THE MISSION OF THE NAVAL ACADEMY
To develop Midshipmen morally, mentally and physically and to imbue them with the highest ideals of duty, honor and loyalty in order to graduate leaders who are dedicated to a career of naval service and have potential for future development in mind and character to assume the highest responsibilities of command, citizenship and government.

The purpose of the United States Naval Academy is to provide the naval service with leaders of character who will serve the nation in peace and war. The Academy has a deep and abiding commitment to the moral development of its midshipmen and to instilling the naval service core values of honor, courage and commitment.

MIDSHIPMEN ATTRIBUTES
We accomplish our mission by graduating midshipmen who are warriors ready to meet the demands of our country at war or at peace. Our graduates are:

- Selfless leaders who value diversity and create an ethical command climate through their example of personal integrity and moral courage.
- Mentally resilient and physically fit officers who inspire their team to accomplish the most challenging missions and are prepared to lead in combat.
- Technically and academically proficient professionals with a commitment to continual learning.
- Critical thinkers and creative decision makers with a bias for action.
- Effective communicators
- Adaptable individuals who understand and appreciate global and cross-cultural dynamics.
- Role models dedicated to the profession of arms, the traditions and values of the Naval Service and the constitutional foundation of the United States.

GOAL OF ATHLETIC ASSOCIATION
The Naval Academy Athletic Association (NAAA) provides and promotes physical excellence and exemplary programs of Division I-A athletic competition that foster decisive leadership, teamwork, character, a passion for winning and a commitment to lifelong physical
fitness. In doing so, we support equitable opportunities for all student-athletes and staff, including women and minorities.

CODE OF ETHICS
In accordance with the traditions of the Naval Academy, the NCAA and the Patriot League, you are expected to conduct yourself in an ethical manner at all times. Naval Academy coaches and student-athletes should set the standard for sportsmanship. Unsportsmanlike conduct by student-athletes will not be tolerated and is subject to disciplinary action by the Naval Academy, the Athletic Association, and the NCAA. For example, leaving the bench area during a fight is a violation of NCAA and NAAA rules and will result in a suspension for the next game; a second instance will result in suspension for the season. Public remarks regarding league policy or athletic matters, including officiating, which denigrate individuals or member institutions, are subject to disciplinary action by the NAAA and the respective leagues to which Navy belongs.

SPORTSMANSHIP
Members of the United States Naval Academy community are committed to the principles of fairness, equality, and excellence in academics, as well as athletics. At Navy we support the core values of respect, civility, honesty, and responsible conduct leading to good behavior of our midshipmen and fans at all athletic events. The Academy expects the highest standards of game day conduct by all student-athletes, coaches, staff, midshipmen as fans, cheerleaders, spirit groups and the Brigade at large. This type of behavior is paramount to our collective commitment to being good sports and setting the standard of conduct at athletic events.

IGNORANCE OF THE RULES IS NOT AN EXCUSE! YOU ARE EXPECTED TO KNOW THEM SO YOU CAN PROTECT YOUR ELIGIBILITY.

SOME PEOPLE YOU SHOULD KNOW
As a student-athlete, you will become acquainted with many people, but here are a few you should know well.
THE DIRECTOR ATHLETICS
The Naval Academy Director of Athletics is Mr. Chet Gladchuk. He has overall oversight for the physical mission of the Academy which includes the intercollegiate athletics program at USNA. He is concerned about you and your intercollegiate athletic experience at Navy. Should you need assistance regarding any problem, he is available to meet with you. Please call 3-8720 to schedule an appointment.

INSTITUTIONAL ATHLETIC REPRESENTATIVE
Here at Navy, each team has a Faculty Representative. This person is an excellent resource of information and is there to assist you with classes and professors.

Per NCAA regulations and as with all member institutions we have a faculty athletic representative (FAR) who is the liaison between the Athletic Department and the administration. Although this person is not a member of the athletic department, the FAR who we call the Institutional Athletic Representative (IAR) works closely with the athletics program. Dr. Christine Copper, Professor of Chemistry, serves as the Naval Academy FAR. As the institutional representative, she is also a member of the Naval Academy Athletic Association Board of Control and the Patriot League Policy Committee.

TEAM SPORTS ADMINISTRATOR
Each sport has an associate athletic director who has primary oversight for the program. They can be an invaluable resource for you and your teammates. Their offices are in Ricketts Hall. Find out who your team administrator is, introduce yourself and get to know them.

TEAM OFFICER REPRESENTATIVE
They spend time with you as well. They are an excellent source of information about various topics ranging from academic issues to service selection.
SECTION I
RULES YOU NEED TO KNOW

The Naval Academy, the NCAA and the Patriot League have many rules which apply to student-athletes. There are too many to list here, but here are a few highlights. Where USNA and the Patriot League have rules that augment the NCAA rules, they will be described in full detail. Otherwise, the NCAA rules apply.

