STUDENT-ATHLETE HANDBOOK

The Penn State Varsity 'S' Club and the Penn State Nittany Lion Club

Presented by:

HONORING THE PAST. EMPOWERING THE FUTURE.
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 The Penn State Alma Mater

THE NITTANY LION CLUB
 The Nittany Lion Club “Team”
 The Student Nittany Lion Club

THE VARSITY ‘S’ CLUB

CAMPUS MAP
Dear Nittany Lion Student-Athlete:

Welcome to Penn State! We are excited that you are joining our Penn State family. You join a proud academic and athletic tradition, one that has been forged by generations of young men and women whose successes academically and athletically are virtually unrivaled nationally.

Our commitment to you is to provide you with the resources and support you need to be the best you can be in the classroom and in your sport, while providing you with the tools to be successful in life. We are fortunate to have an outstanding group of coaches, staff, and student-athletes in 31 varsity sports. Your academic growth will be nurtured by the professionals in the Morgan Academic Support Center for Student-Athletes, whose expertise in guidance and counseling has been recognized as a model on the national level. In addition, we have assembled a group of outstanding athletic coaches and staff to assist you in your total development.

At Penn State, Intercollegiate Athletics is an integral part of the University’s overall educational mission. We are part of a prestigious University with a proud past and bright future. The mission of a university is to educate its students, and we take that responsibility very seriously. We will have fulfilled our obligation to you when you graduate from Penn State with a meaningful degree. Our proudest moment – as well as yours – will be your graduation day!

We encourage you to embrace both the benefits and responsibilities that come with wearing the blue and white during your Penn State career. We expect you to conduct yourself in a positive manner in all that you do and demonstrate the honesty, ethical conduct and sportsman-like behavior that is expected of a Penn State student-athlete. In short, we have all the elements in place to provide an academic and athletic experience that will satisfy your loftiest ambitions. When you graduate, we know you will look back on your years here with pride and affection.

We appreciate your contribution to the legacy of the thousands of Penn State student-athletes who have preceded you.

We Are...Penn State!

Best Wishes,

Sandy Barbour
Director of Athletics
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<tr>
<th>Date</th>
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<tr>
<td>8/17-9/8</td>
<td>Intent to Graduate activation period</td>
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<td>8/24</td>
<td>Classes begin</td>
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<tr>
<td>9/3</td>
<td>Last day to Add/Drop classes</td>
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<td>9/3</td>
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<td>Intent to Graduate activation period</td>
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<td>Classes begin</td>
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<td>1/18</td>
<td>Martin Luther King, Jr. Day – No Classes</td>
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<td>Date</td>
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<tr>
<td>1/21</td>
<td>Last day to Add/Drop classes</td>
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<tr>
<td>1/21</td>
<td>Late Drop begins (Late Drop credits and fee required)</td>
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<tr>
<td>1/25</td>
<td>Deadline to file Intent to Graduate</td>
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<td></td>
<td><strong>FEBRUARY 2016</strong></td>
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<td>Declaration of Major deadline for all fourth-semester student athletes. Check with your Morgan Center counselor for dates.</td>
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<tr>
<td>2/15-3/6</td>
<td>Final Exam Conflict filing period</td>
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<tr>
<td>3/6</td>
<td>Last day to file a Final Exam Conflict</td>
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<tr>
<td>3/6-12</td>
<td>Spring Break – No classes</td>
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<td><strong>APRIL 2016</strong></td>
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<tr>
<td>4/8</td>
<td>Late Drop deadline</td>
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<tr>
<td>4/8</td>
<td>Declaring Minor Deadline (Graduating Seniors)</td>
</tr>
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<td>4/29</td>
<td>Last Day of Classes, Withdrawal Deadline</td>
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<td>5/16</td>
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<td>First Six-Week Session Classes End</td>
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<td>Second Six-Week Session Classes Begin</td>
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<tr>
<td>7/4</td>
<td>Independence Day – No classes</td>
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<td>Last day to Add/Drop classes</td>
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<td>8/10</td>
<td>Last day of classes; Withdrawal deadline</td>
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<td>8/11</td>
<td>Study day</td>
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<td>8/12</td>
<td>Final Exams</td>
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<td>8/13</td>
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INTERCOLLEGIATE ATHLETICS (ICA)
INTERCOLLEGIATE ATHLETICS

OUR PURPOSE
Consistent with the institutional mission of The Pennsylvania State University, Intercollegiate Athletics strives for excellence by offering all students model programs to develop meaningful standards of scholarship, athletic performance, leadership, community service, ethics and sportsmanship within the institution’s educational and social environments. Intercollegiate Athletics is committed to creating a climate for students and staff that reflects diverse values and needs, fosters an appreciation of a multicultural human society, assures equal access to opportunities without regard to personal characteristics or ability, and seeks greater involvement with an increasingly interdependent world.

OUR VISION
Intercollegiate Athletics’ vision is to maintain a broad-based program the equal of any in the nation, to field teams that compete at the highest levels of national and conference play, to encourage individual excellence and the esteem that follows, to achieve the most favorable graduation rate possible for student-athletes, to aid in the social preparation of young people for the diverse world they are about to enter, to create an awareness of public service and the importance of participation in community outreach, to provide recreational facilities and opportunities to address every interest area, and to entertain the University student body and staff, alumni and fans with a consistently high level of competition that does not compromise the integrity which has characterized the Penn State program from its inception.

OUR CORE VALUES
• INTEGRITY
• HONOR
• RESPECT

Core values reflect those principles that serve as the measure of success - regardless of the outcome on the field.
Core values define who we are, not how we did.
Core values are those attributes that, whether experiencing the highest high or the lowest low, will not be compromised or abandoned.

ATHLETICS INTEGRITY OFFICER
Julie Del Giorno serves as Penn State’s Athletics Integrity Officer (AIO). A one-of-a-kind position in ICA, the AIO helps ensure PSU Athletics operates in a manner consistent with NCAA rules, Big Ten rules, and institutional policy. Penn State student athletes are encouraged to discuss integrity related concerns
with Ms. Del Giorno. Her office is in 107 White Building, and she can be reached via e-mail at jad70@psu.edu

**MANDATORY RULES ORIENTATION SESSION**

At the beginning of the academic year and prior to your participation in intercollegiate athletics activities, a rules orientation session will be conducted under the direction of the Athletics Compliance Office. You will receive a copy of the “Summary of NCAA Regulations” and will have an opportunity to ask questions regarding NCAA, Big Ten and Penn State rules.

**YOU WILL BE REQUIRED TO COMPLETE THE FOLLOWING FORMS:**

- NCAA Student-Athlete Statement
- NCAA Drug-Testing Consent
- NCAA HIPAA Release
- Promotions Activities Form
- Big Ten Drug Testing Consent
- Big Ten Release Statement
- Big Ten FERPA
- Big Ten Injury and Illness Reporting Acknowledgment Form
- Penn State Athletics Code of Conduct
- Penn State FERPA, HIPAA, and Use of Likeness Consent Form
- Penn State Housing Information Form
- Penn State Automobile Information Form
- Penn State Statement

**TIPS TO AVOID PROBLEMS:**

- Know how the NCAA, Big Ten and Penn State rules affect you.
- Commit to honesty and good sportsmanship.
- Report Potential Wrongdoing or Violations to Appropriate Authorities.
- Be alert for and avoid receiving extra benefits.
- Be aware that you are responsible for official University communication sent to your Penn State email address.
- Always ask before you act.

**COMPLIANCE**

Student-athletes must comply with NCAA, Big Ten, and Penn State regulations as well as the provisions in the Athletics Code of Conduct. Information in this section and in the academic eligibility and financial aid sections of the Student-Athlete Handbook contain an overview of the regulations
student-athletes are most likely to encounter.

This handbook should not be relied upon exclusively as it does not include all the regulations. It is not intended as a substitute for other important university publications. This handbook supplements other sources of University information.

If you have questions concerning the regulations, or if you become aware of a possible rules infraction, contact the following:

Athletics Compliance Office
157 Bryce Jordan Center
814-863-8048

Your failure to ask questions pertaining to the regulations or to provide information of a possible rules infraction could jeopardize your eligibility. Ignorance of the rules is never an excuse.

DISCLOSURE, REPORTING, AND ASSISTANCE

In accordance with the Penn State Athletics Code of Conduct, student-athletes are obligated to properly report instances of potentially illegal activity, possible violations of the NCAA or Big Ten rules and apparent conflicts with institutional policies. Reporting responsibilities include activities they are involved in as well as activities they observe. This is not intended to be an exhaustive list of reporting resources. Instead, this section is intended to create additional awareness of selected reporting options.

Potentially illegal activity should always be reported to the police. Matters related to NCAA or Big Ten rules should be reported through the below hotline, to the Athletics Integrity Officer, or to the Athletics Compliance Office. A student-athlete’s reporting of illegal or impermissible activity to a coach or trainer is not appropriate. Penn State policy prohibits retaliation against individuals who report an issue.

ANONYMOUS REPORTING HOTLINE

Penn State has implemented a disclosure hotline through which potential violations of NCAA or Big Ten rules may be reported anonymously. This reporting mechanism is also available for the reporting of other matters related to Penn State operations such as fraud, harassment, embezzlement, etc. The phone number for the hotline is 1-800-560-1637. You can learn more about the hotline by visiting the following website: www.mycompliancereport.com/brand/psu.

STUDENT-ATHLETE GRIEVANCE PROCEDURES

Student-athletes with a complaint or grievance involving an athletic team, coach or department official should attempt to resolve the matter with the person(s) involved or the involved person’s supervisor / the administrator for the sport. At the discretion of the Director of Athletics, the Director or his assignee may
schedule a meeting with a student-athlete in an attempt to resolve the problem informally.

Matters related to NCAA rules, including concerns about a student-athlete’s rights under NCAA rules may be addressed with the Athletics Compliance Office Staff. To contact the Athletics Compliance Office staff in 157 Bryce Jordan Center, please call 814-863-8048. Note that the NCAA has specific procedures that should be followed for instances in which a student-athlete’s interests in transferring are restricted or financial aid is reduced or cancelled. These topics are addressed in the transfer and financial aid sections of this publication respectively.

The University has designated an Ombudsperson for student-athletes who have concerns with any affirmative action related topic. The Ombudsperson offers student-athletes confidential, informal and impartial assistance with resolving a problem, concern or conflict fairly, or in obtaining necessary information on processes or procedures. This may include recommendations, referrals to appropriate University resources or personnel, or collaboration with other University offices on affirmative action related issues of concern.

**Intercollegiate Athletics Affirmative Action Ombudsperson:**

James Weaver........(814) 865-0407,

   jxw38@psu.edu

   301 Bank of America Building
CODE OF CONDUCT, POLICY STATEMENTS, AND SOCIAL NETWORKING
PENN STATE® UNIVERSITY STUDENT CODE OF CONDUCT

Penn State student-athletes are intended to be integral members of the student body first and athletes second. As integral members of the student body, student-athletes are fully subject to the conduct and behavioral expectations of the University, as communicated through the Penn State Office of Student Conduct “Student Code of Conduct.” The Student Code of Conduct addresses such matters as safety, harassment, drugs, alcohol, weapons, and the judicial process. All student-athletes should be keenly aware of the Student Code of Conduct and review it in its entirety by visiting the Office of Student Conduct Website at http://studentaffairs.psu.edu/conduct/codeofconduct/.

ATHLETICS CODE OF CONDUCT

In addition to the Student Code of Conduct, Penn State student-athletes are expected to act in accordance with the Athletics Code of Conduct the University adopted during the 2012-13 academic year. All student-athletes will annually sign a statement confirming their receipt, review, and understanding of the Athletics Code of Conduct. The full text of the Athletics Code of Conduct is as follows:

INTRODUCTION

This Code of Conduct exemplifies the commitment of The Pennsylvania State University (“Penn State” or the “University”), Department of Intercollegiate Athletics (the “Athletics Department” or the “Department”) to full compliance with the University’s and the Athletics Department’s policies and procedures, including the policies set forth in the Penn State Intercollegiate Athletics Policy Manual (the “ICA Policy Manual”), the National Collegiate Athletic Association (“NCAA”) Constitution and Bylaws and the Handbook of the Big Ten Conference (“Big Ten Handbook”), as well as the principles regarding institutional control, responsibility, ethical conduct, and integrity reflected in the NCAA Constitution and Bylaws and the Big Ten Handbook.

The purpose of this Code of Conduct is to serve as a guidepost to direct the ethical bearing of the Athletics Department. It was drafted to be congruent with the Athletics Department’s Mission, Vision, and Core Values, all of which reflect those principles that serve as our measure of success, regardless of the outcome on the field.

Our Mission is to strive for excellence by offering all students model programs to develop meaningful standards of scholarship, athletic performance, leadership, community service, ethical conduct and sportsmanship within the institution’s educational and social environments.

Our Vision is to maintain a broad-based program equal to any in the nation; to achieve the most favorable graduation rate possible for student-athletes; to field teams that compete at the highest levels of national and conference play; to
encourage individual excellence and the esteem that follows; to aid in the social preparation of young people for the diverse world they are about to enter; to create an awareness of public service and the importance of participation in community outreach; to provide recreational facilities and opportunities to address every interest area, and to entertain the University student body and staff, alumni and fans with a consistently high level of outreach; to provide recreational facilities and opportunities to address every interest area, and to entertain the University student body and staff, alumni and fans with a consistently high level of competition that does not compromise the integrity which has characterized the Penn State program from its inception.

Our Core Values define who we are, not how we did. Our Core Values are attributes that, whether experiencing the highest high or the lowest low, will not be compromised or abandoned. These Core Values are integrity, honor and respect.

This Code of Conduct will help ensure our Mission, Vision and Core Values are ingrained in everything we do and our commitments to the ideals of excellence, scholarship, integrity, ethical conduct, diversity, leadership, public service, athletic performance and sportsmanship are fulfilled.

**APPLICABILITY**

This Code of Conduct is applicable to all “Covered Persons” which includes all student-athletes who participate on any of the University’s NCAA-sanctioned Division I intercollegiate athletics teams; all coaches and all managers of any of the University’s NCAA-sanctioned Division I intercollegiate athletics teams; all University staff and other University and Athletics Department employees who are directly involved with any of the University’s NCAA-sanctioned intercollegiate athletics teams; the University’s Board of Trustees, individually and collectively (the “Board of Trustees”); the President of the University; and all members of the Athletics Director’s Executive Committee.

For purposes of this Code of Conduct, individuals are “directly involved” with a University NCAA sanctioned Division I intercollegiate athletics team if such individuals direct, control or assist with any such team’s activities and have a reasonable likelihood of recurring personal interaction with both varsity student-athletes and coaches resulting from their employment responsibilities.

**THE PENN STATE® PRINCIPLES**

Our Core Values are reflected in the following Penn State Principles, which were developed to embody the values to which we expect our students, faculty, staff, administration, trustees and alumni to adhere. The University also is deeply committed, however, to freedom of expression. Thus, the Penn State Principles do not constitute University policy and are not intended to interfere in any way with an individual’s legally-protected academic or personal freedoms. We expect, however, that all Covered Persons will endorse these common principles voluntarily, to the extent applicable to them, thereby contributing to the traditions and scholarly heritage of Penn State left by those who preceded them, and will
thus leave Penn State a better place for those who come after them.

The Penn State Principles are as follows:

**I will respect the dignity of all individuals within the Penn State community and the local community and of all individuals with whom I compete on behalf of Penn State.**

The University is committed to creating and maintaining an educational environment that respects the right of all individuals to participate fully in the community. Actions motivated by hate, prejudice, or intolerance violate this principle. I will not engage in any behaviors that compromise or demean the dignity of individuals or groups, including intimidation, stalking, harassment, discrimination, taunting, ridiculing, insulting, or engaging in acts of violence. I will demonstrate respect for others by striving to learn from differences between people, ideas, and opinions and by avoiding behaviors that inhibit the ability of other community members to feel safe or welcome as they pursue their academic goals.

**I will practice and promote the practice of academic integrity.**

Academic integrity is a basic guiding principle for all academic activity at Penn State, allowing the pursuit of scholarly activity in an open, honest, and responsible manner. In accordance with the University Code of Conduct, I will practice and promote the practice of integrity with regard to all academic assignments. I will not engage in or tolerate acts of falsification, misrepresentation or deception because such acts of dishonesty violate the fundamental ethical principles of the University community and compromise the worth of work completed by others.

**I will demonstrate social and personal responsibility.**

The University is a community that promotes learning; any behaviors that are inconsistent with that goal are unacceptable. Irresponsible behaviors, including alcohol or drug abuse and the use of violence against people or property, undermine the educational climate of the University by threatening the physical and mental health of members of the University community. I will exercise personal responsibility for my actions and I will make sure that my actions do not interfere with the academic and social environment of the University. I will maintain a high standard of behavior by adhering to the University Code of Conduct and respecting the rights of others.

**I will be responsible for my own academic progress and I agree to comply with all University policies.**

The University allows students to identify and achieve their academic goals by providing the information needed to plan their chosen program of study and the necessary educational opportunities to complete that program successfully, but students assume final responsibility for course scheduling, program planning, and the successful completion of graduation
requirements. I will be responsible for seeking the academic and career information needed to meet my educational goals by becoming knowledgeable about the relevant policies, procedures, and rules of the University and my chosen academic program, by consulting and meeting with my adviser, and by successfully completing all of the requirements for graduation.

**EXPECTATIONS OF CONDUCT**

*All Covered Persons*

1. All Covered Persons shall:

   (a) comply with all University policies and procedures, as applicable;

   (b) comply with ICA Policy Manual available at

   (c) comply with the applicable NCAA Constitution and Bylaws and the Big Ten Handbook, including the principles regarding institutional control, responsibility, ethical conduct and integrity; and

   (d) comply with all applicable laws, rules and regulations.

2. All Covered Persons shall report—either anonymously or by identifying themselves—any suspected violation(s) of the University’s or the Athletics Department’s policies, the NCAA rules, the Big Ten rules or this Code of Conduct, or any other conduct that materially undermines the University’s and the Athletics Department’s commitment to its Core Values of integrity, honor and respect.

Reports of suspected violations of NCAA rules or Big Ten rules should be made to the office of the Associate Athletic Director for Compliance and Student-Athlete Services.

Reports of other suspected violations should be made via one of the following methods, at the reporter’s option:

   (a) to the Athletics Integrity Officer;

   (b) via the University’s Compliance and Ethics Hotline
       [http://www.psu.edu/ur/hotline.html](http://www.psu.edu/ur/hotline.html);

   (c) through the procedures set forth under University Policy AD 67, “Disclosure of Wrongful Conduct and Protection from Retaliation,” [http://guru.psu.edu/policies/AD67.html](http://guru.psu.edu/policies/AD67.html); or

   (d) through any other University procedure for reporting suspected misconduct, such as filing a report with the Office of Student Conduct [http://studentaffairs.psu.edu/conduct/formsandbrochures.shtml](http://studentaffairs.psu.edu/conduct/formsandbrochures.shtml), the University Police [http://www.police.psu.edu/witness/form.shtml](http://www.police.psu.edu/witness/form.shtml), or the Affirmative Action Office [http://equity.psu.edu/reportthatce](http://equity.psu.edu/reportthatce).
Student-Athletes
In addition to the obligations required of all Covered Persons under this Code of Conduct, student-athletes shall:

(a) adhere to the University’s Student Code of Conduct and Conduct Procedures, as amended, modified, and supplemented from time-to-time ([http://studentaffairs.psu.edu/conduct/pdf/Procedures.pdf](http://studentaffairs.psu.edu/conduct/pdf/Procedures.pdf)); and

(b) adhere to rules, policies and procedures established by the head coach of his or her individual sports program (it being understood that any such “team rules” shall be in addition to, and not in substitution for, any portion of this Code of Conduct)

Coaches
In addition to the obligations required of all Covered Persons under this Code of Conduct, all head coaches, assistant coaches, graduate assistant coaches, volunteer coaches and managers of the University’s NCAA Sanctioned Division I intercollegiate athletics teams (“Coaches”) shall:

(a) not have any hiring or other supervisory role with regard to academic support staff and shall not apply pressure through intimidation of or threats to any member of the academic support staff or of or to faculty members on behalf of a student athlete;

(b) not have any hiring or other supervisory role with regard to University, NCAA, or Big Ten compliance staff and shall not apply pressure through intimidation of or threats to any member of such compliance staff;

(c) work with the admissions office to recommend qualified student-athletes for admission, but not attempt to bring pressure upon the admissions office personnel to admit an applicant merely because he or she possesses exceptional athletic ability;

(d) conduct the sports team in such a manner to give full and active support to the educational aims of the University, cooperate fully in support of the faculty on eligibility requirements and insist that all student-athletes fulfill the same academic requirements as all other students at the University; and

(e) comply with all applicable University policies and procedures ([www.guru.psu.edu](http://www.guru.psu.edu)).

