and implications of Step 2 and thereafter, and discuss any other matters desired by any of the participants in the meeting.
 - b. Agree upon and sign (by student-athlete, Head Coach and Senior Associate Director of Athletics) a contract providing for:
 - i.. A commitment by the student-athlete that he/she will avail himself/herself of Counseling Services and will meaningfully cooperate in problem awareness/assessment/ counseling sessions as proposed by the Counseling Center.
 - ii. Specific objectives or activities to be accomplished or discontinued by the student-athlete
 3. Additional private meetings will be held at the direction of any party to the contract to discuss any matter or agree upon contract amendment(s) as may be recommended by the Counseling Center or otherwise as changing circumstances may warrant.
4. During Step 1, team membership and athletic activities will not be adversely affected solely for the reason that the student-athlete had a confirmed positive test result.
5. During Step 1, at any time(s) with or without prior notice or cause, the student-athlete may be required to participate in the Testing Procedure.

STEP 2.

1. If a student-athlete has a second confirmed positive test result during the same academic year, such fact will be reported by the Associate Vice President for Athletics to the student-athlete, the Head Coach, the appropriate Sports program Administrator, the Director of Athletics and the Counseling Center
2. The Head Coach shall establish a private meeting attended by himself/ herself, the student-athlete and the Senior Associate Director of Athletics, and potentially the appropriate Sports Program Administrator. The Counseling Center shall be notified of the meeting and the Counselor assigned to the student-athlete may attend the meeting to discuss any matter desired by any participant, including any input of notified parents, review the sanctions of Step 2 and thereafter, and agree upon any amendment to the contract warranted by the fact that there has been a second confirmed positive test result.
3. Additional private meetings will be held at the direction of any party to the contract, which may also be attended by the Counselor, to discuss any matter or agree upon contract amendment(s) as may be recommended by the Counseling Center or otherwise as changing circumstances may

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warrant.

4. During Step 2, the Head Coach may, after prior notice to the Counselor and after providing the Counselor an opportunity to discuss the matter with the student-athlete and the Head Coach, take action by demoting the team status of the student-athlete (benching him/her) and/or then or later suspending him/her from the team.

5. During Step 2, at any time(s) with or without prior notice or cause, the student-athlete may be required to participate in the Testing Procedure.

STEP 3.

1. If a student-athlete has a third confirmed positive test result during the same academic year, such fact will be reported by the Associate Vice President for Athletics to the student-athlete, the Head Coach, the appropriate Sports Program Administrator, the Director of Athletics, and the Counseling Center.

2. Upon such third confirmed positive test result, the student-athlete shall automatically and forthwith be dismissed from all athletic teams and shall lose his/her athletic scholarship at the end of the current academic year.

PARENT INVOLVEMENT

1. Unless prohibited by law, parents (including legal guardians) of a student-athlete will be notified as to matters involving participation of such student-athlete in his Substance Abuse Program under the following circumstances:

- a. If a student-athlete is denied the opportunity to participate in intercollegiate activities for the reason that he/she refused or otherwise failed to participate in the Testing Procedure by not providing a specimen when and where requested, the parents will be notified of such fact when the Director of Athletics determines that the student-athlete denied participation has not availed himself/herself of the interview opportunity or in the discretion of the Director of Athletics after the interview.
- b. If the student-athlete who is not then availing himself/herself of Counseling Services by self-referral has the first confirmed positive test result, the parents may be notified of such fact at the discretion of the Director of Athletics after consultation with the Counseling Center.
- c. If a student-athlete has a second or third confirmed positive test result during the same academic year, the parents will be notified of such fact at the time of each such result.

2. Such parent notification will be by the Associate Vice President for Athletics and notified parents are encouraged to thereafter initiate discussions of the matter with the Head Coach and/or the Director of

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Athletics and provide any input which might be of assistance in achieving the objectives of the Substance Abuse Program.

3. Notified parents will be furnished, upon request, a copy of the Step 1 contract and any amendments thereto.

SANCTIONS

1. Failure to participate in Testing Procedures: A student-athlete will be denied the opportunity to participate in intercollegiate athletic activities, as provided in Test Procedures, Paragraph 4.

2. Second confirmed positive test result during one academic year: The student-athlete may be demoted in team status (benched) or may be suspended from the team, as provided above in Step 2, Paragraph 4.

3. The student-athlete will be dismissed from all athletic teams and will lose his/her athletic scholarship at the end of the current academic year under the following circumstances:

- a. A third confirmed positive test result during one academic year.
- b. A material and substantial failure to participate in the Substance Abuse Program, including the refusal or failure to provide a specimen when and where requested as provided above under Testing Procedures, Paragraph 4.