ELIGIBILITY FOR PARTICIPATION

A student-athlete is limited to four seasons of competition to be used within a five year period from the date of initial enrollment as a full-time student at any collegiate institution. Active duty military time, including any time at NAPS, is exempted. During the season, any participation in an intercollegiate contest, regardless of duration (e.g., the last 45 seconds of a game), shall be counted as a season of competition in that sport. Cross-country, indoor and outdoor track are considered separate sports, as are intercollegiate and offshore sailing.

A student-athlete may be granted an additional season of competition by means of a hardship waiver. Hardship waivers may be sought when a student-athlete receives a season-ending injury before competing in three events or 30% of the scheduled events or dates of competition for that sport, whichever is greater, in the first half of the championship season. If you think you may qualify for a hardship waiver, consult your coach and the Compliance Office.

ATHLETIC ELIGIBILITY

NCAA rules require that a student-athlete follow the academic regulations of the institution s/he attends. A student-athlete shall not represent USNA in intercollegiate athletics competition unless s/he meets the requirements listed in the student-athlete statement which you sign each fall.

PATRIOT LEAGUE ELIGIBILITY POLICIES

A student-athlete’s normal years of eligibility are the first eight semesters after initial enrollment. An extension of eligibility may be granted at the member institution’s discretion to a student-athlete who misses a season of competition as a result of serious injury, illness, or
other cause beyond the student’s control. These requests are reviewed by the Patriot League Executive Director and the League Policy Committee. Athletic red-shirting is prohibited.

INITIAL ELIGIBILITY/AMATEURISM
All Plebes (even if you have transferred from a four or two year college) must register and be certified academically eligible by the NCAA Eligibility Center. Additionally, you must complete the Amateurism Questionnaire and have your amateurism certified to complete your eligibility. You can find more information at www.ncaaclearinghouse.net.

CONTINUING ELIGIBILITY
All student-athletes must be certified by the appropriate officials based on their academic performance and the NCAA’s eligibility standards. Key standards to remember are:

• Be enrolled in a full-time program of studies
• Be in Good Academic Standing as determined by the Academic Board
• Be making progress toward degree
• Successfully complete a minimum of 24 credit hours before the start of your second academic year
• Successfully complete a minimum of 18 credit hours each academic year
• Designate a major by the beginning of your 5th semester
• Meet percentage toward degree requirements
  • 40% entering your 3rd year
  • 60% entering your 4th year
  • 80% entering your 5th year
• Earn at least six credits the previous term
• Fulfill the minimum CQPR requirements
  • 1.8 by the start of 2nd year
  • 1.9 by the start of 3rd year
  • 2.0 by the start of 4th year
NOTE: In the sport of baseball, a student-athlete must meet all progress toward degree requirements at the beginning of the fall semester to be eligible for that academic year.

SUMMER SCHOOL
Commandant issued mandatory summer school for student-athletes is only for the sports of football, basketball and baseball. Courses should not be dropped in hopes that you will automatically be placed in summer school. If you have any questions, please contact the NAAA Academic Advisor.

CHAMPIONSHIP SEASON PRACTICE & COMPETITION
Student-athletes may participate in a maximum of 4 hours of countable athletic activity daily (with the exception of golf in which a round may exceed 4 hours a day). Further, student-athletes are allowed to participate in 20 hours of countable athletic activity in a given week (no exceptions). You must receive one day off each week. A multi-sport student-athlete may participate in a maximum of 20 hours per week in both sports.

All competitions are regarded as 3 hours of countable athletic activity, regardless of the actual length of the competition. No athletically related activities shall take place following a competition. The only exception is a multi-day or multi-event competition. Examples are batting practice between a double-header or putting between rounds of golf.

NON-CHAMPIONSHIP SEASON PRACTICE & COMPETITION
Student-athletes may participate in a maximum of 8 hours of countable athletic activity with a maximum of 2 hours of individual skill instruction for all sports except football. Further, you must have two days off each week. There shall be no countable athletically related activities the week before finals and the week of finals.

During the summer, a coach may be present during voluntary individual workouts and provide safety/skill instruction (but cannot conduct the workout) in gymnastics, swimming/diving, track and field (field events only) and wrestling. You need to request (in writing) such
assistance for your coach to help you. But remember, practice isn’t required.

VACATION & SUMMER PRACTICE AND COMPETITION
During the summer, basketball student-athletes who want to participate on an outside team in league play must request written permission from the Compliance Office to ensure the league has been properly certified by the NCAA.