Administrators and Staff
In addition to the obligations required of all Covered Persons under this Code of Conduct, all administrators and staff covered by this Code of Conduct shall:

(a) comply with all applicable University and Department-specific policies and procedures ([www.guru.psu.edu](http://www.guru.psu.edu)); and

(b) conduct the intercollegiate athletics program in such a manner to give full and
active support to the educational aims of the University, cooperate fully in support of the faculty on eligibility requirements and insist that all student-athletes fulfill the same academic requirements as all other students at the University.

**Board of Trustees**

In addition to the obligations required of all Covered Persons under this Code of Conduct, the Board of Trustees, individually and collectively, shall:

(a) adhere to the Board of Trustees’ Charter, Bylaws, and Standing Orders, including the Statement of Trustees Responsibilities and the Statement of Expectations of Membership, as amended by the Board of Trustees from time to time; and

(b) fulfill their fiduciary responsibility to oversee the implementation of the Athletics Department’s policies and procedures, and to uphold the integrity of the intercollegiate athletics program and its alignment with the academic mission of Penn State.

**University President**

In addition to the obligations required of all Covered Persons under this Code of Conduct, the University President shall:

(a) adhere to NCAA Operating Bylaws, Article 22.2.1.1(b), which provides that the University President “is assigned ultimate responsibility and authority for the operation, fiscal integrity and personnel of the athletics program…”;

(b) regularly communicate with the Board of Trustees regarding the integrity of the Penn State athletics program, the ethical conduct of all Covered Persons, and the President’s fulfillment of responsibilities as they relate to agreed-upon goals, standards and benchmarks of the University’s intercollegiate athletics program; and

(c) establish and uphold, with input from faculty and the Penn State administration, academic and eligibility standards for student-athletes that reflect Penn State’s high academic values and vision.

**NON-RETELATION AND CONFIDENTIALITY**

The University and the Athletics Department maintain a strict non-retaliation and non-retribution policy for anyone, including but not limited to any Covered Person, who takes action that he/she reasonably believed to be necessary to uphold or enforce compliance with this Code of Conduct, the ICA Policy Manual, the University’s obligations under the NCAA Constitution and Bylaws and Big Ten Handbook, including NCAA and Big Ten principles regarding institutional control, responsibility, ethical conduct and integrity. The University and the Athletics Department shall maintain confidentiality and anonymity with respect to any such report, unless required by law to do otherwise.
JUDICIAL PROCESS OVERVIEW

The purpose of student discipline is to maintain a healthy community where shared values, expectations, and behavioral standards set by the campus community and the University Code of Conduct are embraced. The goal of the judicial process is to provide all students with a fair and just adjudication system.

With an educational focus, Penn State’s judicial process does not follow the same procedures used in courtrooms. The University does not employ lawyers to “prosecute” students. Instead, University staff members work with students to educate them with regard to what is expected of them as members of the University Community.

When a student has allegedly engaged in behavior which violates the University’s Code of Conduct, whether on or off-campus, the allegation will be documented and forwarded to the Office of Student Conduct. A member of the Office of Student Conduct may then contact the student to schedule a meeting to discuss the situation.

DISCIPLINARY CONFERENCE

The Disciplinary Conference is an informal, non-adversarial meeting between a student and a Student Conduct staff member to examine the complaint, listen to the student, discuss circumstances regarding the incident, and hear student concerns to determine whether or not formal charges of violating the Code of Conduct will be filed. If charges are to be filed, the student will likely be informed of the charge and sanction during this meeting.

The student will then have the opportunity to accept responsibility for any charges/or sanctions assigned or to request a hearing or a sanction review. If a student is unsure whether or not to accept responsibility, the student will be given an additional three (3) days to make a decision. Regardless of a student’s decision, the student will leave with a copy of the Disciplinary Conference Summary Form which includes charges, sanctions, and/or other methods of resolution.

ADMINISTRATIVE HEARING

If, in the Disciplinary Conference, students contest the charges, they may be assigned to an Administrative Hearing. This informal hearing will be conducted by a hearing officer appointed by the Office of Student Conduct and provides the institutional process required when a student may be given formal administrative sanctions up to Disciplinary Probation with a Transcript Notation. The Administrative Hearing will not be used in any case which may result in Suspension or Expulsion unless requested by the student.
UNIVERSITY HEARING BOARD

The University Hearing Board will be used when a student contests a sanction of Suspension or Expulsion from the University. The Board may also hear cases referred by the Director of Student Conduct or designees. The Board is composed of a Chairperson (faculty or administrator), two students, one faculty member, and one administrative member.

For all hearings, the University utilizes the clear and convincing evidence for burden of proof. Further information regarding the procedures of Administrative and University Hearing Board Hearings, along with the appeal process, is available upon request or may be found at the JA Web site.

ADVISORS

Recognizing that participating in the Judicial Process can be a challenging experience for any student, the Office of Student Conduct encourages students to seek an advisor’s assistance. Advisors, if they wish, can be with the student during all proceedings. More information, as well as a list of Advisors, can be found at the JA Web site.

SANCTIONS

When a student is in violation of the Student Code of Conduct, the Office of Student Conduct staff and or Hearing Board Members rely on Precedent Guidelines to determine an appropriate sanction. These guidelines, which may be shared with students during the Disciplinary Conference so that they can make an informed decision, provide for sanctions that address the current situation, past behaviors, and, where possible, are educational in nature.

Sanction Review

When a student accepts responsibility for the charges, but not the sanction recommended by the Judicial Affairs staff member, the student may request the sanction be reviewed. The person reviewing the sanction may sustain or modify the sanction if it is determined the sanction was outside the University’s sanction range or was not justified by the nature of the charge.

RECORD KEEPING

Students’ judicial records are considered part of their educational record. Therefore, the Office of Student Conduct will not disclose these records without consent from the student except when requested by faculty, administration, or other authorized University employee a legitimate educational interest or when they are subpoenaed by a court of law.

Office of Student Conduct
135 Boucke Building
University Park, PA 16802
Phone: 814-863-0342
SUMMARY: POLICY STATEMENT ON INTOLERANCE

(For full disclosure of University Policy AD-29, see http://guru.psu.edu/policies/AD29.html)

DEFINITION:
An act of intolerance refers to conduct in violation of a University policy, rule or regulation and is motivated by discriminatory bias against or hatred toward other individuals or groups based on characteristics such as age, ancestry, color, disability or orientation, gender identity or veteran status.

POLICY:
The Pennsylvania State University is committed to preventing and eliminating acts of intolerance by faculty, staff and students, and encourages anyone in the University community to report concerns and complaints about acts of intolerance to the Affirmative Action Office or the Office of the Vice Provost for Educational Equity, and in cases involving students, reports also may be made to the Office of Student Conduct.

If any violation of University policy, rule or regulation is motivated by discriminatory bias against or hatred toward an individual or group based on characteristics such as age, ancestry, color, disability or handicap, national origin, political belief, race, religious creed, sex, sexual orientation, gender identity or veteran status, the sanction will be increased in severity and may include termination or expulsion from the University.

Retaliation constitutes a separate violation and may result in a sanction independent of the outcome of a complaint.

SUMMARY: POLICY STATEMENT ON NONDISCRIMINATION AND HARASSMENT

(For full disclosure of University Policy AD-42, see http://guru.psu.edu/policies/AD42.html)

POLICY:
The Pennsylvania State University is committed to the policy that all persons shall have equal access to programs, facilities, admission and employment without regard to personal characteristics not related to ability, performance, or qualifications as determined by University policy or by state or federal authorities. It is the policy of the University to maintain an academic and work environment free of discrimination, including harassment. The Pennsylvania State University prohibits discrimination and harassment against any person because of age, ancestry, color, disability or handicap, national origin, race,
religious creed, sex, sexual orientation, gender identity or veteran status. Discrimination or harassment against faculty, staff or students will not be tolerated at The Pennsylvania State University.

**DEFINITIONS:**

Discrimination is conduct of any nature that violates the policy set forth above by denying equal privileges or treatment to a particular individual because of the individual’s age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity or veteran status.

Harassment is a form of discrimination consisting of physical or verbal conduct that (1) is directed at an individual because of the individual’s age, ancestry, color, disability or handicap, national origin, race, religious creed, sex, sexual orientation, gender identity or veteran status; and (2) is sufficiently severe or pervasive so as to substantially interfere with the individual’s employment, education or access to University programs, activities and opportunities. To constitute prohibited harassment, the conduct must be such that it detrimentally affects the individual in question and would also detrimentally affect a reasonable person under the same circumstances.

Harassment may include, but is not limited to, verbal or physical attacks, threats, slurs or derogatory comments that meet the definition set forth above. Whether the alleged conduct constitutes prohibited harassment depends on the totality of the particular circumstances, including the nature, frequency and duration of the conduct in question, the location and context in which it occurs and the status of the individuals involved.

These definitions are not intended to deprive an individual of the right of free expression or other civil rights.

**SUMMARY: POLICY STATEMENT ON PRIVACY**

(For full disclosure of University Policy AD-53, see http://guru.psu.edu/policies/AD53.html)

**POLICY:**

In the interest of promoting academic freedom and an open, collegial atmosphere, this University recognizes its obligation not to infringe upon the reasonable privacy expectations of its employees and students in their laboratories, classrooms, designated meeting and conference rooms, individually assigned offices, and personal residences, or in relation to their personal papers, confidential records and effects, and in communications by mail, telephone, and other electronic means, subject only to applicable state and federal laws and University regulations, Inquiries about the personal characteristics of employees or students (including, but not limited to, sexual orientation) is prohibited unless relevant to the investigation of a complaint or an academic or work related matter, or unless relevant under applicable law or University policies.
RESOLUTION OF COMPLAINTS

Resolution of Complaints under AD-29, AD-42 and AD-53

The University will make every reasonable effort to promptly investigate and resolve complaints of discrimination, harassment, intolerance and breach of privacy policy with due regard for fairness and the rights of both the student-athlete and alleged offender, and to conduct all proceedings in the most confidential manner possible.

Any student-athlete who experiences discrimination, harassment, an act of intolerance or a violation of the privacy policy (including, but not limited to, an alleged prohibited inquiry into the student-athlete’s sexual orientation) should immediately report the incident to the Affirmative Action Office, the Director of Intercollegiate Athletics, the Office of Human Resources or the Ombudsperson. In cases where a student-athlete reports alleged discrimination, harassment, intolerance or breach of privacy policy to the Director of Intercollegiate Athletics, the Office of Human Resources or the Ombudsperson, the person receiving the complaint will contact the Affirmative Action Office to discuss resolution and ensure consistent responses to issues.

The Affirmative Action Office has primary responsibility for resolving complaints of discrimination, harassment and intolerance. Responsibility for resolving complaints of breach of privacy policy will depend on the facts and circumstances giving rise to the complaint.

If there is evidence of a violation of University Policies AD-29, AD-42 or AD-53, the University will make every reasonable effort to ensure the violation stops and does not recur.

Jim Weaver, the Ombudsperson referred to in “Student-Athlete Grievance Procedures,” is available for consultation in resolving a complaint.

ETHICAL CONDUCT

(Based on NCAA and Big Ten Bylaws)

For Intercollegiate Athletics to promote the character development of participants to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletics participation, but also in the broad spectrum of activities affecting the athletics program.

Unethical conduct by student-athletes may be subject to disciplinary action as set forth by the NCAA, Big Ten, Intercollegiate Athletics and the student-athlete’s coaching staff. Student-athletes found in violation may be ineligible for further intercollegiate competition in all sports.

Examples of unethical conduct include, but are not limited to the following:
- Accepting benefits from boosters, faculty and friends of Penn State.
- Accepting discounts and services not available to the general student population.
- Disregarding the rules of fair play and demonstrating unsportsmanlike conduct.
- Intentionally attempting to mask a drug test.

Penn State student-athletes are responsible for adhering to ethical behavior both on and off the playing field. Violations may result in disciplinary action by the NCAA, Big Ten, Intercollegiate Athletics, or the coaching staff.

**SEXUAL HARASSMENT**

Penn State has a policy prohibiting sexual harassment (AD41) and a complaint procedure to assist students, faculty, and staff.

**What is Sexual Harassment?**

Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and any verbal or physical conduct of a sexual nature when:

- Submission to such conduct is a condition for employment, promotion, grades, or academic status;
- Submission to or rejection of such conduct is used as the basis for employment or academic decisions affecting an individual;
- Such conduct is sufficiently severe or pervasive so as to substantially interfere with an individual’s employment, education or access to University programs, activities and opportunities. To constitute prohibited harassment, the conduct must detrimentally affect the individual in question and would also detrimentally affect a reasonable person under the same circumstances.

**Sexual Harassment Examples**

- Requests for sexual favors
- Pressure for sexual activities
- Unwelcome patting, hugging, or touching a person’s body, hair, or clothing
- Sexual innuendos, jokes, or comments
- Disparaging remarks to a person about her/his gender or body
- Sexual graffiti or visuals
- Asking about a person’s sexual fantasies, sexual preferences, or sexual activities
- Repeatedly asking for a date after the person has expressed disinterest
- Making sexual gestures with hands or body movements

These are not all-inclusive examples of sexual harassing conduct. Each situation
must be considered in light of specific facts and circumstances to determine if sexual harassment has occurred.

**What can you do if you are sexually harassed?**

- Don’t ignore it. Take action.
- Know your rights. Familiarize yourself with Penn State’s policies and resources that protect you as a student, faculty or staff member.
- Seek information and support. You may feel a range of emotions (e.g., helplessness, anger, confusion, fear). Talking with someone often helps to lessen the isolation and help you develop strategies to remedy the situation
- Ask for help exploring your options. Keep a written and dated record.
- Let the harasser know the behavior isn’t welcome, and you want it immediately stopped. You can talk to or write a letter to the harasser. Deliver the letter by certified mail or in person. Be sure to keep a copy.
- Discuss the situation with a Sexual Harassment Resource Person (SHRP) and/or the Affirmative Action Office.

**PREVENTING SEXUAL HARASSMENT**

Penn State Athletics has five trained Sexual Harassment Resource Persons (SHRP). The five SHRP’s listed below have been trained in all areas of sexual harassment to provide assistance to students, faculty, and staff and explain options to address and immediately assist in resolving sexual harassment problems.

Dayna Wenger, Building Coordinator .......................... 139 White Bldg. ....814-863-9530
Dane Aumiller, Coord. Athletic Programs ..................... 002 IM Bldg........ 814-865-5401
Natalie Meckstroth, Athletic Trainer ......................... 113 B BJC.......... 814-863-3358
Dr. Bobbi Millard, Team Physician ............................ 112 Centre Med. ...814-865-3566
Greg Miskinis, Asst. Strength/Conditioning Coach .... 101 Lasch Bldg. ....814-865-0412

Complaints or concerns against faculty and/or staff may be taken directly to the Affirmative Action Office, 328 Boucke Building. Phone: 814-863-0471

Complaints against a student may be taken to the Office of Student Conduct, 135 Boucke Building. Phone: 814-863-0342

**INTERCOLLEGIATE ATHLETICS ALCOHOL CODE OF ETHICS**

(For full disclosure of the PSU alcohol policy see http://www.sa.psu.edu/ja/pdf/Policies-Rules.pdf)

In order to develop a positive culture regarding alcohol, student-athletes need to be leaders in the fight against alcohol misuse. In the quest for excellence, both on and off the playing field, student-athletes need to make smart choices and realize the long-term athletic, career, and health benefits of choosing not to drink alcohol and /or drink responsibly after age 21.
According to University Code of Conduct, illegally possessing, distributing, manufacturing, selling or being under the influence of alcohol or other drugs is inconsistent with the core values of the University community. Intercollegiate Athletics expects representatives of its department (administration, coaches, staff members, student-athletes) to observe the following as unacceptable behaviors:

- Use of alcohol before, during or after department-sponsored athletic events either at home or during road trips. If questions regarding appropriate behavior arise, the team’s administrator should be contacted (i.e., international trips or foreign tours).
- Use of alcohol that interferes with scholastic success, athletic performance, personal relationships, finances, or leads to legal problems.
- Irresponsible use and/or being intoxicated in a public place (i.e., downtown State College, hotels while on road trips, restaurants, etc.)
- Use of alcohol in department-issued Penn State Athletic Team Gear (i.e., Penn State University apparel) with specific sport name on it.
- Use of alcohol with recruits; specifically the individual host(s), responsible for the safety and well-being of the recruit, regardless of the recruit’s or host’s age.

HAZING POLICY SUMMARY

Hazing is a fundamental violation of human dignity. Hazing policies apply to all members of the Penn State community. Intercollegiate Athletics will not tolerate the act of hazing new team members as an initiation rite. Hazing is viewed as illegal, discriminatory, and destructive to team unity. The term ‘hazing’ is defined as any action by a student whereby another student suffers or is exposed to the following:

- Any cruelty, intimidation, humiliation, embarrassment, hardship, or oppression
- Exercising to excess
- Sleep deprivation
- Committing dangerous activities
- Currying favor from those in power
- Submitting to physical assaults
- Consuming offensive foods or alcohol
- The threat of bodily harm or death
- The deprivation or abridgement of any right

Any activity of an organization as described upon which the initiation, admission into, affiliation with, or continued membership in is indirectly conditioned, shall be presumed to be “forced” activity (the willingness of an individual to
participate in such activity notwithstanding).

Student-athletes are expected to report incidents of hazing to their specific sport administrator. The report of a possible allegation will be thoroughly investigated. Should guilt be found, student-athletes involved may be suspended from the team.

**SOCIAL MEDIA AND NETWORKING GUIDELINES**

Representing Penn State as a student-athlete is a privilege. As a Penn State student-athlete, you are held in the highest regard and are seen as a role model by fans and others within the University and surrounding communities, as well as throughout the country. Accordingly, you must conduct yourself with the utmost integrity at all times, whether on or off the field of competition. Moreover, you have the responsibility to portray yourself, your teammates, your coaches, the Athletics department, and the University in a positive manner.

Online social media and social networking websites such as Facebook, MySpace, Twitter, YouTube, online message boards, and others are great ways for you to share information and stay connected with family and friends. The Athletics Department recognizes and supports your rights to freedom of speech, expression, and association, including the exercise of those rights on social media websites. Any online posting, however, must be consistent with federal and state laws, the NCAA Constitution and Bylaws, the Big Ten Conference rules and regulations, the Penn State Code of Conduct for Intercollegiate Athletics, the University Student Code of Conduct, the Penn State Intercollegiate Athletics Policy Manual (the “ICA Policy Manual”), the Penn State Student-Athlete Handbook and Planner, and any and all applicable University and/or Athletics Department policies and procedures.

**GUIDELINES AND RECOMMENDATIONS**

As a student-athlete, you should be mindful that some people who use social media websites may not be who they portray or appear to be, or may desire to compromise your integrity, invade your privacy, or cause you significant embarrassment. Accordingly, when using social media and/or social networking websites, you should keep the following in mind:

- Set your security so that only “friends” can view your profile, and be careful about those you add as a “friend.” Many individuals are looking to take advantage of you or to gain information about you, your teammates, or your team for purposes of sports gambling or negative publicity.

- Do not post personally identifiable information (e.g., email, home address, local address, telephone number), as it could lead to unwanted attention, stalking, identity theft or other criminal activity. Likewise, limit information about your whereabouts to minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity. Likewise, limit information about your whereabouts to minimize the potential of being stalked, assaulted, or becoming the victim of other criminal activity.
• Be cautious about the social networking groups you join to be sure you want to be publicly associated with them.

• Be selective in utilizing on-line services that provide your location to strangers.