Nothing herein contained supersedes or modifies any other procedure which may be applicable or sanction which may be imposed by the University of the Athletics Division or University disciplinary process resulting from the sale, transfer, or use of illegal substance or the use/misuse/abuse of any substance.

APPEAL PROCEDURE

1. A student-athlete shall have the right to appeal to the Director of Athletics any matter involving interpretation or application of the Substance Abuse program deemed by the student-athlete to be adverse to his/her personal best interests.

- a. Such appeal shall be in writing and state the facts and reasons upon which it is based and must be received by the Director of Athletics, or the person in charge of his/her office in his/her absence, within three (3) school days after occurrence of the matter being appealed. A copy of this appeal shall be furnished by the Director to the Associate Vice President for Athletics.
- b. The Director of Athletics shall, forthwith upon his/her receipt of the appeal, make a determination, based solely on the contents of the appeal and his/her familiarity with the objectives of the Substance Abuse Program, as to whether any actions then involving the student-athlete should be suspended during the appeal. If the Director of Athletics determines that some action should be so suspended, he/she shall cause to be taken such

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action as is appropriate to effect such suspension.

- c. The Director of Athletics shall investigate, to the extent he/she deems appropriate, the facts and circumstances involved in the subject matter of the appeal to determine whether, in his/her opinion, the student-athlete is entitled to the relief requested in the appeal.
 - i. Such investigative activity, to the extent reasonably possible, shall be conducted so as to maintain the confidentiality of the Substance Abuse Program except to the extent that the student-athlete waives confidentiality.
 - ii. Such determination shall be in writing and shall be delivered or mailed within seven (7) school days after receipt of the appeal by the Director of Athletics to the Liaison Officer and the student-athlete. If mailed to the student-athlete, same shall be by certified mail to the local address of the student-athlete as shown on University of Dayton Bursar Office records.
 - d. If the Director of Athletics determines the appeal in favor of the student-athlete, he/she shall cause to be taken such action as is appropriate to correct the situation. This determination shall be final.
 - e. If the Director of Athletics determines the appeal in whole or in part against the student-athlete, the determination of the Director of Athletics shall be final except to the extent that the student-athlete has appeal rights to the Athletic Substance Abuse Appeals committee as hereinafter provided.
2. If determination of the Director of Athletics does not grant to the student-athlete the full relief sought, he/she may appeal such determination to the Substance Abuse Appeals committee.
 - a. Such appeal must be in writing and must be received by the Associate Vice President of Athletics, or the person in charge of his/her office in his/her absence, within three (3) school days, after the determination of the Director of Athletics is delivered to the student-athlete, or within seven (7) calendar days after the determination has been deposited in the US Mail.
 - b. The Associate Vice President for Athletics shall promptly furnish a copy of said appeal, together with a copy of the initial appeal to the Director of Athletics and the determination of the Director of Athletics with respect to such appeal, to each member of the Substance Abuse Appeals Committee.
 - c. If the appeal requests such relief, any three (3) members of the committee by a writing signed by them may, based solely on the contents of the appeal, the determination of the Director of

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Athletics being appealed from, and their familiarity with the objectives of the Substance Abuse program, order that the actions involving the student-athlete being appealed be suspended. If such order of suspension is issued, the Director of Athletics shall cause to be taken such action as is appropriate to effect such suspension.

- d. Upon receipt for such appeal, a hearing will be set before the Committee in order to take all evidence relevant to the subject matter of the appeal. Three members of the Committee shall constitute a quorum for the hearing provided that at least one of the members present at the hearing shall be either the Chairman or the Vice Chairman of the Committee. Concurrence by a majority of the members present at the hearing shall be required to render a decision.
- e. The following procedures shall govern the conduct of the hearing:
 - i. Notice of the date of hearing will be served upon the student-athlete at least five (5) school days prior to the date of the hearing.
 - ii. The hearing will be transcribed or recorded, and the student-athlete will be provided with a copy of the transcription or record.
 - iii. The hearing will be closed to the public. Notified parents may attend the hearing.
 - iv. The Director of Athletics, who shall be deemed to be the party adverse to the student-athlete for the purposes of the hearing, may be accompanied and assisted by members of his/her staff. The Director of Athletics shall have the burden of proof of more likely than not to show that the procedures of the Substance Abuse Program, to the extent relevant to the appeal, were substantially followed and that any deviation did not materially, substantially, and adversely affect the student-athlete, and that the facts which were the basis of the action being appealed were true.
 - v. Prior to the hearing, the student-athlete will have the opportunity to obtain necessary witnesses and documents and other evidence, and the University will cooperate in such opportunity.
 - vi. The Director of Athletics and the student-athlete shall each have the right to confront and cross-examine the witnesses of the other. Where a witness does not appear, in the interest of justice, the Committee may accept a written statement into the record which will be disclosed to the other party who will then be given the opportunity to submit

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written questions to be answered by the witness and placed into the record.