All student-athletes with eligibility remaining may compete as a member of an outside team or all-star squad in any non-collegiate, amateur competition in their sport during an official vacation period or during the summer break. However, there are limitations on the number of student-athletes from the same school on an outside team. Student-athletes may not compete as a member of an outside team during the academic year (the day of reform of the Brigade through graduation). Check out all situations involving outside competition with your coach or the Compliance Office.

COMPETITION AS AN INDIVIDUAL
A student-athlete may participate in outside competition during the academic year as an individual in his/her respective sport, as long as the student-athlete represents ONLY himself or herself in the competition and does not engage in such competition as a member of, or receive expenses from, an outside team. NOTE: If USNA pays any expenses for the student-athlete to compete, or the student-athlete competes in any of USNA’s currently used athletic gear, as opposed to his or her own gear, then the event counts among the student’s allowable number of contests for that sport. Also, such action as described in the previous sentence would result in a season of eligibility being used, even if that were the only competition that the midshipman participated in during that year.

ADDITIONAL REQUIREMENTS
You cannot miss classes for practice or any other athletically related activity, except competition. Travel to away competitions and athletically related activities that take place during these trips are the exception.
Daily and weekly hour limitations do not apply during official vacation periods or during the academic year between terms when classes are not in session.

COMPLIMENTARY ADMISSIONS
As a student-athlete, you may receive a maximum of four complimentary admissions if you are on the dress list for a contest and two if you are not dressing. Complimentary admissions are issued through a pass list to those people whom you have designated. Your guests must report with picture ID to the will-call window at game time and they must individually sign for their tickets. Guest sign-up is via your computer at www.playerguest.com during the established sign-up period for your sport. It is an NCAA violation to sell or accept any compensation for your complimentary admissions. Failure to follow the above procedures for complimentary tickets may result in the loss of your complimentary ticket privileges.

EQUIPMENT RETURN
As a student-athlete at USNA, you are responsible for turning in all equipment and gear issued to you each season. Your Midshipman Account will be charged when you have not turned in the items that were provided to you.

USE OF A STUDENT-ATHLETES’ NAME OR PICTURE IN ADVERTISING
• No modeling or endorsements are allowed.
• You may not endorse any commercial product or service.
• You may not make appearances on radio and/or television as well as other media sessions. And, you are not allowed to receive compensation for appearances on the radio and television, including gift certificates.
• You can be in a squad picture that is used on posters, in game programs, or promotional brochures issued by the Naval Academy Athletic Association.
• The general rule to go by: whenever you are asked to take part in fund raising or promotional activities, ask your coach or the Compliance Office first.
GAMBLING
The NCAA rules on gambling state that any student-athlete found to be guilty of gambling in any form (e.g., betting on games, “shaving points” or exchanging anything of tangible value), including betting on professional athletic events, will lose his or her eligibility. Do not get involved in any form of betting especially parlay cards, pools or use of the Internet. Offshore 800 numbers are also illegal. Be wary of casual conversations with anyone asking questions about the health of a player or the welfare of the team. Giving information to a bookie will also endanger your eligibility.

AGENTS
Although your coach or a professional sports panel may contact agents and professional teams on your behalf without affecting your eligibility, YOU AND YOUR FAMILY OR FRIENDS may not. Any time you, your family or friends have any dealings with an agent, you will immediately become permanently ineligible. This means that you, your family or friends must not enter into ANY agreement, either written or oral, with an agent. You must not accept money or material things (i.e., free tickets, meals, etc.) from such a person, even if you agree to repay a “loan” later. Please inform your coach or the Compliance Office of any dealings you have had or are asked to have with an agent.

TRANSFERRING TO ANOTHER INSTITUTION
If you wish to transfer to another institution, you must first speak to your head coach. If, after meeting with your head coach, you still wish to transfer, you should email the schools you are interested in and have them send a letter seeking permission to speak to you to the Compliance Office (compliance@usna.edu or fax 410-293-8959). In most cases, the Compliance Office will issue a written statement granting permission for you to discuss the possibility of transferring with the other institution. It is a violation of NCAA rules for you (or your relatives or friends) to have any contact with staff members at the institution to which you wish to transfer, regardless of who initiates the contact, until this written permission is received.
IF TRANSFER DENIED

Should the NAAA deny you permission to speak to another institution, NCAA bylaws require that you be granted a hearing. To request a hearing, you (not your parents) should email your request to the Compliance Office at compliance@usna.edu. A hearing will be convened within one week of your request, as schedules permit. The committee is chaired by the Institutional Athletics Representative.

SECTION II

ACADEMIC INFORMATION YOU NEED

At a minimum, you should meet the NCAA eligibility standards. You should strive for excellence in the classroom and to make the Dean’s List.