• When you post something online, that information often becomes part of the public domain, and may be accessible even after you remove it. Accordingly, if you are ever in doubt about the appropriateness of your postings, ask yourself whether they positively reflect you, your teammates, your coaches, the Athletics department, and the University.

• What you post may affect your future. Many employers, graduate school admissions officers, and even pro scouts review social media websites as part of their overall evaluation of an applicant/candidate. You must carefully consider how you want people to perceive you before you give them a chance to misinterpret your character.

STUDENT-ATHLETE EXPECTATIONS

Because representing Penn State as a student-athlete is a privilege, you should exercise your rights to free speech, expression, and association responsibly. Social media content that negatively reflects upon you, your teammates, your coaches, the Athletics Department, or the University should be avoided. Examples of inappropriate content includes but is not limited to posting photos, videos, information, and/or comments that:

• Depict personal use of alcohol, drugs, or tobacco (e.g., holding bottles, cans, shot glasses, etc.);

• Display content of a sexual nature, including pornographic links;

• Condone drug-related activities, including but not limited to images portraying personal use of marijuana and drug paraphernalia;

• Exhibit inappropriate or offensive language, including threats of violence and derogatory or discriminatory comments;

• Suggest participation in gambling or gaming-related activities;

• Portray poor sportsmanship (e.g., unsportslike comments towards opposing teams, players, teams, coaches, or officials);

• Depict or encourage unacceptable, violent, or illegal activities such as hazing, assault, harassment, discrimination, fighting, vandalism, academic dishonesty, etc.;

• Constitute a violation of the NCAA Constitution and Bylaws or the Big Ten Conference rules and regulations (e.g., commenting publicly about a prospective student-athlete, providing information related to sports wagering activity, soliciting impermissible extra benefits, etc.); and

• Is sensitive or personal in nature or is confidential to the Athletics Department (e.g., tentative or future team schedules, injuries and eligibility
status, travel plans, etc.).

**POTENTIAL CONSEQUENCES**

Inappropriate behavior may subject the student-athlete to:

- Written warning;
- Meeting with the Director of Athletics and Head Coach;
- Other disciplinary actions consistent with Athletics Department and/or University policies.

These consequences may be imposed for an individual offense or cumulative offenses.
BENEFITS
Receiving an award, benefit or expense allowance not authorized by NCAA legislation renders the student-athlete ineligible for athletics competition. Student-athletes and their parents or relatives are generally not permitted to accept any benefits (e.g., lodging or meals) from Penn State staff, boosters and friends of the University.

SPONSOR FAMILIES
A member institution shall not permit staff members or any individuals to serve as “sponsors” or “families” for student-athletes who are enrolled in the institution.

EXTRA BENEFITS
An extra benefit is any special arrangement made by a Penn State staff member, representative of its athletics interest (booster), a sports agent, or a commercial enterprise to provide student-athletes and/or their parents/guardians, relatives or friends with a benefit not expressly authorized by the NCAA and generally available to the general student body. Extra benefits include special discounts or credit on purchases or services, a monetary loan, use of an automobile or credit cards, purchase of a meal or any tangible items, free or reduced rent or benefits connected with off-campus housing, and professional services provided at less than the normal rate or at no expense to the student-athlete. Student-athletes are not permitted to have University or Intercollegiate Athletics’ employees perform services such as typing at no cost or to use copying machines at no cost.

NON-PERMISSIBLE BENEFITS
Prohibited benefits include, but are not limited to:

Discounts and Credits
Student-athletes may not receive a special discount, payment arrangement or credit on a purchase (e.g., airline ticket, clothing) or a service (e.g., laundry, dry cleaning).

Entertainment Services
Student-athletes may not receive services (e.g., movie tickets, dinners, use of car) from commercial agencies (e.g., movie theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services also are available to the general student body.

Free or Reduced-Cost Services
Student-athletes may not receive professional services (for which a fee normally would be charged) without charge or at a reduced cost. Professional services provided at less than the normal rate or at no expense to student-athletes are considered an extra benefit unless they are available on the same basis to the general student body.
Telephone and Credit Cards

Student-athletes are not permitted to use institutional telephones or credit cards for personal reasons.

Other Prohibited Benefits

a. A loan of money (including co-signer arrangements from an individual the student-athlete is not naturally or legally dependent upon).

b. An automobile or the use of an automobile

c. Transportation (e.g., a ride home with coach), even if the student-athlete reimburses the individual (staff, booster) for the appropriate amount of the gas or expense.

ATHLETIC EQUIPMENT, APPAREL AND AWARDS

Student-athletes may not accept athletics equipment, supplies or clothing from a manufacturer or commercial enterprise. Such items may be provided to the student-athlete’s institution, to be utilized by the institution’s team in accordance with accepted practices for issuance and retrieval of athletics equipment. Student-athletes are not permitted to sell, trade or exchange equipment, apparel or award items provided by Penn State for anything of value.

OCCASIONAL MEALS

Each student-athlete is limited to receipt of three or fewer occasional meals per semester and such meals may only be provided by individuals who are currently employed by Penn State. The period between the end of the spring semester and the start of fall classes shall be considered a semester for the purposes of this rule. Any student-athletes receiving an even occasional meal from any source must provide advanced notice to a member of their coaching staff.

All occasional meals must take place either on University owned property in State College or within 30 miles of camps at the home of the individual providing the meal. Boosters and fans may not provide meals to student-athletes at any location. Special circumstances may be presented by a student-athlete to the Athletics Compliance Office for case-by-case review.

EMPLOYMENT

PRIOR APPROVAL REQUIRED

Student-athletes must sign a written statement and be granted prior approval by the Department of Athletics before they begin legitimate on or off-campus employment during the academic year.

WRITTEN STATEMENT

Prior to beginning employment, student-athletes and the employer must sign a written statement, approved by the Director of Athletics, confirming their understanding of and commitment to comply with NCAA rules regarding employment.
The request for prior approval form and the written statement must be completed in the Student-Athlete Services Office, 110 Bryce Jordan Center.

NCAA BYLAW 15.2.7 EMPLOYMENT.

Student-athletes’ earnings from on or off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete’s full grant-in-aid or in the institution’s financial aid limitations, provided:

a) The student-athlete’s compensation does not include any remuneration for value or utility that the student-athlete may have for the employer because of the publicity, reputation, fame or personal following that he or she has obtained because of athletics ability.

(b) The student-athlete is compensated only for work actually performed; and

(c) The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services.

EMPLOYMENT AT CAMP OR CLINIC

General Rule: Student-athletes employed in any sports camp or clinic must meet the following requirements:

(a) Student-athletes must perform duties that are of a general supervisory character in addition to any coaching or officiating assignments.

(b) Compensation provided to student-athletes shall be commensurate with the current rate for camp or clinic counselors of like teaching ability and camp or clinic experience and may not be paid on the basis of the value that student-athletes may have for the employer because of the athletics reputation or fame the student-athlete has achieved.

(c) Student-athletes who only lecture or demonstrate at a camp/clinic may not receive compensation for their appearance at the camp/clinic.

(d) The camp does not use the student-athlete’s name or image to promote the camp.

(e) Student-athletes may not own or operate their own sports camp.

FEE FOR LESSON COMPENSATION

Student-athletes may receive compensation for teaching or coaching sport skills or techniques in their sports on a fee-for-lesson basis provided:

(a) Institutional facilities are not used;

(b) Playing lessons shall not be permitted;

(c) The institution obtains and keeps on file documentation of the lesson(s) recipient of and the fee charged for the lesson(s) provided during any time of the year; and

(d) The compensation is paid by the lesson recipient (or the recipient’s family) and not another individual or entity.
(e) Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.

(f) Student-athlete do not use their name, likeness or appearance to promote or advertise the availability of fee-for-lesson sessions

_All fee-for-lesson must receive prior approval from the Student-Athlete Services Office, 110 Bryce Jordan Center. The fee-for-lesson report form is available in the Student-Athlete Services Office, 110 Bryce Jordan Center._

**COMPLIMENTARY ADMISSIONS**

Student-athletes may receive up to four complimentary admissions to each home and away contest. Complimentary admissions must be provided to guests of a student-athlete only by a “pass list.” Institutional procedures require student-athletes to designate all guests and assign all tickets through the Jump Forward complimentary admissions management system. Designated guests of student-athletes must present a photo ID at the player’s Will Call window in order to be admitted to the event.

An institution may not provide a special arrangement to sell a student-athlete ticket(s) to an athletics event. Tickets shall be available for student-athletes to purchase according to the same purchasing procedures used for all students and the general public.

Student-athletes may not receive payment from any source for the complimentary admissions and may not exchange them for any item of value. Student-athletes jeopardize their eligibility status by not following the complimentary admissions policy.

**PRACTICE AND COMPETITION**

**ATHLETICALLY RELATED ACTIVITIES: PRACTICE**

Practice is an athletically related activity held at the direction of or supervised by, any member or members of the coaching staff. Student-athletes must be enrolled in a minimum of 12 credits to be eligible for practice. Exceptions may be granted for student-athletes in their final semester. Daily and weekly practice limitations do not apply during official vacation periods published in the University’s official calendar for the academic year.

**PLAYING SEASON LIMITATIONS**

- Twenty (20) hours per week: Student-athletes are limited to 20 hours per week of athletically related activities.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of athletically related activities.
- One (1) day off per week: All countable athletically related activities are prohibited during one calendar day per week.
OUTSIDE THE PLAYING SEASON LIMITATIONS

- Eight (8) hours per week: Student-athletes are limited to 8 hours per week of required strength training and conditioning.
- Four (4) hours per day: Student-athletes are limited to 4 hours per day of athletically related activities.
- Two (2) days off per week: All countable athletically related activities are prohibited during two calendar days per week.
- All sports except football: All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period for the applicable academic semester through the conclusion of each student athlete’s final exam.

ALL SPORTS EXCEPT FOOTBALL

Two hours of the permissible 8 hours per week can be used for individual skill related instruction.

EXCEPTION FOR FOOTBALL:

Two hours of the 8 hours per week can be used to view game film/video. Skill instruction is not permitted.

EXCEPTION FOR FOOTBALL AND BASKETBALL:

Coaches may require athletic activities during 8 designated weeks within the summer vacation period for student-athletes who are enrolled or meet academic requirements. Activities may not exceed 8 hours per week.

FOOTBALL: NINE WEEKS AS STUDENT-ATHLETE DISCRETIONARY TIME:

January 1 through the start of the pre-season practice, an institution shall designate a total of 9 weeks as student-athlete discretionary time. Student-athlete discretionary time is time that a student-athlete may only participate in athletics activities at his or her discretion. There shall be no required workouts, and institutions are not permitted to recommend that student-athletes engage in weight training or conditioning activities; however, if student-athletes opt to work out, the strength and conditioning coach may monitor the facility in use for health and safety purposes.

OUTSIDE COMPETITION: PRIOR APPROVAL REQUIRED

Student-athletes must obtain prior written approval from the Director of Athletics, the Compliance Office and the Faculty Athletics Representative to participate in outside competition during the regular academic year.

Request for prior approval must be submitted by the student-athlete’s coach on the appropriate department form.

Participation in summer basketball leagues must be certified by the NCAA and approved by the institution.
Failure to comply with the outside competition regulations will result in the student-athlete’s loss of eligibility.

**VOLUNTARY ATHLETICALLY RELATED ACTIVITIES**

Any athletically related activity is considered “voluntary” if all of the following conditions are met:

- Student-athletes must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity. In addition, no athletics department staff member who observes the activity (e.g., strength coach, trainer, manager) may report back to the student-athlete’s coach any information related to the activity. There also should be neither a penalty for opting out of a voluntary activity, nor an incentive for participating in a voluntary activity.

- The activity must be initiated and requested solely by the student-athlete. Neither the institution nor any athletics department staff member may require the student-athlete to participate in the activity at any time. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track). In addition, for student-athletes who have initiated a request to engage in voluntary activities, the institution or an athletics department staff member may assign specific times for student-athletes to use institutional facilities for such purposes and inform the student-athletes of the times in advance.

**SUMMER ATHLETICALLY RELATED ACTIVITIES**

NCAA rules do not permit coaches to require or monitor athletically related activities during the summer vacation period when a team is considered to be “out of season” except as noted for the sports of basketball and football.

**PROMOTIONAL ACTIVITIES AND APPEARANCES**

**USE OF A STUDENT-ATHLETE’S NAME, PICTURE OR APPEARANCE**

The use of a student-athlete’s name, picture, or appearance by any individual or group for a promotional activity must be approved in writing by the Director of Athletics or designee prior to the student-athlete’s participation in the activity. If the student-athlete agrees to participate, the authorized representative of the event must sign a release statement prior to submitting the request for approval by the Director of Athletics.

*The form for this procedure can be obtained from the Athletics Compliance Office in 110 Bryce Jordan Center.*

**NCAA Bylaw 12.5.1.1:** A member institution or recognized entity thereof (e.g., fraternity, sorority or student government organization), a member conference or a non-institutional charitable, educational or non-profit agency may use a student-athlete’s name, picture or appearance to support its charitable or
educational activities or to support activities considered incidental to the 
student-athlete’s participation in intercollegiate athletics, provided the following 
conditions are met:

(a) The student-athlete receives written approval to participate from the 
director of athletics (or his or her designee who may not be a coaching staff 
member), subject to the limitations on participants in such activities as set 
forth in Bylaw 17;

(b) The specific activity or project in which the student-athlete participates 
does not involve co-sponsorship, advertisement or promotion by a 
commercial agency other than through the reproduction of the sponsoring 
company’s officially registered regular trademark or logo on printed 
materials such as pictures, posters or calendars. The company’s emblem, 
name, address, telephone number and Web site address may be included 
with the trademark or logo. Personal names, messages and slogans (other 
than an officially registered trademark) are prohibited;

(c) The name or picture of a student-athlete with remaining eligibility may not 
appear on an institution’s printed promotional item (e.g., poster, calendar) 
that includes a reproduction of a product with which a commercial entity is 
associated if the commercial entity’s officially registered regular trademark 
or logo appears on this item;

(d) The student-athlete does not miss class;

(e) All moneys derived from the activity or project goes directly to the 
member institution, member conference or the charitable, educational or 
nonprofit agency;

(f) The student-athlete may accept actual and necessary expenses from the 
member institution, member conference or the charitable, educational or 
non-profit agency related to participation in such activity;

(g) The student-athlete’s name, picture or appearance is not utilized to promote 
the commercial ventures of any non-profit agency;

(h) Any commercial items with names or pictures of student-athletes (other than 
highlight films or media guides per Bylaw 12.5.1.7) may be sold only at the 
member institution at which the student-athlete is enrolled, institutionally 
controlled (owned and operated) outlets or outlets controlled by the 
charitable or educational organization (e.g., location of the charitable or 
educational organization, site of charitable event during the event). Items 
that include an individual student-athlete’s name, picture or likeness (e.g., 
name on jersey, name or likeness on a bobble-head doll), other than 
informational items (e.g., media guide, schedule cards, institutional 
publications), may not be sold: and

(i) The student-athlete and an authorized representative of the charitable, 
educational or nonprofit agency sign a release statement ensuring that the 
student-athlete’s name, image or appearance is used in a manner consistent
with the requirements of this section.

**STUDENT HOSTS: OFFICIAL AND UNOFFICIAL RECRUITING VISITS**

The Pennsylvania State University and its Department of Intercollegiate Athletics are committed to the proper recruitment of prospective student-athletes. Athletic Administrators, coaches and student-athletes should report any concerns regarding the recruiting process to the Athletic Administrator for Compliance.

Once the official or unofficial visit is arranged, the coach responsible for recruitment of the prospect shall select a responsible student host who will follow the coach’s instructions, avoid inappropriate behavior and represent the University, the Department of Athletics and team appropriately. The coach shall meet with the student who will be responsible for hosting the prospect during the visit. During the meeting, the coach shall inform the student host about acceptable and inappropriate behavior and activities during official and unofficial visits and shall explain in detail the host’s responsibilities during the prospect’s visit. The coach shall provide the student host with a form (the “Student Host Form”) which sets forth the student host’s responsibilities during the prospect’s visit. The coach shall review the “Student Host Form” with the student host making sure to point out the activities which are strictly prohibited under NCAA rules and under this policy. Prior to distributing student-host money for an official visit, the coach shall ensure that the student host signs the form confirming the student host’s understanding of his or her responsibilities during the prospect’s visit.

**DURING PROSPECT’S VISIT**

During the prospect’s official and unofficial visit, the student hosts may use their own personal vehicles to transport prospects around campus but shall not permit a prospect to operate the student host’s vehicle.

At the start of the prospect’s visit, the student host and prospect will be provided with an emergency card listing the names and telephone numbers of people able to provide assistance in case of an emergency. The coach responsible for recruitment shall advise prospective student-athletes about appropriate behavior and responsibilities while they are visiting, including during the prospect’s “free time.”

Student-athletes are expected to use good judgment when hosting a recruit and act in a courteous and professional manner toward their guest.

• Activities which are strictly prohibited during a prospect’s visit include, but are not limited to the following:
  1) Use of alcohol regardless of age
  2) Use of illicit drugs
  3) Use of sex as a recruiting device
4) Activities which violate Pennsylvania or Federal criminal laws
5) Gambling or gaming activities
6) Use of strippers or attendance at adult entertainment establishments

• A maximum of $40 may be spent for each day of the visit to cover all actual costs of entertaining the prospect (and the prospect’s parents, legal guardians or spouse), excluding the cost of meals and admission to campus events. If several students host a prospect, the $40 per day entertainment money may be utilized to cover the actual and necessary expenses incurred by the prospect and all hosts. It is permissible to provide the student host with an additional $20 per day for each additional prospect the host entertains.

• Hosts may not provide cash to the visiting prospect or any other individuals.

• Prospects may not use the $40 entertainment money for the purchase of souvenirs such as T-shirts or other institutional mementos.

• The host, the prospects and their guests are not permitted to receive a discount on purchases from any place of business unless the discount is available to the general student population.

• Hosts may receive complimentary admission to a campus event, through a pass list, to accompany a prospect to that event during the prospect’s official visit. A photo ID will be required for admission.

• Hosts may provide transportation during the prospect’s official visit. Hosts may not use a vehicle provided or arranged for by institutional staff members or other individuals and should never permit a prospect to use the vehicle.

• Entertainment of prospects must occur within a 30-mile radius of the Penn State Campus. Hosts must obtain the coach’s permission before leaving the State College area with a prospect. Prospects must be returned to their overnight accommodations at the conclusion of the day’s activities.

• Athletics representatives (e.g., booster, former student-athletes) are not permitted to be involved in recruiting prospects. If an unplanned meeting occurs with the prospect and an athletic representative, hosts must not permit any recruiting conversation to occur; only an exchange of greeting is permissible.

• A prospect may engage in recreational and workout activities provided such activities are not initiated organized or observed by the coaching staff and are not designed to test the prospect’s athletics abilities. Prospects must use their own apparel and equipment. Hosts are not permitted to provide an evaluation of the prospect’s athletic abilities to any individual.

During any official or unofficial visit, student hosts and prospects are strictly prohibited from consuming alcoholic beverages or using illicit drugs. Student hosts shall not persuade or encourage prospects to consume alcohol or use drugs
and shall not provide a prospect with alcohol or otherwise make alcohol or drugs available to a prospect. In addition, student hosts and prospects shall comply with all University rules, as well as local, state and federal laws regarding alcohol and drug use. Student hosts found to have provided alcohol to a prospect or persuaded a prospect to consume alcohol or found to have engaged in drinking alcoholic beverages, using illegal drugs or participating in any criminal activities during the prospect’s official visit shall be subject to disciplinary action by the Department of Athletics, the University’s Office of Student Conduct and/or Centre County, Pennsylvania, legal authorities.

Entertainment during an official visit shall be limited to the provisions stated on the “Student Host Form,” as well as to activities which are not prohibited under this policy, the University’s general policies and the NCAA’s rules and regulations. Student hosts and prospects are expected to behave morally and responsibly when making decisions about entertainment.

The coach responsible for the prospect’s recruitment shall instruct student hosts to ensure that prospects return to their rooms at a time consistent with the schedule of activities during the visit and which will provide sufficient sleep time for the prospects to allow them to take effective advantage of the academic, athletic and student life aspects of the official visit. Student hosts must be aware of the prospect’s whereabouts and should be concerned with the prospect’s safety at all times.