- vii. The committee is not bound by rules of evidence applicable in a court trial. It may admit any evidence which has probative value in determining the issues involved. Effort will be made to admit the most reliable evidence

- f. Based on evidence and record, the committee must decide whether or not the action taken which is the subject matter of the appeal was properly taken pursuant to the Substance Abuse program. If it finds that the action was properly taken, the appeal shall be dismissed. If it finds that the action was not properly taken, the Committee shall order such relief in favor of the student-athlete as it deems proper and equitable in the circumstances.

- g. The findings and decision of the committee shall be final and binding on both the Director of Athletics and the student-athlete.

3. It is intended that an appeal to the Committee be only with respect to matters which involve the imposition of sanctions or the imminent probability that sanctions may be imposed. Accordingly, notwithstanding the foregoing, an appeal may be summarily dismissed without a hearing if four members of the committee by a writing signed by them, determines that the appeal is not consistent with such intent.

4. An appeal pending at the end of an academic year, except with respect of loss of athletic scholarship, shall be dismissed as being moot. An appeal pending at the end of an academic year involving loss of athletic scholarship shall continue and be disposed of as soon as possible after the end of the academic year. If necessary, the President of the University shall reconstitute the Committee so that the appeal can proceed.

AMENDMENTS

This Substance Abuse Program will be under constant evaluation and may be amended from time to time at the discretion of the University of Dayton Athletics Division. Amendments will be distributed to all student-athletes and no amendment will be retroactively applied.

APPENDIX I DEFINITIONS

I. "Student-athlete" means a student who participates or who is a prospective participant in any capacity in any intercollegiate athletic activity administered by the University of Dayton Athletics Division, including as athlete, manager, trainer, or cheerleader.

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2. "Substance" means anything ingested, injected or absorbed into the body which is generally considered to be potentially harmful to health and safety or which generally purports to be performance enhancing.
3. "Illegal substance" means a substance which cannot be legally purchased, used, or consumed in the State of Ohio, including so-called "street drugs;" a banned substance, and a substance whose use is prohibited by NCAA legislation.
4. "Prescription drug" means a substance which can be purchased only upon a prescription of a licensed physician.
5. "Over-the-counter substance" means a drug, medicine, alcohol, or other substance which is neither an illegal substance nor a prescription drug.
6. "Banned substance" means a substance on the list attached hereto as Appendix IV.
7. "Specimen" means a urine specimen used to test for the presence of a banned substance.
8. "Confirmed positive" means a test result in which the presence of a banned substance was indicated by screening tests such as Enzyme-Multiplied Immunoassay Test (EMIT) and verified by secondary detection and identification on techniques such as Gas Chromatography/Mass Spectrometer (GC/MS)
9. "Testing laboratory" means an independent testing facility selected by the Liaison Officer which will analyze specimens and report results. Such selection will be based upon the Liaison Officer satisfying himself/herself that the testing facility is staffed with qualified personnel and has and follows appropriate "chain-of-custody" and confidentiality practices and procedures.
10. "Substance Abuse Appeals Committee" or "Committee" means a committee established to consider, investigate and take action with respect to alleged discrepancies or unfair treatment of any person involved in the Substance Abuse Program. The committee will consist of five (5) voting members. The Chairman shall be the University Vice President for Student Development and the Vice-chairman shall be the Chairman of the University Athletic Advisory Committee. The remaining three (3) members of and designed by the Athletic Advisory committee representing the student, the faculty and the administration.

Adopted for issuance and implementation by the University of Dayton: August 6, 1987. Modified: January, 1995, August 2000.

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APPENDIX II TESTING PROCEDURE

1. The Associate Vice President of Athletics identifies student-athletes to be tested using a randomly generated list of numbers provided by the Faculty Athletics Rep.
2. The list of student-athletes to be tested are turned over to the Head Athletic Trainer for notification.
3. Student-athletes report at the designated place and time and provide a urine sample.
4. A representative from the designated testing lab handles all paperwork and assures that every effort is made to maintain a proper chain of custody for the sample.

Results are reported only to the Associate Vice President for Athletics, who takes appropriate action based on the principles and guidelines of the Division's Substance Abuse Policies.