Academically you should also remember the following tips:

- You must acknowledge and accept full responsibility for your academic performance. To do well, you will need to participate in class discussions, take notes, stay awake and alert and turn in all assignments on time.
- Instructors are your primary means of assistance with coaches and your faculty and officer representatives providing additional support.
- You should schedule Extra Instruction (EI) whenever you need it. Be sure to go to EI prepared to ask questions about specific topics that you are struggling with.
- Participation in intercollegiate athletics will probably necessitate your missing a few classes for competition. Be sure to tell your instructors when you will miss class and offer to make-up the work before you leave if possible.

If you are having trouble in a course, consider employing these suggestions IMMEDIATELY:

- Assess the time that you are devoting to the course. “More is better” for courses that you are having difficulty in. To do
well in college, you must do academic work for several hours AND each weekend too!

- Change your study location so that distractions are minimized. There is not much to do in an empty classroom but study!
- Talk to your professors, academic advisor, faculty rep and teammates. These people are great resources for ideas relating to academic success.
- Use the Formal Academic Support System. Make an appointment with the Director of Academic Support Services for Student-Athletes (DeDe Duncan-White, 3-8747). She can direct you to specific resources available on the Yard such as:

THE NAVAL ACADEMY ACADEMIC CENTER

The Academic Center is located in Nimitz Library. Phone: (410) 293-2953. The following individuals work there:

  Director, Academic Center: Dr. Eric D. Bowman
  Director, Learning Skills, Ms. Wendy Shekdar
  Academic Counseling: Dr. Jane E. Good
  Plebe Programs: CDR Donald J. Carlson, USN (Ret.)
  Tutoring programs: LCDR Joe Parks, USN

The Academic Center provides academic counseling and advising services for all midshipmen seeking to improve their performance. The Academic Center presently includes the following programs:

- Learning Skills
- Plebe Intervention
- Plebe Advising
- Midshipman Group Study Program (MGSP)
- Tutoring programs

THE LEARNING SKILLS PROGRAM

The Learning Skills Program offers study skills courses that are available to all midshipmen. The courses have been developed to help midshipmen become more successful students in the Naval Academy’s unique learning environment. Specific topics covered include:
• Time management
• Note-taking techniques
• Reading effectiveness
• Test-taking strategies
• Stress management

PLEBE INTERVENTION
During Plebe Summer, the Plebe Intervention Program identifies plebes who may encounter academic difficulties at the Naval Academy based on placement exam performance in mathematics, chemistry and English.

Plebes accepting assignment to this program are provided weekly academic effectiveness classes, group study sessions, and individual counseling from their Academic Center advisor. At the end of 4/C year, each Plebe is assigned an advisor from his/her selected major department or an advisor from the Academic Center.

PLEBE ADVISING
The Plebe Advising Program provides academic advice and basic study skills instruction to all Plebes in order to help them adjust more quickly to the academic demands of the Naval Academy. Faculty advisors are assigned to each company during Plebe Summer and work with Plebes throughout the academic year.

MIDSHIPMEN GROUP STUDY PROGRAM (MGSP)
This program provides an opportunity to study with others taking the same course, to compare notes, to discuss important concepts and to develop strategies for studying. Groups are directed by midshipmen who have done well in the course and are trained to facilitate. Assistance is provided in Chemistry (SC 111, 112), Calculus (SM 005, 121, 121A, 122, 122A, 221, 223), Physics (SP 211, 212) and numerous other upper-level courses. Schedules can be found at http://intranet.usna.edu/AcCenter/MGSP.htm.
TUTORING PROGRAMS

Students who experience severe academic difficulties and who have exhausted other means of support can apply for small group (three or less) tutorials. Professional tutors are assigned to assist with Chemistry, Mathematics, Physics and Language (Arabic and Spanish) courses as well as several upper-level courses. Before requesting a tutor a midshipman should seek extra instruction from the course instructor and use department centers and MGSP. If those means do not work and you are still having difficulty, sign up for a tutor online at http://intranet.usna.edu/AcCenter/index.htm, click on evening tutor signup.

OTHER ACADEMIC RESOURCE CENTERS ON THE YARD

WRITING CENTER
Open to all midshipmen and staffed by English faculty, to help with extra writing instruction and one-on-one writing tutorials. The Center is located in room G20 Sampson Hall by appointment or on a walk-in basis. Phone: 3-6239

MATHEMATICS LAB
Lab is available to supplement meetings with your instructor. Also provides assistance in all core math courses without prior appointments throughout the academic day. The math lab is located in Chauvenet Hall, room 130.