**AFTER THE PROSPECT’S VISIT**

The “Student Host Form” must be submitted with the official visit report and must include a list of expenses incurred by the student host during the prospect’s visit, and to the extent possible, copies of receipts for those expenses. In the event receipts are not available, the student host shall sign a statement certifying that the list of expenses submitted is a true and accurate record of expenses actually incurred. The coach responsible for recruitment of the prospect is expected to meet with the student host to discuss the prospect and the official visit. The student host’s input and evaluation should be considered valuable information to the recruitment process and should be carefully considered.

**ENFORCING THE RECRUITING POLICY**

Any policy violations shall be reported, in writing, to the Athletics Compliance Office. Violations of this policy by a student host, a coach or staff member will result in the imposition of an appropriate sanction as determined by the appropriate authorities. If the violation of this policy also constitutes a violation of the University’s Code of Conduct or any University policy, the procedures for adjudication of those policies and any appropriate sanctions will also apply in addition to any action taken by the Department of Intercollegiate Athletics, The Pennsylvania State University, the Big Ten Conference, and/or the NCAA.
IMPERMISSIBLE RECRUITMENT ACTIVITIES FOR ENROLLED STUDENT-ATHLETES

- **Off-Campus Contacts:** Enrolled student-athletes should not participate in off-campus recruiting contacts with prospects, as an individual or at the direction of any Penn State staff member or booster. Prospect Defined: A prospect is a student who has started ninth-grade classes or is attending another 2- or 4-year collegiate institution.

- **Telephone Calls:** Enrolled student-athletes shall not initiate telephone calls to prospects at any time.

- **Written Correspondence:** Enrolled student-athletes shall not engage in written or electronic correspondence with prospects at the direction or expense of a coach at any time.

**DRUG TESTING - NCAA, BIG TEN, PENN STATE**

All student-athletes must sign the NCAA, Big Ten and Penn State drug testing consent forms in order to participate in intercollegiate athletics. Student-athletes should not take any medications without providing prescription documentation and information to the team physician and athletic trainer.

No medication or nutritional supplement—without the prior approval of the Penn State Team Physician, a staff athletic trainer or Sports Nutritionist—should ever be taken. Many over-the-counter supplements contain banned substances. In accordance with NCAA rules, Penn State has designated Dr. Philip Bosha as the official departmental resource for questions involving banned substances. Dr. Bosha can be reached at 814-865-3566.

If the NCAA or the Big Ten Conference tests a student-athlete for the banned drugs listed in Bylaw 31.2.3.4 and test results are positive, the student-athlete will be ineligible to participate in regular-season and postseason competition for one calendar year (365 days) after the positive drug test. The student-athlete will lose a minimum of one season of competition in all sports. If a second test for any drug proves positive a second time, other than a “street drug” as defined in Bylaw 31.2.3.2, the student-athlete will lose all remaining regular- and post-season eligibility in all sports. If a test proves positive for the use of a “street drug” after being restored to eligibility, the student-athlete shall be charged with the loss of one additional season of competition in all sports and also shall remain ineligible for regular- and post-season competition at least through the next calendar year. [Bylaw 18.4.1.5.1] A policy adopted by the NCAA Executive Committee and the Big Ten Conference establishes that the penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug other than a street drug. Student-athlete will remain ineligible until a retest proves negative and their eligibility has been restored by the NCAA Committee on Student-Athlete Reinstatement. [Bylaw 18.4.1.5.1]
PENN STATE® DRUG FREE ATHLETICS PROGRAM

Student-athletes having positive test results will be required to participate in and complete the substance abuse educational program. Failure of student-athlete to comply with a treatment and/or management plan mandated under this Program will result in immediate suspension from all practices, games and athletic department functions.

First Positive: A first positive requires an evaluation by the team physician, referral for an evaluation by a substance abuse counselor, and follow-up testing.

Second Positive: A student-athlete having a second positive will be required to undergo additional counseling and will be suspended for a minimum of seven (7) days.

Third Positive: A student-athlete having a third positive will be suspended for a minimum of one calendar year (365 days).

Fourth Positive: A student-athlete having a fourth positive will be dismissed from the team.

All positive test results are considered cumulative for the student-athlete’s career. Coaches maintain the authority to impose more severe penalties than those provided in Section 12 of the Penn State Department of Intercollegiate Athletics Drug Free Athletics Program. Student-athletes are encouraged to review the entire Drug Free Athletics Program on the Penn State Athletics Compliance Office Website at http://www.gopsusports.com/compliance/psu-compliance.html.

Safe Harbor

5.1 Any student-athlete may refer himself/herself for evaluation or counseling by contacting a coach, athletic trainer, team physician and/or psychologist for athletics. This is called Safe Harbor because it is confidential and no team or administrative sanctions will be imposed upon the student-athlete who has made a personal decision to seek professional assistance (prior to notification of a scheduled drug test or prior to testing positive).

5.2 The athlete may however, be temporarily medically ineligible if he/she is deemed unfit to continue participation safely.

5.3 The benefits available under this section may not be utilized as a means of avoiding the sanctions of a positive drug test and also may not be claimed after an athlete is notified of an impending drug test.

5.4 This Safe Harbor program does not prevent the NCAA or Big Ten Conference from testing student-athletes and student-athletes will remain subject to those sanctions imposed by the NCAA or Big Ten Conference in the event of a positive test.
SELLING OR PROVIDING ILLICIT DRUGS

Student-athletes found guilty of selling or providing an illegal drug, including ADHD drugs, to another person are subject to immediate and permanent dismissal from any team on which they participate. In addition, any athletic financial aid to the extent permitted under NCAA rules will be terminated.

NCAA BANNED-DRUG CLASSES

THE NCAA BANS THE FOLLOWING CLASSES OF DRUGS:

a. Stimulants
b. Anabolic Agents
c. Alcohol and Beta Blockers (banned for rifle only)
d. Diuretics and Other Masking Agents
e. Street Drugs
f. Peptide Hormones and Analogues
g. Anti-estrogens
h. Beta-2 Agonists

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

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

DRUGS AND PROCEDURES SUBJECT TO RESTRICTIONS:

b. Local Anesthetics (under some conditions).
c. Manipulation of Urine Samples.
d. Beta-2 Agonists permitted only by prescription and inhalation.
e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA NUTRITIONAL/DIETARY SUPPLEMENTS WARNING:

Before consuming any nutritional/dietary supplement product, review the product with your athletics department staff!

a. Dietary supplements are not well regulated and may cause a positive drug test result.
b. Student-athletes have tested positive and lost their eligibility using dietary supplements.
c. Many dietary supplements are contaminated with banned drugs not listed on the label.
d. Any product containing a dietary supplement ingredient is taken at your own risk.
NOTE: There is no complete list of banned drug examples!
Check with your athletics department staff before you consume any medication or supplement.

SOME EXAMPLES OF NCAA BANNED SUBSTANCES IN EACH DRUG CLASS

Stimulants:
- amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexaneamine, “bath salts” (mephedrone) etc. Exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione):
- boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):
- alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics (water pills) and Other Masking Agents:
- bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:
- heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. spice, K2, JWH-018, JWH-073)

Peptide Hormones and Analogues:
- growth hormone(hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens:
- anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.

Beta-2 Agonists:
- bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class, even if it not listed as an example, is also banned!

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

Check with the appropriate athletics staff before using any substance.
SUMMARY: DRUG POLICY

(For full disclosure of the PSU alcohol policy see http://www.sa.psu.edu/ja/pdf/Policies-Rules.pdf)

To encourage sportsmanship to our competitors and to promote the health and safety of our student-athletes, Intercollegiate Athletics provides a drug-screening program for all 31 sports. Educational opportunities to enhance the student-athlete’s awareness of the effects of substance abuse are also available.

University policy and Intercollegiate Athletics do not condone the medically-unsupervised use, possession, sale, manufacture or distribution of drugs that are illegal. Any violation of this policy either on or off campus will result in the student-athlete’s ineligibility for participation in all intercollegiate competition and may result in disciplinary action, including separation from the University, and the violator may be required to participate in a drug abuse assistance program.

The student-athlete will annually, prior to participation in intercollegiate competition during the academic year, sign a statement in a form prescribed by the NCAA and the Big Ten Conference in which he or she consents to be tested for the use of drugs prohibited by the NCAA. Failure to complete and sign the statement annually, failure to appear for a scheduled drug test and/or a positive drug test will result in the student-athlete’s ineligibility for participation in all intercollegiate competition.

The NCAA Web site that lists banned substances can be viewed at www.ncaa.org/wps/wcm/connect/public/NCAA/Health+and+Safety/Drug+Testing/Resources. The site should be checked regularly as it is continually updated. If there is a concern about a substance, student-athletes should see their team physician or the sports nutritionist.

GAMBLING

In accordance with NCAA rules, student-athletes cannot knowingly provide information to assist individuals involved in organized gambling activities concerning intercollegiate athletic competition, solicit a bet on any intercollegiate team, accept a bet on any team representing the University or participate in any gambling involving intercollegiate or professional athletics through a bookmaker, a parlay card or any other method of sports gambling. The penalty for breaking this rule is a loss of eligibility.

Student-athlete concerns regarding gambling activities should be immediately brought to the attention of their coaches or the athletics administration.

GAMBLING POLICY

In keeping with the Athletic Department’s mission and the University’s commitment to integrity in all areas, the Department of Intercollegiate Athletics
strongly condemns the influence of sport gambling. The NCAA opposes all forms of legal and illegal sports wagering, and defines gambling as placing a bet on any sports event and/or giving information to anyone who does place bets on college or professional sports. The following are ex-amples of gambling behaviors that are prohibited by the NCAA.

- Wagering on sports with friends, on-line or through a bookie or sports book;
- Paid participation in gambling “pools” or bracket contests;
- Fantasy sports leagues that required a fee in order to participate, including one-day fantasy leagues;
- Providing individuals involved in gambling information about your team;
- Altering the outcome of a contest for gambling purposes or financial gain.

The Athletics Department requires its staff members and student-athletes to abide by NCAA, state, and federal laws regarding gambling. Allegations of gambling will be thoroughly investigated, and violations will result in disciplinary actions.

AGENTS AND PROFESSIONAL SPORTS EDUCATION AND COUNSELING

The NCAA strictly regulates a student-athlete’s interaction with agents, contract advisors, runners/recruiters, financial advisors, marketing representatives and insurance agents.

Agents or runners will attempt to contact student-athletes and their families at any given time during the student-athletes intercollegiate athletics career. These individuals will jeopardize the eligibility of a student-athlete in an effort to enrich themselves. Before collegiate eligibility expires, student-athletes, their parents and family members should never accept a promise of anything of value or any offers. Additionally, they should never enter into any agreement with an agent to market or negotiate on behalf of a student-athlete.

USE OF AGENTS

Student-athletes shall be ineligible for participation in an intercollegiate sport:

- If the student-athlete (their relatives or friends) has ever agreed (orally or in writing) to be represented by an agent, contract advisor or any person affiliated with a contract advisor including “runners”/recruiters, financial advisors, marketing representatives and insurance agents in the present or in the future for the purpose of marketing their athletics ability or reputation in that sport.
- If the student-athlete (their relatives or friends) enters into an oral or written agreement with an agent, contract advisor or any person affiliated with a contract advisor including “runners”/recruiters, financial advisors, marketing representatives and insurance agents for representation in future professional sports negotiations that are to take place after the individual
has completed eligibility in that sport.

- If the student-athlete (or their relatives or friends) accepts any benefits from any person wishing to represent the individual in marketing their athletics ability. Receiving such expenses constitutes compensation based on athletics skill and is an extra benefit not available to the general student body.

- If the student-athlete participates with a professional team in a tryout that lasts longer than 48 hours, which the student-athlete has not personally financed; participates in a tryout with a professional team during the academic year and misses class; or enters the draft AND does not take the appropriate steps to withdraw and declare an intention to resume intercollegiate participation.

**CONTACT BY AGENTS**

Student-athletes and their family members should be very careful about any interaction with agents or financial advisors until their eligibility has been exhausted. To avoid eligibility issues, the Athletics Department requires student-athletes to inform the Athletics Compliance Office at 814-863-8048 if any agent (financial advisor, insurance agent, runner, etc.) contacts them.

Agents wishing to communicate with and represent Penn State student-athletes are required to provide prior notice to the Department of Athletics by completing and submitting the PSU Agent Registration Form. The form is available for download on the Athletics Compliance Office website. Additionally, Pennsylvania law requires that all agents must register with the State of Pennsylvania. A list of registered agents and the state laws that govern their activities can be found at the [Pennsylvania State Athletic Commission - Athlete Agent Information Website](#). Please note that unregistered agents may not contact student-athletes, their family and friends.

If student-athletes, their parents or relatives are contacted by agents or their representatives during the time period permitted per the regulations of professional league players associations (e.g., NFLPA, WNBAPA, NHLPA), they should do the following:

- Advise the agent that they are required register with to the Penn State Athletics Compliance Office.

- Advise the agent that they are required to register with the State of Pennsylvania at 717-787-5720 or via the [Pennsylvania State Athletic Commission - Athlete Agent Information Website](#).

- Request a resume with references and information about the services offered by the agent’s firm.

- Advise the agent that you will review the information to determine who you will interview.

- Inform the agents they should not continue to contact you, your family or...
friends until the season’s conclusion. Remind them it is important that you are not distracted and remain focused during the season. If agents do not respect your request to refrain from contacting you until you complete your eligibility, they should not be given consideration when you do require an agent.

- You and your family members may contact the Penn State Athletics Compliance Office to inquire about the background and status of an agent or financial advisor.
- Contact agents as necessary and notify the selected agents for interviews at the conclusion of your final playing season.
- Keep your head coach and the Athletics Compliance Office informed of all activities during this process.
- Be careful with whom you associate during this process.

**NCAA AGENT REGULATIONS FREQUENTLY ASKED QUESTIONS:**

1. **What is an agent according to NCAA rules?**
   
   An “agent” is anyone who represents or attempts to represent an individual for the purpose of marketing his or her athletics ability or reputation for financial gain. The NCAA’s definition also includes any individual who attempts to gain financially from an individual’s earnings potential as a professional athlete. This definition can include not only contract advisors, but financial advisors, marketing consultants and individuals working on behalf of a contract advisor.

2. **Am I allowed to have any type of agreement with an agent?**
   
   NO. You are not permitted to have a written or oral agreement with an agent or anyone who is employed by or acting on behalf of an agent or sports agency (i.e., “runner”).

3. **What is an oral agreement with an agent?**
   
   An oral agreement occurs if you verbally agree to have an agent perform any services (e.g., providing any expenses related to tryouts, arranging disability insurance, etc.) on your behalf OR you have knowledge that an agent is performing such services.

4. **Is an agent allowed to contact teams on my behalf to arrange private workouts or tryouts?**
   
   NO. You cannot have an agent arrange a private workout/tryout with a professional team.

5. **Can my family members or other individuals who are associated with me have an agreement with an agent to perform services on my behalf?**
   
   NO. Family members and other individuals are not permitted to enter into any agreements with an agent on your behalf.
6. Am I allowed to have an agreement with an agent if it is for future representation?

NO. You are not permitted to agree to a future representation agreement with an agent.

7. Is an agent allowed to provide me any benefits?

NO. You, your family, or your friends are not permitted to receive any benefits from an agent. Examples of material benefits include money, transportation, dinner, clothes, cell phones, jewelry, etc. However, benefits may also include, but are not limited to, activities such as tryout arrangements with a professional team and coordinating tryout schedules.

8. Am I permitted to have an advisor during this process?

YES. You must request prior approval from the Athletic Compliance Office. The advisor is not permitted to market you to professional teams; they will be considered an agent if they contact teams on your behalf.

9. Can an institution cancel my athletics scholarship if I have an agreement with an agent?

YES. An institution is permitted to rescind your athletics scholarship if you have an agreement with an agent.

PROFESSIONAL SPORTS EDUCATION AND COUNSELING PROGRAM

As permitted in the NCAA Constitution, the President of the University has established a professional sports counseling panel to assist student-athletes in obtaining and evaluating reliable information concerning future professional athletic careers and to establish lines of communication between athletes, agents and institutions.

The panel functions to educate student-athletes and their families concerning the application of NCAA legislation regarding eligibility and how the legislation affects their relationship with agents. The panel will be available to advise and counsel student-athletes in order to assist them in making sound decisions when choosing an agent.

The panel organizes an educational program utilizing the services of individuals who possess special knowledge in this area, to provide the student-athlete with working knowledge of the agent selection process as well as the financial and personal business management needs of the professional athlete. Program materials include agent information (registration status, credentials, client list and services), sample contracts, draft and salary reports, sport specific information and other important reference materials.

The Department of Athletics provides this free service to all student-athletes and their families. To request the informational brochure and/or the services of the panel, contact Matt Stolberg in the Athletics Compliance Office, 110 Bryce Jordan
Ce

Phone: 814-863-8048. E-mail: mas908@psu.edu

THE PENN STATE® PROFESSIONAL SPORTS COUNSELING PANEL WILL:

• Inform student-athletes of the rules applicable to entering a professional league’s draft or trying out with a professional team.

• Advise student-athletes about future professional careers.

• Provide quotes and direction on securing a loan to purchase insurance against a disabling injury that would prevent individuals from pursuing a professional athletics career.

• Review the background, experience and proposed contract of an agent and provide the information to the student-athletes, their parents or legal guardians.

• Assist student-athletes in selecting an agent by participating with the student-athletes in agent interviews, by reviewing written information agents send to the student-athlete and by having direct communication with those individuals who can comment about the agent’s abilities.

• Meet with student-athletes, player associations and representatives of professional athletics teams to assist student-athletes in determining their market value (e.g., potential salary, draft status).

TRANSFER RULE AND POLICY

Pursuant to NCAA Bylaw 13.1.1.3, a staff member or other representative of another institution shall not make contact with a Penn State student-athlete without first obtaining written permission from the Penn State Athletics Compliance Office as designated by the Director of Athletics.

• All student-athlete transfer requests must be submitted in writing to the respective head coach with the Athletics Compliance Office copied or only to the Compliance staff. If Penn State decides to deny the student-athlete’s request to contact other institutions, the student-athlete will be notified of this decision through a written notice to their PSU e-mail account. This communication will include directions on how the student-athlete may appeal the decision.

• If permission to contact other institutions is granted, student-athletes must schedule an “exit interview” with the appropriate athletics’ administrator for their sport. NCAA and Big Ten Conference transfer rules that may affect eligibility will be discussed during the exit interview.

• The appropriate athletics administrator will provide written confirmation to the Athletics Compliance Office that the interview has been completed.

• Subsequent to completing the exit interview, student-athletes must inform the Athletics Compliance Office of the institutions they wish to contact.
Pursuant to NCAA Bylaw 13.1.1.3, the Athletics Compliance Administrator will prepare the official notification to the institutions listed by the student-athlete.

**VEHICLE REGISTRATION**

All students, graduate and undergraduate, who live on or off campus, must register their vehicles and display a current parking permit if the vehicle is to be parked on campus. Vehicles must be registered with the Parking Office in the Eisenhower Deck by the first day of classes and a University registration fee will be charged. Students residing on campus with 27 or fewer credits are not permitted to have a vehicle at the University Park Campus.

Students must also register their vehicle with Intercollegiate Athletics Compliance Office, 110 BJC. Student-athletes have a continuing obligation to update their vehicle information file in the Athletics Compliance office (863-8048) if they change a vehicle or obtain a new vehicle. A student-athlete’s obligation to register their vehicle with the Compliance Office applies to any type of motorized vehicle they have use of, regardless of whether the vehicle is leased, borrowed or purchased.

**MOPED AND BICYCLE REGISTRATION**

All students, graduate and undergraduate, who own or operate a moped or bicycle must display a current registration tag issued by University Safety or the Borough of State College. There is no charge for this registration.

Bicycles and mopeds may be registered, inspected and licensed at the University regulations regarding parking. Student-athletes must pay all parking fines; outstanding fines will result in a registration hold.

**MEDIA RELATIONS**

Student-athletes have a responsibility to the University, Penn State Intercollegiate Athletics and their teams to best represent Penn State when interacting with the media. The fans of the institution, sport and/or individual student-athletes have an interest in following the progress, career and intercollegiate experience of our student-athletes.