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APPENDIX III SUBSTANCES TO BE TESTED (EVERY DRUG NOT APPLICABLE TO EVERY SPORT)

<u>CLASSIFICATION</u>	<u>SPECIFIC</u>	<u>STREET NAME</u>
Amphetamine	Amphetamine Methamphetamine Methylenedioxymethamphetamine (MDMA)	Speed, Uppers, Dexies, Black Beauties Ecstasy
Barbiturate	Secobarbital Penobarbital Butobarbital Phenobarbital Amobarbital Butalbital Talbutal	Blue Tips, Red Devils, Yellow Jackets, Rainbows, Pink Ladies
Benzodiazepine	Oxazepam (Target Metabolite) Chlordiazepoxide Diazepam N-desmethyldiazepam	Better known as- Librium, Valium, Ext.
Cannabinoid	Cannabinoid metabolites found in urine after use of marijuana or hashish Benzoyllecgonine Egonine	Grass, Pot, Weed, Mary Jane, Joint
Cocaine	Methadone and metabolites	C, Coke, Snow, Nose Candy, Crack, Rock
Methadone	Morphine Morphine glucuronide	Dollies, Dolly, Meth Schoolboy
Opiate	Codeine Major heroin metabolites	H, big H, Gorse, Brown Sugar, Smack
Methaqualone	Methaqualone	Soaps, Quads, Lemons, 714's, Ludes
Phencyclidine	Phencyclidine (PCP)	Angel Dust, Rocket Fuel, Crystal, Peace Pill, DOA
Anabolic Steroids		

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NCAA BANNED-DRUG CLASSES, 2004-05

Updated April 2004

Bylaw 31.2.3.1 Banned Drugs

The following is the list of banned-drug classes:

(a) Stimulants:

amiphenazole	doxapram	pemoline
amphetamine	ephedrine	pentetrazol
bemigride	ethamivan	phendimetrazine
benzphetamine	ethylamphetamine	phenmetrazine
bromantan	fencamfamine	phentermine
caffeine	meclofenoxate	phenylpropanolamine (PPA)
chlorphentermine	methamphetamine	picrotoxine
cocaine	methylene-	pipradol
cropropamide	dioxymethamphetamine	
crothetamide	(MDMA, Ecstasy)	prolintane
diethylpropion	methylphenidate	strychnine
dimethylamphetamine	nikethamide	and related compounds*

(b) Anabolic Agents:

anabolic steroids	fluoxymesterone	oxandrolone
androstenediol	mesterolone	oxymesterone
androstenedione	methandienone	oxymetholone
boldenone	methenolone	stanozolol
clostebol	methyltestosterone	testosterone ²
dehydrochlormethyl	nandrolone	and related compounds*
-testosterone	norandrostenediol	Other anabolic agents
dehydroepiandrosterone (DHEA)		clenbutero
dihydrotestosterone (DHT)		norandrostenedione
dromostanolone	norethandrolone	

(c) Substances Banned for Specific Sports:

Rifle:

alcohol	nadolol
atenolol	pindolol
metoprolol	propranolol
timolol	and related compounds *

(d) Street Drugs:

heroin
marijuana 3
THC (tetrahydrocannabinol) 3

(e) Diuretics:

acetazolamide	flumethiazide	quinethazone
bendroflumethiazide	furosemide	spironolactone
benzthiazide	hydrochlorothiazide	triamterene
burnetanide	hydroflumethiazide	trichlormethiazide
chlorothiazide	methyclothiazide	and related compounds *
chlorthalidone	metolazone	
ethacrynic acid	polythiazide	

(f) Peptide Hormones and Analogues

chronionic gonadotrophin (HCG—human chorionic gonadotrophin)

corticotrophin (ACTH)

growth hormone (HGH, somatotrophin)

All the respective releasing factors of the above-mentioned substances also are banned.

erythropoietin (EPO)

sermorelin

(g) Definitions of positive depends on the following:

1. For caffeine—if the concentration in urine exceeds 15 micrograms/ml
2. For testosterone—if the administration of testosterone or the use of any other manipulation has the result of increasing the ratio of the total concentration of testosterone to that of epitestosterone in the urine to greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.
3. For marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml.

*The term “related compounds” comprises substances that are included in the class by their pharmacological action and/or chemical structure. No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.

Supplements

Nutritional supplements are not strictly regulated and may contain substances banned by the NCAA. For questions regarding nutritional supplements, please visit the National Center for Drug Free Sport Resource Exchange Center (REC) Web site (www.drugfreesport.com/rec).