CHEMISTRY RESOURCE ROOM
Visit the Chemistry Resource Room located in Michelson Hall, room 100. Here, chemistry faculty volunteer their services during the academic day and some evenings to assist you. You can also study here with classmates, get help on Web-based homework, and do lab reports.

MIDSHIPMEN DEVELOPMENT CENTER
The Center is located in 8th wing, Bancroft 388A. Phone: (410) 293-4897.
The Midshipmen Development Center exists to promote and enhance the adjustment, well-being, and professional development of midshipmen and to provide psychological consultation and training. A wide variety of training, educational, and clinical services are provided to the midshipmen and staff to support the mission of the Naval Academy and to respond to the individual needs and goals of the midshipmen while respecting their diversity in terms of gender, race, and culture.

SPECIAL ACADEMIC OPPORTUNITIES

Trident Scholar Program
This program is for the exceptionally capable midshipmen to engage in independent study and research senior year in an area of interest with an expert in the field.

Bowman Scholar Program
This program provides an opportunity for small groups of those seeking service assignments in nuclear Navy. You participate in a tailored research internship during the summer and participate in a special research-based learning opportunity senior year.

Honors Program
Students need an excellent academic and leadership performance in history, English, political science, mathematics, oceanography and economics. Complete a thesis or research project and orally defend.

Voluntary Graduate Education Program (VGEP)
If you complete Academy course requirements early you can compete for selection and begin work towards a master’s degree. Up to 20 midshipmen annually participate. Fields of study are selected from Navy approved graduate programs leading to Navy subspecialty qualifications.
SECTION III
RECRUITING & HOSTING PROSPECTS

INTERACTION WITH PROSPECTS DURING RECRUITMENT

Your involvement with prospects, including NAPsters, is strictly limited. You may be asked to participate as a student-host when a prospect visits the Yard. And, you may RECEIVE calls from prospects at the prospect’s expense (NO collect calls) but you may not under any circumstances place calls to prospects at your expense or USNA/NAAA’s. Your coach may not direct you to call a prospect or allow you to use his/her phone to receive calls from a prospect. You may write a prospect, but only at your own expense (and not at the direction of a coach) — you CANNOT use USNA/NAAA stationery provided to you by USNA/NAAA personnel or staff members.

STUDENT HOST INSTRUCTIONS

On occasion, you may be asked to be a student host to a prospective student-athlete. Acting as a student host is an important service to the Naval Academy and the NAAA. You are asked to conduct yourself according to Naval Academy and NCAA standards. Here are some guidelines to be aware of:

• You must be enrolled full-time at the Naval Academy and have a CQPR over 2.0. If you are a Plebe, you must be eligible to practice and compete.
• You MAY be provided a maximum of $30 per day, and an additional $15 per day for each additional recruit. The purpose of this money is to entertain yourself and the recruit(s) during the visit. Payment for anyone else is strictly prohibited. Other students may assist you in hosting the prospect, but they must pay their own associated expenses.
• You may not give any cash to the prospect or anyone else.
• You may not use entertainment funds to purchase, or otherwise provide gifts of value (T-shirts, souvenirs, etc) to the prospect.
• You may not use a vehicle provided or arranged for by USNA/NAAA staff members or boosters of Navy athletics.
• You may not transport the prospect or anyone accompanying him/her more than 30 miles from the Academy.
• You should not allow recruiting conversations to occur, on or off campus, between the prospect and a booster of Navy athletics. (If you should unexpectedly bump into a booster, ensure that only an exchange of greetings occurs.) NOTE: All alumni and supporters are considered boosters---- this includes your sponsor family.

• You and the recruit may participate in organized athletic activity but you may not report back to your coaches on their ability, and your coach may not watch.

• You are reminded to ensure the visit is conducted with good taste, any activity that may cause the perception of impropriety is unacceptable.

• ABSOLUTELY No alcohol consumption, no adult entertainment and no sexual misconduct.

SECTION IV

DRUGS AND SUPPLEMENTS

The Department of Defense has a strict policy on drugs that states, if you test positive for illegal drugs, including steroids, you can be separated from military service. As part of this policy, USNA conducts random urinalyses throughout the year.

The NCAA likewise has strict rules about the use of drugs and supplements by student-athletes. You must complete a form each year BEFORE you begin practice in intercollegiate sports consenting to be tested for use of drugs prohibited by NCAA legislation to be eligible to compete that year.

Nutritional supplements such as creatine, DHEA, adrostenedione, glucosamine, ma huang (ephedrine), amino acids and ginseng that can be purchased at health food or grocery stores may contain NCAA-banned substances. You cannot be too careful!

Some prescription drugs also contain steroids. If you are taking prescription drugs on a regular basis, please notify your team’s athletic
trainer so s/he can ensure the medication is listed in your medical record.