The opportunity for student-athletes to deal with the media is a learning experience in developing communication skills which can be helpful not only during the intercollegiate experience, but in future professional and business careers.

- Student-athletes should never agree to an interview unless arrangements have been coordinated by the Athletic Communications Office. This permits student-athletes to avoid contact by persons who may attempt to gain and use information for unauthorized or damaging purposes. A member of the Athletic Communications staff must arrange a time and method (phone, meeting, e-mail, etc.) to conduct the interview.
• Student-athletes should be aware of the importance of time in scheduled personal interviews or in returning telephone calls arranged by the Athletic Communications office. If student-athletes encounter problems in a scheduled appointment, the Athletic Communications office should be notified immediately (814-865-1757).

• Student-athletes should not answer questions if they do not wish to respond. An acceptable response in any interview is, “Thank you, but I would rather not answer that question.”

• If student-athletes do not feel comfortable with the questions, answers or general tone of the interview, they should discontinue the interview respectfully excusing themselves and immediately notify the Athletic Communications Office personnel at 814-865-1757.

• All student-athletes should recognize that the public acceptance and/or portrayal of them as student, athlete, teammate and citizen is often based on their interactions with the media.
EXPLANATION OF MEDICAL CARE

Intercollegiate athletics provides student-athletes with medical care and treatment for any illness or injury received during the academic year while practicing for or participating in intercollegiate athletic activities and voluntary physical activities under the supervision of and in accordance with NCAA rules and regulations that will prepare the student-athlete for competition.

Penn State student-athletes medical coverage will be provided by the Penn State College of Medicine/Division of Athletic Medicine medical team in close collaboration with the Penn State Department of Athletics. The coverage includes annual evaluations, evaluation and treat-ment of injuries, illnesses, and other health related problems.

Intercollegiate Athletics contracts team physicians, team orthopedic surgeons, and a group of certified athletic trainers (assisted by student athletic trainers) through the Penn State Division of Athletic Medicine, members of the Department of Orthopedics and Rehabilitation in the Penn State College of Medicine. Most student-athletic medical needs can be met by the medical staff. In general, medical needs consist of medical examinations, preventive medical services, treatment of illness and injury (including surgery and rehabilitation).

Medical services are provided for all members of NCAA Intercollegiate Athletics teams. A member of a team is defined as an individual who has passed the required pre-participation physical examination and is listed by the Athletic Director on the official team roster.

Because student-athletes are an integral part of their teams, Penn State athletic trainers and team physicians must remain informed regarding all aspects of an athlete’s health care. The cooperation of student-athletes and their families is required so that this communication can assist in providing optimal health care. Confidentiality will be maintained in all relationships with health care providers and their patients. However, information about problems which affect the student-athlete’s ability to perform will be discussed with the appropriate members of the coaching staff. A total team effort involving the student-athlete, athletic trainers, physicians, and coaches is stressed in such situations so that student-athletes can be allowed to participate within the limits set by their health, safety and University policy. Each student-athlete will be required to sign a waiver to permit such communication to occur.

Team physicians have absolute authority in determining the physical fitness of any athlete who wishes to participate in any Intercollegiate Athletics program. Failure to comply with the decisions of the team physicians will be reported to the Athletic Director and may result in disciplinary action. All rehabilitation activities are the responsibility of the training staff and the team physician. Failure of an injured athlete to keep treatment appointments will be interpreted as unwillingness to cooperate and demonstrate a lack of desire to return to competition or practice. When an appointment is missed, the training staff is
responsible for reporting the absence to the head coach.

**Student-athletes are required to provide insurance information at the beginning of each academic year. Failure to report up-to-date insurance information may result in an athlete’s ineligibility. All student-athletes whose families do not have an insurance plan are required to purchase an insurance package that does not exclude intercollegiate athletic sports injuries. Please see the section on Medical Billing, Payment and Insurance for more information.**

**SECOND OPINION**

If student-athletes and their parents, guardian, or spouse prefer to seek medical care other than that recommended by Intercollegiate Athletics and their Sports Medicine Staff the following guideline will be followed:

a. Penn State will assume no financial responsibility for any fees or charges incurred.

b. Student-athletes will not be permitted to participate in any practice or competition until the following conditions have been met:

1. Receipt by the Team Physician of a detailed written report from the physician providing the second opinion. The student-athlete must furnish this report.

2. The student-athlete has passed a physical examination by the Team Physician.

3. The student-athlete has demonstrated the skills and physical capabilities necessary for full participation in a particular sport.

c. Arrangements for any follow-up care must be reviewed with the Sports Medicine Department. Generally, follow-up care (if required) will be overseen by the Sports Medicine Department.

Intercollegiate Athletics shall not be financially responsible for medical services pertaining to:

a. Illness or injury occurring in non-athletically related activities;

b. Medical service for illness or injury after completion of athletic eligibility, unless the case has remained under treatment by the Sports Medicine Department, their physicians or medical consultants at the completion of the student-athlete’s participation;

c. Normal dental care such as treatment for cavities or cleaning;

d. Contact lenses, unless specified for athletic participation by the team physicians;

e. Immunization or desensitization (allergy) injections.

**EMERGENCY CARE**

• For emergency care when seconds count – call 9-1-1.
For all other medical and surgical emergencies, student-athletes should call the assigned athletic trainer for their sport. If unsuccessful, contact can be made by calling (814) 865-3566 to reach the Team Physician on call.

**MEDICAL BILLING, PAYMENT AND INSURANCE**

Costs for routine medical care and rehabilitation (as allowed by NCAA, Big Ten Conference, and Penn State University regulations) provided by the Penn State medical team are met as part of the annual budget of Intercollegiate Athletics through The Penn State Sports Medicine Department.

Penn State Intercollegiate Athletics will not assume financial responsibility for fees incurred by the student-athlete unless:

a. The services are provided or sanctioned by the Penn State Sports Medicine Department. The student-athlete has been referred to such services by the Penn State Sports Medicine Department.

Medical bills for student-athletes are maintained and serviced by the Insurance Coordinator (814-235-4775). Medical bills are determined to be athletic related or non-athletic related by the athletic trainers, team physicians and the ICA administration.

When student-athletes incur a sport related injury or illness requiring medical care, the charges will first be applied to the student-athlete’s family medical coverage. Any deductible or portion not covered by the family insurance plan will be paid by the Intercollegiate Athletics’ plan.

The insurance plan utilized by Intercollegiate Athletics is designed to be used as a supplement to the student-athlete’s family medical insurance plan. Information regarding this process will be sent to the student-athlete and/or parent/guardian and will also require family medical insurance information is provided to Penn State Sports Medicine. If the student-athlete’s primary insurance coverage is with a Health Maintenance Organization or Preferred Provider Organization, the parent should request--in writing--transfer of care to the Team Physician Office. This will allow expedient, cost effective, and high quality medical care.

Parents or guardians should be notified by their insurance company when a claim has been filed against their insurance. If the insurance company sends the check to the student-athlete’s parents, they will be required to send the payment to Penn State by way of the Insurance Coordinator (814-235-4775). Failure to do so is an NCAA violation. **For insurance information related to NCAA rules, please contact the Athletic Compliance Office by calling (814) 863-8048.**

NCAA regulations preclude the Department of Intercollegiate Athletics from reimbursing medical expenses for illness or injury that occurred outside of the athletic or academic arena.

Student-athletes are not eligible to receive medical treatment through the Department of Intercollegiate Athletics for illness or injury that occurs after they...
have exhausted their eligibility, or are no longer part of the team (quit, dismissed, etc.).

NUTRITION

NUTRITION AND SUPPLEMENTS

The nutritional needs of student-athletes should ideally be met by choosing and eating appropriate foods and beverages. In accordance with NCAA rules, Penn State has designated Kristine Clark, PhD, RD, as the official Department resource for questions involving nutritional supplements. Dr. Clark can be reached by calling (814) 863-8107. Dr. Clark’s office is located in 256 Rec Hall or 119 Lasch Building.

Dr. Clark encourages all varsity athletes to set up appointments for weight loss, weight gain, supplement use, or weight-maintenance counseling. In addition, coaches or trainers are able to set up nutrition meetings for individual athletes or entire teams. Dr. Clark works with eating disorders, healthy eating behaviors, pre- and post-competition meals, and training diets.

As part of a University policy, Penn State student-athletes will be approved to take nutritional supplements only under the following conditions:

- When the sports nutritionist determines an athlete could benefit from nutritional supplementation. Documented rationale for supplementation will be reviewed with the team physician before the supplementation begins. The report will be maintained in the SA’s medical file.
- In cases of weight management (weight loss, weight gain, or weight maintenance), the athlete must see the sports nutritionist on at least two occasions for individual nutrition counseling and education prior to establishing need for supplemental nutrition. Regular appointments will be scheduled while the student athlete continues with the supplement regime.
- In cases of weight management, prior to recommending a nutrition supplement, a student-athlete must provide evidence, in the form of food records, attendance at training table or dining hall, that they have made an effort to use food sources to support their weight management goals or meet their RDA’s.
- Individuals other than the sports nutritionist or team physician are not reliable sources for supplement distribution.
- Any nutrition supplement recommended for use by either the sports nutritionist or team physician will be research-tested for safety, efficacy, and legality as it applies to NCAA rules and regulations for ergogenic aids.
WEIGHT CONTROL

EATING DISORDER POLICY
Optimizing nutrition and body composition can have a role in performance. However, achieving the best body composition must be carried out in a safe and healthy manner. Eating disorders result from multi-factorial etiologies that can be triggered by environmental factors. Weighing athletes, punishment for lack of weight control and linking weight to performance can lead to pathogenic weight control behaviors and ultimately eating disorders. Therefore, the following policy on weight control has been developed for assisting athletes, coaches, and trainers. This policy allows for initial assessment and safe monitoring of body weight and composition, as well as evaluation of appropriate weight goals. The policy creates a foundation for promoting healthy weight control behaviors.

WEIGHT CONTROL POLICY:

• Coaches do not have sole responsibility for monitoring weight control of athletes.
• An athlete should consult the sports nutritionist, athletic trainer or Team physician to request an initial assessment as well as on a periodic basis for advice on healthy weight control.
• Body composition should be assessed early in the athlete’s first season, and weight control should be sought on the basis of percent body fat rather than body weight or a weight/height ratio.
• An athlete’s goal for body composition should be made with regard to a range of values determined by the athlete in consultation with the coach, nutritionist, certified athletic trainer, and team physician.
• Current professional recommendations are for no more than 2 pounds of weight loss per week.

CONCUSSION

WHAT IS A CONCUSSION?
A concussion is a brain injury that:
• Is caused by a blow to the head or body.
• Occurs from contact with another player, hitting a hard surface such as the ground, ice or floor, or being hit by a piece of equipment such as a bat, lacrosse stick or field hockey ball.
• Can change the way your brain normally works.
• Can range from mild to severe.
• Presents itself differently for each athlete.
• Can occur during practice or competition in ANY sport.
• Can happen even if you do not lose consciousness.
• Can cause disordered sleep patterns.

HOW CAN I PREVENT A CONCUSSION?

Basic steps you can take to protect yourself from concussion:
• Do not initiate contact with your head or helmet. You can still get a concussion if you are wearing a helmet.
• Avoid striking an opponent in the head. Undercutting, flying elbows, stepping on a head, checking an unprotected opponent, and sticks to the head all cause concussions.
• Follow your athletics department’s rules for safety and the rules of the sport.
• Practice good sportsmanship at all times.
• Practice and perfect the sport skills.

WHAT ARE THE SYMPTOMS OF A CONCUSSION?

You can’t see a concussion, but you might notice some of the symptoms right away. Other symptoms can show up hours or days after the injury.

Concussion symptoms can include, but are not limited to:
• Amnesia.
• Confusion.
• Headache.
• Loss of consciousness.
• Balance problems or dizziness.
• Double or fuzzy vision.
• Sensitivity to light or noise.
• Nausea (feeling that you might vomit).
• Feeling sluggish, foggy or groggy.
• Feeling unusually irritable.
• Concentration or memory problems (forgetting game plays, facts, meeting times, academic difficulties).
• Slowed reaction time.

Exercise or activities involving a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

Don’t hide it. Tell your athletic trainer and coach. Never ignore a blow to the
head. Also, tell your athletic trainer and coach if one of your teammates might have a concussion. Sports have injury timeouts and player substitutions so that you can get checked out.

**Report it.** Do not return to participation in a game, practice or other activity with symptoms. The sooner you get checked out, the sooner you may be able to return to play.

**Get checked out.** Your team physician, athletic trainer, or health care professional can tell you if you have had a concussion and when you are cleared to return to play. A concussion can affect your ability to perform everyday activities, your reaction time, balance, and sleep as well as classroom performance.

**Take time to recover.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage and even death. If you have a concussion, contact your counselor at the Morgan Academic Support Center for Student-Athletes (MASCSCA) as soon as possible.
AWARDS AND EQUIPMENT
AWARDS

All student-athletes are eligible to receive participation awards. Those receiving participation awards for each team must be certified by the respective coach. All first participation award winners, regardless of year, will receive a Letter Jacket. The Student Athlete Services Office manages the varsity “letter awards” program for student-athletes who have earned varsity letters for participation in a particular sport(s) according to the following guidelines:

**Varsity Award – First Participation Award**
Penn State Letter Jacket

**Varsity Award – Second Participation Award**
Framed Varsity Letter

**Varsity Award – Third Participation Award**
Varsity ‘S’ Blanket

**Varsity Award – Fourth Participation Award**
Senior Letter Ring

The award ring is granted to senior award winners who have lettered four years and are in their senior year or last year of eligibility.

**Varsity Award – Double Sports**
A framed certificate will be awarded for recognition of a varsity participation award earned in a second sport.

**Manager Awards**

1st Year Award:  Penn State Letter Jacket

Senior Award:  Varsity ‘S’ Blanket

**Big Ten Champion**
A ring will be awarded for attaining a Big Ten Championship. Individual event Big Ten Champions will receive the Conference Championship Award.

*NOTE:* For a summary of all NCAA limitations related to participation, championship and special achievement awards please refer to the charts (Figures 16-1, 16-2 and 16-3) at the end of Bylaw 16 (Awards & Benefits) in the NCAA Division I Manual.

ATHLETIC EQUIPMENT

In accordance with University and NCAA rules, Intercollegiate Athletics will provide athletic equipment and clothing for all student-athletes participating in the athletic program. Student-athletes will be required to return equipment and certain clothing apparel at the end of each sport season. Failure to return Intercollegiate Athletics’ equipment and cloth-ing on time will result in a registration hold.
FINANCIAL AID
WHAT IS AN ATHLETIC GRANT-IN-AID?

All athletic grant-in-aid funds awarded to Penn State student-athletes are provided by private contributions from over 15,000 individuals and corporations in support of Penn State Intercollegiate Athletics. These individuals and corporations are then recognized as members of the Penn State Nittany Lion Club.

Student-athletes awarded athletic-related financial aid is limited in the amount of other forms of financial aid sources which they may receive. The Office of Student Aid (314 Shields Building) is responsible for monitoring financial aid records of all student-athletes and making the necessary adjustments to assure compliance with NCAA, state, and federal financial regulations.

FINANCIAL AID AVAILABLE TO STUDENT-ATHLETES

• Full or partial athletics grants-in-aid.
• Funds administered by the institution. (e.g., grants, loans, on-campus employment).
• Government Grants and Loans: Domestic student-athletes are permitted to receive funding from government programs such as the Pell grant, Federal Direct Stafford Loan, and the Federal Direct Parent PLUS Loan in addition to their athletic grants-in-aid. Contact the Office of Student Aid, 314 Shields Building, for information on eligibility rules and how to apply.
• Financial Aid From an Established and Continuing Program. A student-athlete may receive financial aid through an established and continuing program to aid students provided (1) the recipient’s choice of institutions is not restricted by the donor of the aid and (2) there is no direct connection between the donor and Penn State; and (3) the financial aid is not provided by an outside sports team or organization that conducts a competitive sports program to an individual who is or has been a member of that team or organization. All awards from outside agencies must be reported to the Office of Student Aid and the Athletics Compliance Office for review. It is possible that an award from an outside program may have to be declined in order to maintain athletic eligibility.
• Student-athletes with extreme financial emergencies may receive available assistance for specific uses. Contact the athletic grant coordinator in the Office of Student Aid. Situations are reviewed on a case-by-case basis.

A student-athlete who receives financial aid other than that permitted by the NCAA shall not be eligible for intercollegiate athletics.
SUMMER

Summer scholarships may be awarded to student-athletes who (1) are beginning their Penn State education in the summer prior to initial full-time enrollment; (2) scholarship student-athletes who were enrolled during the preceding academic year; (3) student-athletes who will be receiving a grant-in-aid for the following academic year. The amount of the summer grant-in-aid in any of the preceding instances is determined in accordance with applicable NCAA and Big Ten Conference rules. Receipt of summer aid is not guaranteed and may be less than the amount received during the regular academic year. Requests for summer athletic aid must be recommended by the head coach, the Morgan Center, and final approval by the appropriate sport administrator. Awarding summer school athletic aid is governed by applicable NCAA, Big Ten and Penn State policies and procedures. Requests for policy exceptions can be made by the coach, on behalf of the student-athlete, to the appropriate sport administrator.

NCAA bylaws do not permit funding from an athletic grant-in-aid to be used at any other institution, which includes Penn State campus locations and World Campus courses.

SUMMER - WEB-BASED COURSES

Student-athletes attending one summer session and receiving enough athletic aid to cover partial or full room and board expenses is required to take at least one resident instruction course (3 credits) that is not Web-based.

Student-athletes attending both summer sessions and receiving enough athletic aid to cover partial or full room and board expenses is permitted to schedule a Web-based course, but is required to take another regular resident instruction course during the same session.

* If planning to schedule a Web-based course, student-athletes are required to discuss the course and circumstances with their Morgan Center counselor.

** In circumstances (e.g., required to be away from campus) in which a stand-alone, Web-based class is approved by the appropriate sport administrator, the athletic aid will cover no more than tuition, fees and course-related books.

POLICY: REGULAR FULL-TIME ENROLLMENT (FALL & SPRING SEMESTERS)

All student-athletes, except those in their final semester requiring less than 12 credits to graduate, must be enrolled full-time at the university (registered in a minimum of 12 credits/semester) to practice and compete in intercollegiate athletics.

- Courses taken through the Penn State World Campus do not count toward a student-athlete’s full time enrollment and costs for these courses cannot be covered with an athletic grant-in-aid.
• Resident Instruction Web-based courses may be utilized by a student-athlete to count toward full-time athletic status but should be limited to no more than one course per semester unless otherwise approved by the Morgan Center Director and academic counselor.

*If planning to schedule a Web-based course, you are required to discuss the course and circumstances with your Morgan Center advisor.*

**STUDY ABROAD**

Intercollegiate Athletics considers Penn State study abroad opportunities a privilege. The intent of this policy is to require that student-athletes present sound rationale when requesting athletic department financial support for study abroad programs.

**PROCEDURES FOR REQUESTING STUDY ABROAD APPROVAL**

1. Student-athletes must submit an application/request form (obtained from the Morgan Center) that includes a written rationale and signatures of support from the head coach and Morgan Center counselor. Final written approval from the Sport Administrator and the Assistant Athletic Director for Compliance is required. Student-athletes will not be reimbursed for study abroad programs without prior written approval.

2. Student-athletes must meet with their college major advisor to review study abroad options, determine that the credits will meet degree requirements and create an academic plan. An approved study abroad program must provide student-athletes with credits toward their major or minor requirements or otherwise qualify as required experience.

3. Student-athletes must submit the Morgan Center application/request form prior to filing an application in the Study Abroad Office.

4. The application/request form must be submitted two weeks prior to the study abroad program application deadline.

Depending upon the situation and approval, student-athletes’ bursar accounts will be credited with their previously approved amount of athletic aid. The grant-in-aid amount will be calculated at the same rate that would have been awarded if the student-athlete had taken courses at PSU.

* A student-athlete will not be reimbursed for any extra fees incurred for the study abroad program. This includes, but is not limited to, registration fees, application fees, travel costs, etc.