Every Division I institution will be drug tested year round for anabolic agents, diuretics, ephedrine and urine manipulators, and peptide hormones. There is the possibility that you could be selected more than once for a drug test. The NCAA also conducts drug screening during the summer months in football and baseball. If chosen we will contact you and arrange for a sample to be collected.

If you test positive for any of the prohibited drugs, you immediately will be declared ineligible, will lose at least one season of competition and most likely will be separated from the Naval Academy. Depending upon the particular sport and other circumstances, your team and the USNA may also be penalized.

You should be aware of the prohibited drugs and should carefully avoid the use of any of them—they are listed in the back of this booklet. See the athletic trainers, the strength/conditioning coaches, or the compliance office if you have any questions. Do not take anything without getting clearance first.

TOBACCO
The use of tobacco products, including smokeless tobacco, also is prohibited by NCAA and NAAA rules in any athletics-related activity, this includes practice. These products are not to be used on the practice field, during competition or in the locker room. This rule applies to student-athletes, trainers, equipment room staff, administrators and coaches alike.

Additionally, in baseball, a student-athlete found to be using a tobacco product will be ejected from the competition, as will the head coach.

ALCOHOL
The Naval Academy has strict rules and policies regarding the consumption of alcoholic beverages. Midshipmen student-athletes must conform to Naval Academy regulations regarding alcohol at all times. The consumption of alcoholic beverages on any athletic
movement order is strictly prohibited regardless of age. In addition, each head coach shall institute team specific policies with regard to alcohol use by those of legal drinking age when not on movement orders. Student-athletes are expected to refrain from any involvement with alcohol during their championship season. All student-athletes have a commitment to their teammates that ensures discipline, good judgment and always being prepared to successfully compete at the highest level. The NAAA may impose supplemental sanctions on any student athlete who is found guilty of abusing alcohol at any time. The Commandant of Midshipmen and the Athletic Director strongly encourage that all student-athletes who are of legal age always act responsibly to present themselves as role models for their respective teams and the Brigade of Midshipmen.

SUPPLEMENTS
Nutritional supplements are not strictly regulated by the FDA and may contain substances banned by the NCAA. All nutritional supplements must be checked with the training staff BEFORE YOU USE THEM, to ensure they do not contain illegal substances. Remember, “natural” doesn’t mean safe and “more” seldom means better. For questions regarding nutritional supplements, contact the training staff, strength coaches or the National Center for Drug Free Sport Resource Exchange Center (REC) at 877/202-0769, or visit their website at: www.drugfreesport.com.

LIST OF BANNED-DRUG CLASSES BY THE NCAA:
(a) Stimulants:
amiphenazole  amphetamine  bemigride
benzphetamine  bromantan  caffeine^
chlorphenetermine  cocaine  cropropamide
crothetamide  diethylpropion  dimethylamphetamine
doxapram  ethamivan  ephedrine (ephedra, ma
huang)
ethylamphetamine  fencamfamine  meclofenoxate
methamphetamine  methylphenidate  nikethamide
pemoline  pentetrazol  phendimetrazine
phenmetrazine  phentermine  picrotoxin
pipradol  prolintane  strychnine
phenylpropanolamine (ppa)  synephrine (citrus aurantium, zhi shi, bitter orange)
methylene-dioxymethamphetamine (MDMA) (ecstasy)

**Not Banned: phenylephrine & pseudoephedrine**

(b) Anabolic Agents/Anabolic Steroids:

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Other anabolic agents: clenbuterol

(c) Substances Banned for Specific Sports:

Rifle:

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<td>propranolol</td>
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<td>timolol and related compounds *</td>
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(d) Diuretics:

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<td>chlorothiazide</td>
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<td>chlorthalidon</td>
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<tr>
<td>ethacrynic acid</td>
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<td>flumethiazide</td>
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<td>furosemide</td>
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<td>hydrochlorothiazide</td>
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<td>quinethazone</td>
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<tr>
<td>spironolactone</td>
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<tr>
<td>triamterene</td>
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<tr>
<td>trichlormethiazide and related compounds *</td>
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</tbody>
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(e) Street Drugs:
heroin
marijuana+
THC (tetrahydrocannabinol) +

(f) Peptide Hormones and Analogues
human chorionic gonadotrophin (hCG) corticotrophin (ACTH)
insulin like growth factor (IGF-1) leutenizing hormone (LH)
growth hormone (HGH, somatotrophin)

- All the respective releasing factors of the above-mentioned substances also are banned.
Darbypoetin erythropoietin (EPO) sermorelin

(g) Anti-Estrogens
anastrozole clomiphene
tamoxifen and related compounds*

(h) Definitions of a positive result depends on the following:
^ for caffeine-if the concentration in urine exceeds 15 micrograms/ml.