**FIFTH SEASON OF ELIGIBILITY - FINAL SEMESTER/YEAR OF ELIGIBILITY**

Student-athletes who have attained the requirements for a bachelor’s degree may receive an athletic grant-in-aid to complete a final semester/year of eligibility at the discretion of the sport head coach. When this circumstance arises, student-athletes must carry to completion the credit load scheduled and perform
in an academically responsible manner. In situations where a student-athlete demonstrates a deliberate abandonment of his or her academic responsibilities or fails to demonstrate a good faith effort to meet class requirements, the circumstances will be reviewed by the Department of Intercollegiate Athletics, and the student-athlete may be held responsible for reimbursing the University up to the full amount of the scholarship. When reimbursement is deemed appropriate, the University’s Office of the Bursar will place a financial hold on the student-athlete’s record until the reimbursement is received. Such a hold may result in a student’s inability to receive a diploma, transcript, etc.

In this situation, when a grant-in-aid is awarded, the tender will include the following addendum:

I understand that by signing this tender, I commit to:

- successfully completing my academic responsibilities
- satisfying the minimum NCAA, Big Ten and Penn State academic requirements

Not fulfilling these responsibilities may result in the requirement that I reimburse the university up to the amount of my athletic grant-in-aid for the semester.

**INTERNAL REVENUE SERVICE INCOME RULES**

**DOMESTIC STUDENT ATHLETES**

United States tax law provides that the amount of a grant-in-aid exceeding tuition and fee charges may be subject to tax (see IRS publication 970 for additional information). The University will issue a Form 1098-T in January each year to every student outlining the amount of financial aid that may be subject to tax. Domestic student-athletes should consult a tax professional to determine what, if any, tax liability they may have as a result of their athletic grant-in-aid and/or other financial aid sources.

**INTERNATIONAL STUDENT ATHLETES**

United States tax law requires the University to withhold 14% of the amount of any scholarship that exceeds the cost of tuition and fees. This withholding occurs any time scholarship funding is disbursed to a student’s Bursar account. Student-athletes from a country which has entered into a tax treaty with the United States are exempt from this tax law provision and will need to complete From W-8BEN. A list of countries with a tax treaty, as well as the form, may be found at bursar.psu.edu. Each January, international students are issued a Form 1042-S by the University, which may be used to file a tax return with the United States government.

In order for Penn State to properly report tax information to the United States government, all students are required to have either a Social Security Number
(SSN) or an Individual Taxpayer Identification Number (ITIN) on file with the University. Failure to obtain this information and provide it to the appropriate University offices will delay disbursement of scholarship funding, course scheduling and registration and an increase to the applicable tax rate.

Information on obtaining an SSN or ITIN is available at the University Office of Global Programs (https://global.psu.edu). The staff in the Office of Global Programs is also available to assist with any other international student-related questions or concerns which may arise.

RETAINING A GRANT-IN-AID

In accordance with NCAA legislation and Big Ten Conference philosophy, an athletic grant-in-aid will neither be reduced nor cancelled provided the student-athlete remains in good standing with the community, Penn State University, and the Department of Intercollegiate athletics. This policy applies to student-athletes who receive athletic related financial aid in their first year of enrollment at Penn State.

Student-athletes who exhaust their eligibility and still need additional academic time to complete their program may be authorized for additional athletics aid. In equivalency sports, any additional aid will be commensurate with prior athletic awards.

EXCEPTIONS TO RENEWAL POLICY

• An athletic grant-in-aid may be reduced or canceled if the student-athlete prompts any of the conditions stated in Schedule A of the Big Ten Conference Tender of Financial Aid (listed below):

  Penn State Athletics reserves the right to reduce or cancel your athletically related financial aid during the period of the award under any of the following conditions:

  o You render yourself ineligible for intercollegiate competition under NCAA, Big Ten Conference, or Penn State rules or standards
  o Any action that is contrary to provisions of the “Code of Conduct, Policy Statements, and Social Networking” section of the Penn State Student Athlete Handbook (http://www.gopsusports.com/compliance/current-student-athletes.html)
  o You are found to have breached the Penn State University Code of Conduct (http://student-affairs.psu.edu/conduct/codeofconduct/)
  o You prompt any of the conditions set forth in the NCAA Bylaw 15.3.4.2-
    o Rendering yourself ineligible for intercollegiate competition
    o Fraudulently misrepresenting any information on an application, letter of intent or financial aid agreement
Engaging in serious misconduct warranting substantial disciplinary penalty

Voluntary withdrawing from a sport at any time for personal reasons

You fail to remain enrolled as a full time student at Penn State

You engage in illegal activity, academic fraud/misconduct, or are involved in a violation of NCAA rules that requires your eligibility to be reinstated. Note: this applies to any situation that occurs as of the date that all parties have signed this agreement, even if that occurrence is prior to the start of the academic year.

You fulfill the requirements to receive a bachelor’s degree from Penn State

This award has been made upon the basis of you declaring intention to participate in a sport by signing a National Letter of Intent (NLI), application or financial aid agreement with Penn State. Actions by you to not participate (e.g., not reporting for practice, making only token appearances as determined by the institution) constitutes fraudulent misrepresentation on your NLI, application or agreement and makes your financial award subject to cancellation during the period of the award.

ONE-TIME ONLY AWARDS

Situations may arise when grant-in-aid funding may be available to increase a current grant-in-aid or to award a student athlete who is not receiving athletic aid. In rare instances when this is available, the specific funding may only be available for one academic year or one semester and would be offered solely at the coach’s discretion. In such cases, a coach and student athlete may enter into a written agreement when the grant-in-aid funds may be awarded for a specific semester or one academic year with no obligation or guarantee of future funding. A “One-Time Only Financial Statement of Understanding” must be signed at the time the written tender or increase is offered. This form must be filed in the appropriate offices with the applicable tender.

HEARING OPPORTUNITY

In accordance with NCAA bylaws, student-athletes whose grant-in-aid from the prior year will be canceled or reduced must be notified in writing no later than July 1. Student-athletes in this situation must be notified of an opportunity for a hearing regarding the change in their grant-in-aid status. If this situation occurs, you will be notified by email from the Office of Student Aid to your Penn State email account. The notification will also include the deadline for filing for an appeal, the steps necessary to request a hearing before a University committee as well as an outline of the overall hearing process.
NCAA STUDENT ASSISTANCE FUNDS

The NCAA has established the NCAA Student Assistance Fund to assist student-athletes in meeting their financial needs that are not covered by their athletic grant-in-aid that arise in conjunction with their participation in intercollegiate athletics and enrollment in academic coursework. All student-athletes are eligible to receive fund benefits regardless of their receipt of a grant-in-aid or demonstrated financial need, with the exception of non-qualifiers in their initial year of residence. Student-athletes who have exhausted their eligibility or are no longer participating due to medical reasons may also receive assistance from the fund. Universities may establish specific criteria to determine who can access the Student Assistance Fund and for what purposes. Requests will be reviewed by the Athletics Compliance Office. Awards are based on available funding.
TUITION AND OTHER CHARGES

Tuition and other charges are payable in full before students complete registration for their course program. The semester bill must be filed, and any payment, or arrangements for payment due, must be made to the Bursar by the due date in order to avoid a late fee and to secure courses that were scheduled during registration.

ESTIMATED BILL

Partial Grant-in-Aid Recipients: A semester bill for tuition and other charges, including room and board in the campus residence halls for student-athletes receiving a partial grant-in-aid, must be processed at the Bursar’s Office, 103 Shields Building, before a student’s registration is finalized. Checks or money orders made payable to The Pennsylvania State University can be mailed to the Bursar’s Office in advance. The amount due will be estimated for each student on a form provided by the University, and a receipt will be provided.

Full Grant-in-Aid Recipients: Estimated bills for student-athletes receiving a full grant-in-aid will be submitted on their behalf by the Student-Athlete Services Office in the Department of Athletics.

REGISTRATION

1. Student-athletes must be enrolled in a minimum of 12 credits in order to practice and compete. They are considered “full-time” if they are registered for 12 or more credits; anything less is considered part-time.

2. Registration must be completed within 10 calendar days after the first day of classes of the semester in which they expect to compete. NCAA regulations allow student-athletes to practice during the first 5 days of classes with fewer than 12 credits while adjusting course schedules.

3. Students are permitted to add courses during the first ten calendar days of the semester.

4. Students cannot register for more than 19 credits during the registration process. During the drop/add period (the first 10 calendar days of the semester), they may exceed the 19 credit limit after consultation with an adviser, and if required, approval by their college or division, or any other administrative approval. You are considered to be “full-time” if you are registered for 12 or more credits; anything less is part-time.

5. Students are not considered in “registered status” until semester tuition and charges have been paid or arrangements have been made for payment.

ACADEMIC ACTIONS AND DEADLINES

In order to take full advantage of available academically-related actions, certain deadlines must be met within a specified time limit during the semester. A complete list of academic actions and deadlines follows.
<table>
<thead>
<tr>
<th>Action</th>
<th>Time Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Add a course</td>
<td>10th calendar day of semester</td>
</tr>
<tr>
<td>Change selection of a course</td>
<td>10th calendar day of semester</td>
</tr>
<tr>
<td>Drop a course (early)</td>
<td>10th calendar day of semester</td>
</tr>
<tr>
<td>Drop a course (late)</td>
<td>12th week of semester</td>
</tr>
<tr>
<td>Late registration</td>
<td>10th calendar day of semester</td>
</tr>
<tr>
<td>Audit a course</td>
<td>10th calendar day of semester</td>
</tr>
<tr>
<td>Change of major</td>
<td>Last day of classes</td>
</tr>
<tr>
<td>Leave of absence</td>
<td>Last working day before 1st day of effective semester leave</td>
</tr>
<tr>
<td>Satisfactory/unsatisfactory grading</td>
<td>11th to 21st calendar days of semester</td>
</tr>
<tr>
<td>Withdrawal from University</td>
<td>Any time up to and including the last day of classes</td>
</tr>
<tr>
<td>Deferred grade</td>
<td>Processed prior to the last day of classes with the approval of the instructor. The course(s) must be completed by ten weeks after the course end date.</td>
</tr>
</tbody>
</table>

**CREDITS EARNED FROM OTHER INSTITUTIONS**

Student athletes may take courses at another college or university during summer session for the purpose of earning credits toward a Penn State degree program. The following steps should be observed to ensure the transfer credits are approved and accepted for transfer:

- Consult with your academic advisor to discuss appropriate course selection.
- Schedule an appointment with your athletic academic counselor in the Morgan Center to discuss your plans, the appropriate course selection, and the procedures for approval.
- Obtain a copy of the course description(s). A copy of the institution’s bulletin or a photo copy of the course descriptions will suffice. You can also go to www.psu.edu/dept/admissions and follow the “Evaluate Transfer Courses” link.
- Secure written approval for the course(s) for transfer, or print out the confirmation form from the Web site listed above.
- Take the written approval to your Morgan Center counselor who will submit it to Dr. Linda Caldwell, the Faculty Athletics Representative
• Enroll and complete the course. You must earn a “C” or better in order for the credits to be accepted for transfer.

• Request an official transcript from that institution. Have it sent directly to Undergraduate Admissions, 201 Shields Building, University Park, PA 16802. Most institutions charge a fee for supplying an official transcript. Be certain to pay this fee before you return to Penn State.

• You will receive written notification from Undergraduate Admissions when the copy of the official transcript is received from the institution. Directions for “posting” the credits will be enclosed. In order to have the credits placed on your Penn State transcript, you will need to submit a fee along with the appropriate form provided by Undergraduate Admissions. Remember only the credits will transfer, not the letter grade.

### PRIORITY REGISTRATION AND CLASS SCHEDULING

Student-athletes have the privilege of priority registration which allows them to schedule the next semester’s courses prior to the majority of the University’s students. Be sure to record the dates (as they are available) in your student-athlete planner.

The following procedure should be followed for class scheduling:

1. See an advisor in your college of enrollment (e.g., DUS, Education, Liberal Arts).

2. Bring your advisor’s course suggestions to your Morgan Center counselor.

3. Discuss class times, locations, etc., with regard to your athletic schedule.

4. Register for classes online and obtain a copy of your schedule.

Often, upper-class student athletes will personally schedule courses on e-Lion. Regardless, Morgan Center counselors must verify your schedules with regard to eligibility.
ACADEMIC ELIGIBILITY
ELIGIBILITY REQUIREMENTS

Penn State monitors student athletes’ academic progress in accordance with National Collegiate Athletic Association (NCAA) rules and regulations, Big Ten Conference rules, and University Senate Policy 67-00. The official academic record of each student is maintained by the University Registrar.

The Morgan Academic Support Center for Student Athletes (MASCSA) maintains unofficial student-athlete records and works directly with student athletes, coaches and the NCAA Faculty Representative (FAR) regarding academic progress and athletic eligibility. The University Faculty Senate Committee on Intercollegiate Athletics grants the final certification of eligibility.

- Seasons of Competition (5-Year Rule)
  Student athletes shall complete four seasons of competition within five calendar years.
- The five-year calendar begins when:
  NCAA Bylaw 14.2.1.1
  Student athletes are registered in a regular term (semester or quarter) of an academic year for a minimum full-time program of studies and attends the first day of classes for that term.

FULL-TIME ENROLLMENT

UNDERGRADUATE STUDENT ATHLETES

The NCAA, Big Ten Conference, and University Senate policies mandate that only full-time (12 credits or more during a semester) candidates for a baccalaureate degree and full-time (9 credits or more) graduate student athletes shall represent the University in intercollegiate athletics contests. Student athletes dropping below full-time status at any time during the semester are immediately ineligible to practice or compete. Courses offered through World Campus may not be used to establish minimum requirements for full-time status.

If at any time during the semester student athletes drop a course and fall below full-time status, they cannot receive an extension of an athletics grant-in-aid for summer school. (Big Ten Rule 15.2.8)

Student athletes should never drop a course or make any scheduling changes without consulting their MASCSA academic counselor.

Exceptions to full-time status may be made if student athletes are in their final semester and need fewer than 12 undergraduate credits or 9 graduate credits for graduation. The petition for exception to University Policies is initiated through a MASCSA counselor (301 Bank of America Building). Under University policy, students are allowed to drop a maximum of 16 credits in the late drop period during their four/five-year degree program.
GRADUATE STUDENT ATHLETES

Graduate student athletes are eligible to participate in intercollegiate athletics if they have completed baccalaureate degree requirements, have not exceeded the NCAA five-year rule, and are full-time students (9 credits or more) in a graduate program.

WORLD CAMPUS COURSES, FULL-TIME ENROLLMENT, AND ATHLETIC AID

At no time can Penn State World Campus courses count towards student athletes’ full-time enrollment (fall, spring, or summer). World Campus courses may be taken in addition to the minimum 12 resident instruction credits if desired. Resident instruction, Web-based courses count toward full-time enrollment but are limited to two courses per semester.*

If student athletes enroll in World Campus courses, the cost to take the course is their responsibility. Student athletes can never receive athletic aid to pay for World Campus courses as they are considered non-resident instruction. University Park athletic aid may only be utilized at University Park.

*If planning to schedule a Web-based course, student athletes are required to discuss the course and circumstances with their MASCSA Counselor.

GRADE-POINT AVERAGE

Student athletes must be enrolled as degree candidates and are expected to maintain the highest possible grades. A grade-point average of 2.0 (or higher in many degree programs) is necessary to enter a major and to graduate from the University.

SEMESTER AVERAGE

To calculate a semester grade-point average (Senate Policy 51-30), multiply the number of grade point equivalents for the grade received in a course (A=4, A-=3.67, B+=3.33, B=3, B-=2.67, C+=2.33, C=2, D=1, F=0) by the number of course credits. Add the number of grade-points for all courses attempted to obtain the total grade-points. Add the number of credits for all courses attempted to obtain the total credits. Divide the total grade-points by the total credits attempted.

Example:

<table>
<thead>
<tr>
<th>Credit</th>
<th>Grade</th>
<th>Grade-Points</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>4 x 2 = 8</td>
</tr>
<tr>
<td>Math 140</td>
<td>C (2)</td>
<td>4 x 2 = 8</td>
</tr>
<tr>
<td>Engl 15</td>
<td>B (3)</td>
<td>3 x 3 = 9</td>
</tr>
<tr>
<td>Biol 110</td>
<td>C (2)</td>
<td>4 x 2 = 8</td>
</tr>
<tr>
<td>Soc 1</td>
<td>B (3)</td>
<td>3 x 3 = 9</td>
</tr>
</tbody>
</table>

14 = Total credits: 34= Total grade-points

42 divided by 16 = 2.63 (Semester Grade-Point Average)
CUMULATIVE AVERAGE

In order to calculate a cumulative grade-point average, add the total number of credits attempted during all completed semesters and the total number of grade-points earned for all attempted courses. Divide the total number of grade-points by the total number of credits attempted.

Note: Courses dropped during the late drop period and courses taken under the satisfactory-unsatisfactory option are not calculated into the grade-point average.

GRADE-POINT DEFICIENCY

A grade-point deficiency occurs when the total number of cumulative grade-points is fewer than two times the total credits attempted. A degree candidate will be dropped from the University for unsatisfactory scholarship based on the number of grade-point deficiencies as listed in the following table:

<table>
<thead>
<tr>
<th>Total Credits Scheduled</th>
<th>Grade-Point Deficiencies</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 to 39.5</td>
<td>21 or more</td>
</tr>
<tr>
<td>40 to 69.5</td>
<td>18 or more</td>
</tr>
<tr>
<td>70 to 99.5</td>
<td>15 or more</td>
</tr>
<tr>
<td>100 or more</td>
<td>12 or more</td>
</tr>
</tbody>
</table>

The above table does not apply to a degree candidate who has earned at least a 2.00 grade-point average during the semester in question. In order to eliminate grade-point deficiencies, students must earn grades of “A” or “B” in subsequent courses. For example: an “A” earned in a three-credit course will eliminate six grade-point deficiencies. A “B” earned in a three-credit course will eliminate three grade-point deficiencies. If a “C” is earned, grade-point deficiencies remain constant, while grades of “D” and “F” increase the number of grade-point deficiencies.

SATISFACTORY ACADEMIC PROGRESS

University Senate 67-00 Requirements
(http://www.psu.edu/ufs/policies/67-00.html)

Student-athletes shall represent the University in any intercollegiate athletics contest only if they have acquired the designated number of credits at the beginning of each appropriate semester (in residence), which is defined as follows:
Penn State student athletes generally exhaust their eligibility after four consecutive calendar years, but exceptions to extend eligibility may be made for medical or other reasons. Petitions for extension of eligibility into a fifth year must be submitted through the MASCSA advisor prior to fifth-year competition.

**BIG TEN ELIGIBILITY RULES**

- If at any time during fall and spring semesters student athletes fall below full-time status (below 12 credits), they become ineligible to practice and compete and may not receive an extension of an athletics’ grant-in-aid for summer school.

- Credits from remedial, tutorial, or non-credit courses may be used for meeting quantitative satisfactory progress during the first two years only. Beginning with the third year, these units must be excluded in determining quantitative requirements. (Big Ten 14.4.3.4)

- A student athlete’s first 24 credits must be earned at University Park.

- Petitions for waivers of conference rules must be submitted through the appropriate athletics administrator.

**NCAA PROGRESS TOWARD DEGREE (PTD) REQUIREMENTS**

- Student athletes must complete 24 semester hours of academic credit prior to the third semester following their initial full-time enrollment.

- Student athletes must complete 18 semester hours of academic credit since
the beginning of the previous fall term or since the beginning of the certifying institution’s proceeding regular two semesters (hours earned during the summer may not be used to fulfill this requirement).

- Student athletes must earn 6 hours of academic credit the preceding regular academic term (e.g., fall semester) in which they have been enrolled at any collegiate institution.

- Student athletes must designate and enroll in a specific degree program by the beginning of the third year (fifth semester). From that point, credits used to meet the satisfactory progress requirements must be credits counting toward the student’s designated program.

- By the beginning of each year of enrollment listed below, student athletes must have successfully completed a minimum percentage of course requirements in their specific degree program.

  Third Year  40% of Degree Requirements completed
  Fourth Year  60% of Degree Requirements completed
  Fifth Year  80% of Degree Requirements completed
MINIMUM GRADE-POINT AVERAGE (GPA) REQUIREMENTS

UNIVERSITY SENATE 67-00 REQUIREMENTS: A student athlete shall become ineligible if he or she does not meet the minimum grade-point average requirements at the beginning of the appropriate semester in residence as follows:

<table>
<thead>
<tr>
<th>Entering Semester in Residence</th>
<th>Penn State Minimum Grade Point Average</th>
<th>Big Ten Minimum Grade Point Average</th>
<th>NCAA Minimum Grade Point Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>1.80</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>1.90</td>
<td>1.80</td>
<td>90% of GPA required for graduation 1.80</td>
</tr>
<tr>
<td>4</td>
<td>1.90</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>2.00</td>
<td>1.90</td>
<td>95% of GPA required for graduation (1.90)</td>
</tr>
<tr>
<td>6</td>
<td>2.00</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>7</td>
<td>2.00</td>
<td>2.00</td>
<td>100% of GPA required for graduation (2.00)</td>
</tr>
<tr>
<td>8</td>
<td>2.00</td>
<td>--</td>
<td></td>
</tr>
<tr>
<td>9</td>
<td>2.00</td>
<td>2.00</td>
<td>100% of GPA required for graduation (2.00)</td>
</tr>
</tbody>
</table>

Any eligibility questions or concerns should be discussed with the team academic/athletic advisor in the Morgan Center.

PETITION PROCEDURES FOR WAIVER OF UNIVERSITY ACADEMIC POLICIES AND RULES

Academic rules and standards at Penn State that apply to every student are listed in the Policies and Rules for Students http://www.psu.edu/ufs/policies. Occasionally, exceptions can be made to these rules. This section explains the “petition” procedure to follow when you feel there are special circumstances that warrant a waiver of academic policies and rules.
WHAT IS A PETITION?

A “petition” is actually an accumulation of documents gathered by the student in order to support the student’s request of a waiver of certain academic policies and rules.

PETITION PROCEDURE

A petition may be submitted by the student athlete in cases where, because of special circumstances, the application of academic policies and rules result in an unintended hardship to the student athlete. The student athlete’s petition must be submitted in writing on behalf of the student athlete to the Faculty Senate by the student’s college dean or the Division of Undergraduate Studies if the student is enrolled in that Division.

Petitions must include, but are not limited to, the following documents:

- A letter from the student explaining the circumstances which warrant waiver of a University policy and why the student did not follow the stipulations of the policy originally. This letter must contain the student’s current address.
- An up-to-date official transcript obtained from 112 Shields Building.
- Supporting Documents: These include letters of support from instructors, University administrative personnel, and any professional personnel with whom the student has had contact in relation to the policy in question.
- University Forms: Students must provide signed forms for retroactive action, such as a drop/add form for retroactive drops or adds (a receipt for the necessary fee must accompany the petition), an Official Withdrawal form for a retroactive withdrawal, a Change of Grade form for a retroactive change of grade, and a Simultaneous Degree/Multiple Major form for Simultaneous Degree/Multiple Majors.
- If the petition involves a student’s medical condition, the student should supply accompanying documentation from the attending physician. The student should relate the effect the medical condition had on the student’s academic performance in relation to the petition item requested.

The student should obtain all items pertaining to the petition process and submit them to the appropriate college dean, Director of Division of Undergraduate Studies, or a representative of the University Registrar’s Office. Once the petition has been reviewed, and a decision reached by the Faculty Senate regarding the outcome of the petition request, both the student petitioner and the appropriate dean’s office shall be notified in writing.

WHEN SHOULD I SUBMIT MY PETITION?

Petitions can be submitted at any time during the academic year. Students are encouraged to submit petitions as soon as possible to ensure their timely review.
TRANSCRIPTS AND ENROLLMENT CERTIFICATION

OFFICIAL TRANSCRIPTS
An official transcript is the University’s certified statement of your academic record (we do not include the PSU ID or Social Security number on the transcript). The official transcript is printed on security sensitive paper and contains the University seal and signature of the University Registrar. When requesting your transcript list all areas/levels of course work undergraduate, graduate, medical, law and noncredit that you have taken. For your protection, we will not release an official transcript without your signature.

- Processing time for all requests, unless FedEx is requested, is three business days from receipt of request plus U.S. mailing time.
- Requests will NOT be accepted through e-mail.
- Official transcripts will NOT be distributed by fax.

ORDERING TRANSCRIPTS ONLINE
- Select “Order Transcripts on the Web.”
- Select “Current” or “Former” student and follow the detailed instructions.
- $10.00 fee per transcript per set (set includes all levels of course work).
- Payable by VISA, MasterCard, Discover or American Express.
- Delivery options for Transcript(s).

IN PERSON
Process at the Enrollment Services Counter located in 112 Shields Building
- Photo ID is required
- $10.00 fee per transcript or set (set includes all levels of course work).
- Pay by check (payable to Penn State), VISA, MasterCard, Discover or American Express. Returned checks due to insufficient funds will result in a service charge of $25.00.
- May take transcript(s) with you or select one of the other Delivery Options of Transcript(s).

SITUATIONS THAT WILL PREVENT ISSUING TRANSCRIPTS
- Financial holds.
- No signature on request.
- Insufficient, inaccurate, or illegible identification information.
- Insufficient payment, an expired or declined credit card account, improperly completed check, payment using non-U.S. currency.
• No recipient e-mail provided for an electronic delivery request or invalid e-mail.

UNOFFICIAL TRANSCRIPTS

Unofficial transcripts are available to you only if you are currently enrolled at Penn State. These are free of charge, and are only available for pickup, not for mailing. You may request an unofficial transcript on www.elion.psu.edu or at the Registrar’s Office, 112 Shields Building. Hours are 8:00 a.m. to 5:00 p.m., Monday through Friday. You need to show proper picture identification in order to receive an unofficial transcript.

ENROLLMENT CERTIFICATIONS

Enrollment certifications are generally free of charge whether or not you are currently enrolled. The only situation in which a fee is charged is if you are not currently enrolled and you wish an Enrollment Certification for some purpose other than education related, such as obtaining a credit card.

TRANSCRIPT/ENROLLMENT CERTIFICATION HOLDS

If you have a hold placed on your record, you cannot obtain a transcript, official or unofficial, or an enrollment certification, until you have cleared the hold from your record.
MORGAN ACADEMIC SUPPORT CENTER
MORGAN CENTER STAFF

Russell B. Mushinsky 865-0407
Director

Cheryl Anderson 865-0407
Assistant Director, Learning Services & Facilities
Learning Specialist
Tutor and Mentor Coordinator

Maureen Cooper 865-0407
Academic Counselor
Cheerleading
Men’s and Women’s Fencing
Softball
Men’s and Women’s Tennis

Sarah Cowart 865-0407
Assistant Director
Student-Athlete Programming
Academic Counselor
Men’s and Women’s Gymnastics
Men’s Soccer
Wrestling

Mark Hinish 865-0407
Associate Director, Learning Services & Facilities
Study Hall Coordinator
Spiritus Leoninus Advisor
Academic Counselor
Men’s and Women’s Golf
Men’s and Women’s Ice Hockey
Women’s Lacrosse

Chelsea Holmes 865-1946
Assistant Learning Specialist
Football

Elizabeth Johnson 865-0407
Academic Counselor
Field Hockey
Men’s and Women’s Cross Country/Track

Todd Kulka 865-1946
Assistant Director
Football Academic Support Services Coordinator
Academic Counselor
Football

**Adam Stover** 865-0407
Programmer and Systems Analyst

**Molly Tye** 865-1946
Academic Counselor
Football

**Jim Weaver** 865-0407
Associate Director
Eligibility & Compliance
Academic Counselor
Men’s Lacrosse
Women’s Soccer
Men’s and Women’s Volleyball

**Kellynn Wilson** 865-0407
Associate Director
Student-Athlete Programming
Academic Counselor
Men’s and Women’s Basketball

**Dave Yukelson, PhD.** 865-0407
Director of Sport Psychology Services

**TBA** 865-0407
Academic Counselor
Baseball
Dance
Men’s and Women’s Swimming/Diving
Administrative Support Staff

**Kathy Early**  
Administrative Support Coordinator  865-0407

**Lauren Byron**  
Administrative Support Assistant  865-0407

**Linda Fetzer**  
Administrative Support Assistant  865-0407

**Rachel Kelly**  
Administrative Support Assistant  865-1946

**MORGAN ACADEMIC SUPPORT CENTER**

The Morgan Academic Support Center for Student-Athletes (MASCSA) provides comprehensive support services for student-athletes through academic and career counseling, sport psychology, tutoring, mentoring, academic programming, community outreach, learning strategies and research. MASCSA assists student-athletes in balancing their academic and athletic demands while attending a major NCAA Division I institution. Advisers in the student-athletes’ colleges of enrollment provide primary academic guidance; the Center’s academic/athletic counselors enhance academic advising with regard to athletic responsibilities.

The Morgan Center is located in 301 Bank of America Career Services Center. The office telephone number is 865-0407.

**Academic/Athletic Counselors**

Student-athletes are assigned individual team academic/athletic counselors who assist college advisors in providing information on academics, class scheduling, and career choices. In addition, counselors keep student-athletes abreast of NCAA, Big Ten Conference, and University eligibility policies. Specifically, the academic/athletic counselor provides support services to assist student-athletes in progressing toward successful completion of a degree program. Primary academic advising responsibilities lie with college/major advisors in student-athletes’ colleges of enrollment.

**Athletics Honor Society: Spiritus Leoninus**

Formed in 1993, Spiritus Leoninus, “Spirit of the Lion,” recognizes and honors student-athletes for their outstanding performance in athletics while excelling in academics, leadership, and community service. Responsibilities of this elite group are to continue to lead by example, encourage the pursuit of excellence by other Penn State student-athletes, and take the organization’s ideal beyond the Penn State Community.
Career Development Program
Focusing on increased self-awareness and setting realistic academic and occupational goals, the Morgan Center Career Development component helps student-athletes realize that the athletic experience has helped them acquire numerous skills and qualities that make them highly valuable in the workplace. BB H 148S, the required student-athlete first-year seminar introduces student-athletes to the career development process. Kinesiology 448, the Jaffe Senior Seminar “Life After Sport,” provides student-athletes with coping strategies for the transition out of intercollegiate athletics and into the workplace. Available services also include career counseling, resume critique, business etiquette training, and the “Student-Athlete Resume Book.”

Penn State Alumni Association First-Year Enrichment Program
To assist first-year student-athletes in coping with the many new challenges they face, they are required to participate in the First-Year Enrichment Program. First-year student-athletes enroll in two Bio-Behavioral Health (BB H) courses as well as participate in Study Table. BB H 148S (2 credits) concentrates on academic planning, successful student behavioral strategies, career exploration, eligibility, and cultural diversity. The course satisfies the University’s first-year seminar requirement regardless of their college of enrollment.

BB H 048 (1.5 credits), “Values and Health: Contemporary Health Topics Affecting Student-Athletes,” focuses on promoting a general awareness of topics such as stress management, alcohol education, sexuality and relationship issues, and nutrition. Student-athletes are presented with methods of making informed decisions concerning their personal lives. BB H 048 partially fulfills the University’s Health and Physical Activity requirement.

Study Table. First-year student athletes are expected to attend study table for a specified number of hours assigned by their sport coach. Time may be used for quiet study, tutorial meetings, mentoring, or working in the computer lab. All study table facilities are wireless.

Laptop Computer Program and Student-Athlete Computer Labs
Four computer labs are available for student-athlete use. The computer labs are located in 234 Rec. Hall, on the 2nd floor of the East Area Locker Room (EALR), in Lasch Football Building, and in 301 Bank of America Center. In addition, laptop computers are available for student-athletes to use during away competition trips. Laptops can be checked out at the reception desk in 301 Bank of America Center.

Guidelines for Computer Use

1. Labs are available to assist in completion of coursework. Therefore, student athletes are not permitted to use computer labs for personal reasons (personal E-mail, social networking, etc.) during peak periods (during mandatory study hall hours).

2. Threatening or abusive language or behavior will not be tolerated.

3. Generation, display or printing of sexually explicit, racially offensive, or homophobic language or images is inappropriate and will not be tolerated.
4. Student-athletes using the labs are expected to comply with MASCSA staff requests including being asked to share resources or to leave the area.

5. No eating or drinking is permitted in the labs.

6. Violations of some rules may constitute violations of state and/or federal laws. Any violation may result in loss of computer lab privileges.

Contact Mark Hinish with questions related to computer labs operational hours or study facilities.

**Learning Specialist**
The Morgan Center Learning Specialist is available to assist student-athletes with various needs they may have in learning specific study strategies. Instruction is available for student-athletes who have a desire to learn or improve their study strategies in areas such as reading comprehension, note taking, organization and time management and test taking.

The learning specialist also functions as a liaison with the Penn State Office of Disability Services (ODS) for those students with disabilities and can assist in the coordination of individual academic accommodations.

**Sport Psychology**
Recognizing the multiple demands, pressures, and developmental needs of Division One Intercollegiate Student-Athletes, MASCSA employs a full-time sport psychologist to help student-athletes maximize athletic, academic, and personal capabilities. Interested in the psychology of personal excellence, the sport psychologist provides counseling and support in many areas including:

- Personalized goal setting
- Championship thinking
- Maintaining a high level of commitment, passion, belief, and self-motivation
- The importance of self-awareness and knowing what one’s core confidence is all about
- Choosing and maintaining a positive attitude and focus
- Mental preparation strategies for training and competition
- Visualization and performance planning
- Self-regulation techniques for managing arousal, anxiety, thoughts, and emotions effectively
- Concentration focusing skills (being absorbed in the present, engaged, energized, thinking right)
- Refocusing skills (learning how to let go of mistakes quickly)
- Mental toughness, resiliency, and poise under pressure
- Stress management, time management, injury management
- Self-confidence, self-esteem, and student-athlete development
- Interpersonal relationships and communication skills
- Leadership and team dynamics
A student-athlete advocate, the sport psychologist also offers support and assistance to those individuals having difficulty managing time and stress effectively, making a smooth transition from high school to college, or successfully balancing academic, athletic, and/or personal needs. In addition to individual counseling, the sport psychologist works with teams in the areas of mental skills training for performance enhancement, group cohesion and team building, leadership and synergistic team functioning, peer support, collective confidence and team mental toughness.

Student-Athlete Advisory Board (SAAB)
SAAB acts as a liaison between Athletic Administration, the Morgan Center and student-athletes. Each team has one representative and one or more alternates who attend monthly meetings and serve on various committees addressing student-athlete needs and concerns at both the institution and conference level. SAAB also participates in community outreach programs and facilities communication regarding rule changes, deadlines, and programs.

At the beginning of each fall semester, SAAB hosts a Welcome Back BBQ, providing an opportunity for coaches, administrators, staff, and returning student-athletes to welcome incoming first-year student-athletes to Penn State.

SAAB also participates in the Four Diamonds Dance Marathon (THON), the largest student-run philanthropy in the world. SAAB dancers join those from numerous student organizations raising money for pediatric cancer research at Hershey Medical Center. SAAB sponsors fundraising throughout the year and holds “Athlete Hour” and a pep rally during the forty-six hour marathon. Over the years, THON has raised more than $100 million for the Four Diamonds Fund.

Each spring, SAAB, the Nittany Lion Club, and the Morgan Center sponsor the Academic Achievement Awards Banquet to recognize student-athletes' academic achievements from the previous academic year. In addition to individual recognition, the Varsity ‘S’ Club gives awards to the women’s and men’s teams with the highest team GPA. The team with the highest overall GPA is also recognized. The Nittany Lion Club sponsors two “True Grit” awards for student-athletes who have overcome adversity to succeed.

The Sue Paterno Mentor Program
Designed to help student-athletes on their road to success, the Sue Paterno Mentor Program assists in the development of basic transferable study skills. Carefully selected mentors aid student-athletes in achieving normal progress toward graduation while managing the demands of competing at the collegiate level.

While tutors provide assistance in subject areas, mentors assist student-athletes in finding success in and out of the classroom. Morgan Center mentors are well-trained to help student-athletes develop skills and strategies on a weekly basis in the following areas: goal setting, time management, organization, note taking, reading comprehension, study/test preparation, test taking, and learning strategies specific to the student-athlete’s learning style.
TUTORIAL SERVICES

Student-athletes are first encouraged to seek assistance from their course instructor(s) or teaching assistant(s). If these resources are available at times that conflict with other academic or athletic obligation or are not sufficient to adequately aid students in achieving their academic best, a request for a tutor is mutually agreed upon by student-athletes and their MASCSSA counselors. When a request is made, tutoring is required on a weekly basis for the duration of the course. Although tutorial assistance may be necessary to provide additional understanding of material missed due to travel, student-athletes are responsible for obtaining material from missed classes.

Your Responsibilities if You Have a Mentor and/or Tutor

I understand by being assigned a mentor/tutor for the subject(s) requested I agree to:

- Meet with the mentor/tutor at least one hour per week in an approved MASCSSA facility.
- Reply promptly to e-mail and phone correspondence from the mentor/tutor.
- Attend class and complete required assignments and readings prior to mentor/tutor sessions.
- Be on time for scheduled mentor/tutor sessions.
- Notify the mentor/tutor in advance if I am unable to attend a session and reschedule it for later in the week.
- Treat the mentor/tutor with respect.
- Never expect nor ask the mentor/tutor to carry out any form of academic misrepresentation including, but not limited to, typing for me, doing research of any kind, and providing answers to assignments/tests/quizzes.
- Never allow my mentor/tutor to be present when completing a take-home or online quiz/exam.

If you have mentor/tutor-related questions please contact Cheryl Anderson (cha3@psu.edu) in the Morgan Center (865-0407).

BOOK LOAN AND RETURN

Intercollegiate Athletics provides books to selected student-athletes in accordance with NCAA rules and regulations. The book loan and return program has been established with the Penn State Bookstore, located in the Hetzel Union Building (HUB).

Guidelines for the program:

- Student-athletes designated to receive books should go to the Penn State Bookstore prior to the first day of classes. The textbook managers will print a current class schedule. Student-athletes must provide their Penn State ID’s to the bookstore clerk.
- Student-athletes must request books in person and may only obtain required books for classes in which they are currently registered. Books that are recommended for a class, but not required, may not be received through the book loan program and are the financial responsibility of each student-athlete. Books may not be picked up for classes in which a student-athlete intends to enroll in the future; books will not be released until
the class has been officially added and appears on the student-athlete’s schedule.

- Student-athletes should pick up their loaned books at the Textbook Counter. The loaned books will then be credited to the student-athlete’s account. Student-athletes will be required to sign the account as verification of the books requested.

**The procedure for obtaining books after a change in schedule:**

- Student-athletes must take a copy of their revised schedule and books for the course(s) being dropped to the Textbook Counter at the Penn State Bookstore.
- Student-athletes then may pick up new books for the course(s) added and sign them out on their accounts.

**The procedure for obtaining books not available at the Penn State Bookstore:**

- Student-athletes unable to purchase the required book(s) at the Penn State Bookstore should purchase the book(s) at a downtown bookstore and obtain a receipt.
- The receipt and a copy of the course syllabus must be taken to the Morgan Center in 301 Bank of America Building. The Center will authorize reimbursement. This authorization should be taken to the Textbook Counter at the Penn State Bookstore for reimbursement, and the cost will be charged to the student-athlete’s account. Student-athletes are required to return the book(s) to the Penn State Bookstore at the end of the semester.

**The book return policy:**

- Student-athletes who obtained their books through the book distribution program must return all books to the Penn State Bookstore at the end of each semester. All books must be returned within 24 hours after the last scheduled exam.
- Student-athletes are permitted to keep any manuals or course packets. Those who wish to keep any books may purchase them at 50 percent of the new list price. Student-athletes must pay for these books prior to receiving new books for the next semester.
- Student-athletes will be required to pay for any lost or stolen books at 100 percent of the new list price. Student-athletes will be required to pay full price for any books not returned on time. Failure to do so will result in a “hold” placed on future book loan privileges.
- Coaches and sport administrators receive a list of all student-athletes who do not return books at the end of the semester. Student-athletes will have a HOLD placed on their university account limiting many of their University privileges until payment is received in full for all books not returned.
- The Morgan Center audits all book accounts against schedules each semester. If any discrepancy between accounts and schedules is discovered, the student-athlete will be requested to pay full price for the books. Any abuse of the book loan program will result in disciplinary action.
NAGLE STUDENT-ATHLETE EDUCATION AND DEVELOPMENT

The Student-Athlete Education and Development Program provides a unique and innovative experiential learning approach that actively involves student-athletes in developing specific life skills. This program emphasizes effective decision making, values clarification, group development, communication, peer helping, and other positive coping skills.