# 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.

+ 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.
OTHER DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS

(a) Blood Doping: The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test.

(b) Local Anesthetics: The Executive Committee will permit the limited use of local anesthetics under the following conditions:

1. That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine;
2. That only local or topical injections can be used (i.e., intravenous injections are not permitted); and
3. That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

(c) Manipulation of Urine Samples: The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing. Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration.

(d) Beta 2 Agonists: The use of beta 2 agonists is permitted by inhalation only.

(e) Additional Analysis: Drug screening for select nonbanned substances may be conducted for nonpunitive purposes.
SECTION V
OTHER THINGS YOU SHOULD KNOW

CAPTAIN’S ADVISORY COMMITTEE
The Captain’s Advisory Committee, made up of the captain from each varsity intercollegiate team, serves to advise the Director of Athletics on matters involving the well being of midshipmen student-athletes, program priorities and needed improvements within their programs.

The Captain’s Advisory Committee meets regularly to promote better communication between student-athletes and the athletic administration. The committee provides feedback and insight into what is happening with each sports program. If you have concerns, let your captain know so they can bring it up at the next meeting.

EXIT INTERVIEWS/PROGRAM EVALUATIONS
Each year, the NAAA conducts exit interviews with all senior student-athletes whose athletic eligibility is exhausted. The two-part process consists of an online questionnaire along with an opportunity to speak directly with a member of the athletics administration, typically your sports administrator. These interviews provide graduating student-athletes with an opportunity to make suggestions for improvements in all aspects of the student-athlete welfare and team support. Information from the interviews is shared with coaches on an anonymous basis. You will be contacted at the conclusion of your sports season with instructions for completing the exit interview tool.

Returning student-athletes complete a written evaluation at the conclusion of the sports season as well. They are encouraged to evaluate the season and recommend improvements.

FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT
The NAAA does not release personally identifiable information contained in student educational records, except as permitted by law. At the beginning of every academic year you will be asked to sign a form authorizing the Athletic Department and the NCAA to release or publish relevant personally identifiable information.
EXTRA BENEFITS

NCAA institutions receive more penalties for providing extra benefits to student-athletes than for any other infraction. An extra benefit is any special arrangement by a USNA employee, alumnus, or booster to provide a student-athlete or one of his/her relatives or friends a benefit that is not available to the rest of the members of the Brigade, their relatives and friends, and which is normally (but not always) related to the student-athlete’s athletic ability. Many of these extra benefits are provided by coaches or “outside supporters.” You share the responsibility of making sure that you are not the recipient of any of these benefits. Remember, it is okay to say, “NO”. If you are having trouble with this, contact the Compliance Office and we will assist you.

ACCEPTING EXTRA BENEFITS, SERVICES OR GIFTS WILL RESULT IN THE LOSS OF YOUR ELIGIBILITY TO PARTICIPATE IN INTERCOLLEGIATE ATHLETICS

The following list contains some examples of extra benefits:

• transportation which is not paid for by you
• gifts or loans of money
• long distance phone calls not paid for by you
• free use of a copier
• gifts of clothing or other personal items
• arrangements for the purchase of an automobile on “favorable” loan terms
• the use of a car that is not your own (i.e., a coach’s car)
• free admission or a special discount which is not available to all midshipmen
• special favors to parents or legal guardians
• selling (or allowing the sale of) your complimentary tickets to an athletic event, or
• any special entertainment not available to the other midshipmen.

The best way to avoid a violation involving receipt of an extra benefit is to ask yourself two questions: (1) Would I be getting this if I weren’t...
a student-athlete? (2) Does the rest of the Brigade have the same opportunity or privilege (i.e., the sponsor program)? If you answer “No” to either of these questions, or if you are in doubt, you should refuse the benefit and/or call your coach or the Compliance Office.

SPECIAL ASSISTANCE FUND
Student-athletes may be provided with funds for immediate family emergencies, usually regarding health and welfare. The Compliance Office can help if you might need some monetary assistance. You will need your receipts, so don’t throw them away.

SUMMER CAMP WORK
As a student-athlete you may work at sports camps and clinics, but with the following conditions:

- Your pay rate must be the “going rate” for camp or clinic counselors of similar teaching ability and experience. You may not be paid on the basis of your athletics reputation.
- If you only lecture or demonstrate at a camp or clinic, you may not receive compensation (monetary or otherwise).
- An NAAA coach or representative of Navy’s athletic interest may not provide you with transportation to and/or from the camp or clinic, unless travel expenses are provided for all employees of that camp or clinic.
- You must be on leave to work a Navy camp or clinic.

INJURIES AND ILLNESS
As a Navy student-athlete, it’s important for you to understand the urgency to have injuries and illnesses treated as soon as possible. It is your responsibility to enter the medical chain promptly to avoid losing valuable practice and competition time. Your easiest access to Military Medicine is the 0630 sick call in Brigade Medical or for orthopedic problems Ortho sick call at 0630 in Physical Therapy located in 8th Wing. Always let the provider know you are a varsity athlete. In addition to sick call, all midshipmen are assigned a primary care physician. You can get an appointment to see your primary care physician by calling 3-1758.

It’s very important that you keep in mind your practice, academic and competition obligations so that you don’t schedule a doctor’s
appointment and/or procedure that will interfere with class, travel or competition.

Communication is a MUST. Contact your coach and athletic trainer (by e-mail or phone) when you have a problem or when you go to sick call. Your athletic trainer can, in some cases, expedite your seeing a doctor and can help in avoiding problems.

AWARDS
The Naval Academy offers many athletically related awards, most of which are available to midshipmen involved in one of our varsity sports. Many of these awards are presented at team post-season banquets with the remaining presented at the annual Prizes and Awards Ceremony held during Commissioning Week. These awards include the prestigious Thompson Trophy Cup, the Naval Academy Athletic Association Sword, the Vice Admiral Lawrence Sword and the Coaches-Calvert Award.

The NCAA also awards a number of scholarships. You should talk to your coach or the Institutional Athletic Representative, Christine Copper (3-6621) to discuss if you are eligible.

GRIEVANCE POLICY
Complaints of discrimination and/or sexual harassment will be acted on through the chain of command. A complainant should first attempt to resolve the grievance with the individual(s) involved. Assistance of the immediate midshipman superior may be requested, as circumstances require. If the object is the complainant’s immediate midshipman superior, the compliant will be presented to the next senior in the midshipman chain of command. If the compliant cannot be resolved between the two parties with the help of the immediate superior, then a written request to the lowest midshipman level Commander (Company/Battalion/Regimental) will be submitted with a copy to the appropriate company officer for a grievance hearing.

Other forums for reporting grievances or complaints are: Office of the Chaplain, Midshipmen Development Center (MDC), Faculty Advisors
and Officer Representatives. Midshipmen wishing to express their feelings should do so directly, using established procedures.

REPORTING KNOWLEDGE OF VIOLATIONS
The NCAA stipulates that student-athletes are accountable for violations of NCAA regulations. That applies to your recruitment as well as to your participation in college athletics. You are also required to reveal whatever knowledge you have about possible violations by others. You can report possible violations by calling (x38936) or e-mailing compliance@usna.edu or leaving a note in the Compliance Office in Ricketts Hall, 264.

YOUR RIGHT TO APPEAL
The NCAA, Patriot League and Naval Academy Athletic Association have developed processes whereby you as a student-athlete have a right to appeal decisions that affect your eligibility or playing status. If you wish to appeal a decision, contact the Compliance Office at compliance@usna.edu.
**QUICK REMINDERS**

- Strive to be Brigade leaders and make special efforts to participate fully in the Academic, Military and Physical areas.
- When possible, use free periods to make up missed course work with your professors.
- Conduct yourself as a representative of the USNA on away athletic trips, both on and off the playing fields. Only authorized individuals may stay overnight in your hotel room.
- Demonstrate good sportsmanship on and off the athletic field.
- Exhibit dignity in manner and dress on and off the field.
- Willfully abide by the spirit, as well as the letter of the rules.
- Manage outstanding performance and poor performance without excessive emotion.
- Treat all players, officials, spectators and coaches with respect and courtesy. No physical, verbal or gesturing abuse.
- Don't publicly criticize any player, official, spectator, coach or other athletically-related personnel.
- Don't gamble or deal with sports agents.
- Don't engage in negative recruiting against other service academies or other institutions.
- Don't use performance-enhancing or illegal supplements/drugs, including steroids, which are also unlawful under federal law.
- Don't use tobacco products in practice or competition.
- Midshipmen should not be employed either on or off campus. A violation of this guideline would also be a violation of NCAA rules which require certain administrative procedures to be followed.
- Don't obtain tattoos or participate in body piercing.
- Ensure recruiting visits are conducted with good taste. Any activity that may cause the perception of impropriety is unacceptable.
- NO alcohol, NO adult entertainment, NO sexual misconduct.
- Turn in ALL work, **ON TIME** - papers, homework, lab reports, etc should NEVER be late.
- All problems should be discussed immediately with your professor. DO NOT LET THE PROBLEM FESTER!
- Let your professor know IN ADVANCE when you will miss class on an MO.