Under the broad umbrella of this program, many student opportunities are available to enhance experiential learning.

- Counselor Education 301 (2 credits) and Counselor Education 496 (1 credit) provide students, specifically Greek (fraternity and sorority) and student-athlete leaders, with an opportunity to practice necessary skills for effective leadership (e.g. team building, goal setting, conflict management and communication). In addition, each student participates in 15 hours of service learning.

- The Athletic Director’s Leadership Institute (ADLI) assists student-athletes in developing a personal understanding of their leadership style by increasing content knowledge within the leadership development area. Student-athletes also have access to individuals who can serve as model leaders; they are involved in service learning to enhance skill development and are required to create a personal leadership philosophy.

- The “Penn” Pal Program enables student-athletes to correspond with middle school students in regional school districts. Student-athletes discuss such topics as the importance of school, goal setting, and the benefits of staying involved in extracurricular activities.

- The Speaker’s Bureau Program affords student-athletes the opportunity to gain experience in public speaking settings while sending positive role model messages to local area school children (K-12). Student-athletes share their knowledge of goal setting, dealing with success and failure, and the importance of school.

- Each year student-athletes host a Holiday Party for youth in the local community. Student-athletes give surprise gifts, provide refreshments, and create holiday cards and crafts for all who attend.

- The Roar for Reading Program provides student-athletes with the opportunity for monthly visits to read to local elementary school students.

- Through the Lunch with the Lions Program, student-athletes meet with PSU LifeLink participants once or twice each semester to have lunch and socialize. PSU LifeLink provides 18-21 year old special needs students an opportunity to attend Penn State classes and experience college life.

- The International Student-Athlete Network (ISAN) welcomes new international student-athletes to campus. International student-athletes are provided an opportunity to have a mentor and receive an informational packet highlighting the PSU and State College communities. Mentors serve as another social contact and resource for their mentees as they transition into life at PSU.

- THON, the country’s largest student-run philanthropy, benefits The Four
Diamonds Fund, Conquering Childhood Cancer, at the Hershey Medical Center. Year-round fund raising culminates in a 46-hour no sitting, no-sleeping dance marathon at the Bryce Jordan Center. THON has raised millions and has helped thousands of children and their families fight pediatric cancer. SAAB assembles an oversight committee to coordinate Kick-Off Carnival, the Student-Athlete Pep Rally and Athlete Hour, family relations, and fund raising and selects student-athlete THON dancers.

Other THON fund raisers include an online auction, Mr. and Miss Student-Athlete Pageant, and canning (collecting donations) before selected home athletic competitions. SAAB sponsors a Four Diamonds Family with whom they stay in contact throughout the year.

The Special Olympics All-Sports Day brings together Special Olympic and varsity athletes for a fun-filled day celebrating sports. After assigned a team, all athletes compete in a dance-off game before being interviewed and photographed in Penn State football and basketball uniforms. All-Sports Day allows student-athletes to partner with SAAB, the Centre County Special Olympics and Penn State Special Olympics Club.
Department of Athletics Director

Athletics Administration
101 Bryce Jordan Center
Phone: 814-865-1086   Fax: 814-863-7955

Athletics Compliance
157 Bryce Jordan Center
Phone: 814-963-8048   Fax: 814-863-3472

Strategic Communications
101 Bryce Jordan Center
Phone: 814-865-1757   Fax: 814-863-3165

Athletics Development
147 Bryce Jordan Center
Phone: 814-863-3143   Fax: 814-865-8608

Faculty Athletics Representative (FAR)
801 Ford Building
Phone: 814-863-8983   Fax: 814-867-1751

Finance Office
102 Bryce Jordan Center
Phone: 814-863-3488   Fax: 814-865-8156

Business Relations
110 Bryce Jordan Center
Phone: 814-865-9080   Fax: 814-863-3165

Medical Services and Training
112 Center Medical Science Building
Phone: 814-865-3566   Fax: 814-865-4054

Sports Nutrition
256 Recreation Hall
Phone: 814-863-8107   Fax: 814-865-1746

Strength Training & Conditioning Football
110 A Lasch Building
Phone: 814-863-3121   Fax: 814-865-1151

Strength Training & Conditioning-Other Sports
16 Bryce Jordan Center
Phone: 814-865-8883   Fax: 814-865-1746
SPORT DIRECTORY

BASEBALL
230 Medlar Field/Lubrano Park
Phone: 814-863-0239.....Fax: 814-865-8608

Sport AD.................................Phil Esten 101 BJC 867-6115
Strategic Communications .Mark Brumbaugh 101 BJC 865-1757
MASCSA.......................................TBD 301 BOA 865-0407
Equipment..............................Steve Weaver 108 Multi-Sports 865-8887
Strength Trainer ..................Jamie Burleson East Area Wt. Rm. 865-5438
Team Physician.......................Philip Bosha Ctr. for Sports Med. 865-3566

MEN’S BASKETBALL
113 Bryce Jordan Center
Phone: 814-865-5494......Fax: 814-863-9516

Sport AD.................................Lynn Holleran 104 BJC 867-6352
Strategic Communications .Alissa Clendenen 101 BJC 865-1757
MASCSA....................................Kellynn Wilson 301 BOA 865-0407
Equipment..............................Mitch Stover 22 BJC 863-3299
Strength Trainer ..................Brandon Spayd 16 BJC 863-8883
Team Physician.......................Greg Billy Ctr. for Sports Med. 865-3566

WOMEN’S BASKETBALL
146 Bryce Jordan Center
Phone: 814-863-2672......Fax: 814-863-1221

Sport AD.................................Lynn Holleran 104 BJC 867-6352
Strategic Communications .... Greg Campbell 101 BJC 865-1757
MASCSA....................................Kellynn Wilson 301 BOA 865-0407
Equipment..............................Mitch Stover 22 BJC 863-3299
Strength Trainer ..................Brad Pantall 16 BJC 863-3434
Team Physician.......................Roberta Millard Ctr. for Sports Med. 865-3566

CHEERLEADING
105 E White Building
Phone: 814-865-0565......Fax: 814-863-2851
MASCSA ........................................ TBA 301 BOA 865-0407

MEN’S & WOMEN’S FENCING
104 White Building
Phone: 814-863-7465 .... Fax: 814-865-8149

Sport AD ............................. Jan Bortner 103 BJC 863-0420
Strategic Communications ........ Pat Donghia 101 BJC 865-1757
MASCSA ............................. Maureen Cooper 301 BOA 865-0407
Equipment ........................... Scott Ogden 111 White Bldg. 863-9530
Strength Trainer .................. Mike Schroeder Rec Hall Wt. Rm. 863-3937
Team Physician ................. Philip Bosha Ctr. for Sports Med. 865-3566

FIELD HOCKEY
136 B East Area Locker Room
Phone: 814-863-7467 .... Fax: 814-865-2594

Sport AD ............................ Lynn Holleran 104 BJC 867-6352
Strategic Communications .......... TBA 101 BJC 865-1757
MASCSA .......................... Elizabeth Johnson 301 BOA 865-0407
Equipment ......................... Sue Kerstetter 110 EALR 865-4860
Strength Trainer .................. Ian Jones East Area Wt. Rm. 865-5438
Team Physician ................. Philip Bosha Ctr. for Sports Med. 865-3566

FOOTBALL
Lasch Building
Phone: 814-865-0411 .... Fax: 814-865-1151

Sport AD .................................. Phil Esten 101 BJC 867-6115
Strategic Communications .... Kris Petersen 101 BJC 865-1757
MASCSA ........................ Todd Kulka 122 Lasch 865-1946
Molly Tye 122 Lasch 865-1946
Equipment .......................... Jay Takach 104 Lasch 865-5251
Strength Trainer ................. Dwight Galt III 110A Lasch 865-3121
Team Physician ............... Peter Seidenberg Ctr. for Sports Med. 865-3566

MEN’S GOLF
Tombros Varsity Clubhouse
Phone: 814-863-7469 .... Fax: 814-865-9626

Sport AD ............................ Dave Baker 103 BJC 863-0270
Strategic Communications ....... Alissa Clendenen 101 BJC 865-1757
MASCSA ..........................Mark Hinish 301 BOA 865-0407
Equipment .......................... Mark Leon Tombros Clubhouse 863-8230
Strength Trainer ................... Jamie Burleson Rec Hall Wt. Rm. 863-3937
Team Physician .................... Greg Billy Ctr. for Sports Med. 865-3566

**WOMEN’S GOLF**

*Tombros Varsity Clubhouse*

*Phone:* 814-863-2396 ...... *Fax:* 814-865-9626

Sport AD ......................... Dave Baker 103 BJC 863-0270
Strategic Communications ........ TBA 101 BJC 865-1757
MASCSA .......................... Mark Hinish 301 BOA 865-0407
Equipment .......................... Andy Breon Tombros Clubhouse 863-8309
Strength Trainer ................... Rhian Davis Rec Hall Wt. Rm. 863-3937
Team Physician ................. Roberta Millard Ctr. for Sports Med. 865-3566

**MEN’S GYMNASTICS**

*101 White Building*

*Phone:* 814-865-8421 ...... *Fax:* 814-865-8149

Sport AD .......................... Phil Esten 101 BJC 867-6115
Strategic Communications ........ Will Rottler 101 BJC 865-1757
MASCSA .......................... Sarah Cowart 301 BOA 865-0407
Equipment .......................... Scott Ogden 111 White Bldg. 863-9530
Team Physician ................... Peter Seidenberg Ctr. for Sports Med. 865-3566

**WOMEN’S GYMNASTICS**

*110A White Building*

*Phone:* 814-863-7461 ...... *Fax:* 814-865-8149

Sport AD .......................... Phil Esten 101 BJC 867-6115
Strategic Communications ........ TBA 101 BJC 865-1757
MASCSA .......................... Sarah Cowart 301 BOA 865-0407
Equipment .......................... Scott Ogden 111 White Bldg. 863-9530
Team Physician ................... Peter Seidenberg Ctr. for Sports Med. 865-3566

**MEN’S ICE HOCKEY**

*Pegula Ice Arena*

*Phone:* 814-863-8443 ...... *Fax:* 814-863-3636

Sport AD .......................... Morris Kurtz 150 Pegula Ice Arena 867-4560
WOMEN’S ICE HOCKEY

Pegula Ice Arena

Phone: 814-865-4240.....Fax: 814-863-9529

Sport AD.........................Morris Kurtz 150 Pegula Ice Arena 867-4560
Strategic Communications...............TBA 110 BJC 865-1757
MASCSA............................Jim Weaver 301 BOA 865-0407
Equipment...........................Sue Kerstetter 110 EALR 865-4860
Strength Trainer.....................Kristina Jeffries East Area Wt. Rm. 865-5438
Team Physician......................Kathryn Gloyer Ctr. for Sports Med. 865-3566

MEN’S LACROSSE

137- F East Area Locker Room

Phone: 814-863-7470.....Fax: 814-865-2594

Sport AD..........................Rick Kaluza 106 BJC 865-7780
Strategic Communications...............TBA 101 BJC 865-1757
MASCSA............................Mark Hinish 301 BOA 865-0407
Equipment...........................Sue Kerstetter 110 EALR 865-4860
Strength Trainer.....................Greg Miskinis East Area Wt. Rm. 865-5438
Team Physician......................Greg Billy Ctr. for Sports Med. 865-3566

WOMEN’S LACROSSE

136 H East Area Locker Room

Phone: 814-863-7476.....Fax: 814-865-2594

Sport AD..........................Rick Kaluza 106 BJC 865-7780
Strategic Communications...............Jeremy Fallis 101 BJC 865-1757
MASCSA............................Mark Hinish 301 BOA 865-0407
Equipment...........................Sue Kerstetter 110 EALR 865-4860
Strength Trainer.....................Kristina Jeffries East Area Wt. Rm. 865-5438
Team Physician......................Kathryn Gloyer Ctr. for Sports Med. 865-3566
MEN'S SOCCER
261 Recreation Hall
Phone: 814-863-2407......Fax: 814-865-6157
Sport AD.......................... Jan Bortner 103 BJC 863-0420
Strategic Communications ... Megan Samassa 101 BJC 865-1757
MASCSA............................ Sarah Cowart 301 BOA 865-0407
Equipment.......................... Dan Sowash 144 Rec Hall 865-2723
Strength Trainer................... Melissa Boldt 110B Lasch 865-0412
Team Physician.................... Roberta Millard Ctr. for Sports Med. 865-3566

WOMEN'S SOCCER
262 Recreation Hall
Phone: 814-863-5372......Fax: 814-865-6157
Sport AD.......................... Lynn Holleran 104 BJC 867-6352
Strategic Communications ............. TBA 101 BJC 865-1757
MASCSA............................ Jim Weaver 301 BOA 865-0407
Equipment.......................... Dan Weaver 144 Rec Hall 865-2723
Strength Trainer.................... Greg Miskinis Rec Hall Wt. Rm. 863-3937
Team Physician.................... Roberta Millard Ctr. for Sports Med. 865-3566

SOFTBALL
Nittany Lion Softball Park
Phone: 814-863-7472......Fax: 814-863-8120
Sport AD.......................... Charmelle Green 111 BJC 865-1104
Strategic Communications ... Megan Samassa 101 BJC 865-1757
MASCSA............................ Maureen Cooper 301 BOA 865-0407
Equipment.......................... Josh Potter 108 Multi-Sports 865-8887
Strength Trainer.................... Rhian Davis Rec Hall Wt. Rm. 863-3937
Team Physician.................... Roberta Millard Ctr. for Sports Med. 865-3566

MEN'S AND WOMEN'S SWIMMING
McCoy Natatorium
Phone: 814-863-3866......Fax: 814-865-3728
Sport AD.......................... Jenn James 103 BJC 863-3471
Strategic Communications, Mark Brumbaugh/Megan Samassa 101 BJC 865-1757
MASCSA............................ TBD 301 BOA 865-0407
Equipment ................................... TBD  Natatorium  863-3857
Strength Trainer  ................... Rhian Davis  East Area Wt. Rm.  865-5438
Team Physician ..................... Roberta Millard  Ctr. for Sports Med.  865-3566

**MEN’S TENNIS**

204 East Area Locker Room  
**Phone**:  814-863-3487  **Fax**:  814-865-2594

Sport AD ............................. Jan Bortner  103 BJC  863-0420
Strategic Communications .......... Pat Donghia  101 BJC  865-1757
MASCSA .......................... Maureen Cooper  301 BOA  865-0407
Equipment ........................... Sue Kerstetter  110 EALR  865-4860
Strength Trainer ................... Brandon Spayd  Rec Hall Wt. Rm.  863-3937
Team Physician .................... Kathryn Gloyer  Ctr. for Sports Med.  865-3566

**WOMEN’S TENNIS**

203 East Area Locker Room  
**Phone**:  814-863-7479  **Fax**:  814-865-2594

Sport AD ............................. Jan Bortner  103 BJC  863-0420
Strategic Communication .......... Pat Donghia  101 BJC  865-1757
MASCSA .......................... Maureen Cooper  301 BOA  865-0407
Equipment ........................... Sue Kerstetter  110 EALR  865-4860
Strength Trainer ................... Cameron Davidson  Rec Hall Wt. Rm.  863-1181
Team Physician .................... Kathryn Gloyer  Ctr. for Sports Med.  865-3566

**MEN’S & WOMEN’S CC/TRACK & FIELD**

148 C Bryce Jordan Center  
**Phone**:  814-863-3146  **Fax**:  814-863-8933

Sport AD ............................. Charmelle Green  111 BJC  865-1104
Strategic Communications ........ Will Rottler  147 BJC  863-2120
MASCSA .......................... Elizabeth Johnson  301 BOA  865-0407
Equipment ........................... Dayna Wenger  108 Multi-Sports  865-8887
Strength Trainer ................... Cameron Davidson  Rec Hall Wt. Rm.  863-1181
Team Physician .................... Roberta Millard  Ctr. for Sports Med.  865-3566

**MEN’S VOLLEYBALL**

207 Recreation Hall  
**Phone**:  814-863-7464  **Fax**:  814-865-1746

Sport AD ............................. Jenn James  103 BJC  863-3471
Strategic Communications .... Arielle Sargent 101 BJC 865-1757
MASCSA ............................ Jim Weaver 301 BOA 865-0407
Equipment .......................... Dan Sowash 144 Rec Hall 865-2723
Strength Trainer ............. Melissa Boldt Rec Hall Wt. Rm. 863-3937
Team Physician ............ Roberta Millard Ctr. for Sports Med. 865-3566

WOMEN'S VOLLEYBALL
235 Recreation Hall
Phone:  814-863-7474 .... Fax:  814-865-1746
Sport AD .......................... Charmelle Green 111 BJC 865-1104
Strategic Communications .... Arielle Sargent 101 BJC 865-1757
MASCSA ............................ Jim Weaver 301 BOA 865-0407
Equipment .......................... Dan Sowash 144 Rec Hall 865-2723
Strength Trainer ........... Cameron Davidson Rec Hall Wt. Rm. 863-3937
Team Physician ............ Kathryn Gloyer Ctr. for Sports Med. 865-3566

WRESTLING
238 A Recreation Hall
Phone:  814-863-7460 .... Fax:  814-865-3893
Sport AD .......................... Jan Bortner 103 BJC 863-0420
Strategic Communications .... Pat Donghia 101 BJC 865-1757
MASCSA ............................ Sarah Cowart 301 BOA 865-0407
Equipment .......................... Dan Sowash 144 Rec Hall 865-2723
Strength Trainer ........... Mike Schroeder 147C Rec Hall 865-2052
Team Physician ............ Philip Bosha Ctr. for Sports Med. 865-3566

INTERCOLLEGIATE ATHLETIC SPORTS MEDICINE

Wayne Sebastianelli, MD Director, Orthopaedic Surgeon
wsebastianelli@hmc.psu.edu

Greg Billy, MD Primary Care Sports Medicine
gbilly@hmc.psu.edu

Philip Bosha, MD Primary Care Sports Medicine
pbosha@hmc.psu.edu

Kathryn Gloyer, MD Primary Care Sports Medicine
kgloyer@hmc.psu.edu

Roberta Millard, MD Primary Care Sports Medicine
rmillard@hmc.psu.edu
ATHLETIC TRAINING ROOMS/STAFF PHONE NUMBERS

- Beaver Stadium Home Training Room................................. 865-2305, X-Ray 865-9079
- Lasch Football Building Training Room.............................865-0773
- Lubrano Park Training Room ........................................ 863-2517
- Multi-Sport Training Room ............................................ 865-8884
- White Building Training Room .................................... 865-6202
- East Area Locker Room Training Room .............................. 865-8296
- Pegula Ice Arena Training Room ................................. 867-1318
- Bryce Jordan Center Training Room ............................... 863-3358
- Rec Hall Training Room ............................................. 867-0478
- Beard Softball Complex Training Room ........................... 863-0651
- Tim Bream, Assistant Athletic Director for Sports Performance(O) 863-0773 (C) 321-3651
  htb2@psu.edu
- Dave Brajuha, Assistant Athletic Trainer ........................ (O) 865-8296
dab255@psu.edu
- Scott Campbell, Assistant Athletic Trainer ........................ (O) 867-0476
  stc137@psu.edu
- Stephen Delger, Assistant Athletic Trainer ........................ (O) 867-0478
  sjd5268@psu.edu
- Mike Gay, Assistant Athletic Trainer ............................. (O) 865-8884
  mrg201@psu.edu
• Brandon Hall, Assistant Athletic Trainer........................................ (O) 865-8296  
  bwh10@psu.edu
• Natalie Meckstroth, Assistant Athletic Trainer............................ (O) 863-3435  
  nrm3@psu.edu
• Renee Messina, Assistant Athletic Trainer ................................. (O) 863-8296  
  rmm17@psu.edu
• Dan Monthley, Assistant Athletic Trainer ................................. (O) 865-2052  
  dtm2@psu.edu
• Cameron Patria, Assistant Athletic Trainer ................................. (O) 865-4161  
  cdp170@psu.edu
• Justin Rogers, Assistant Athletic Trainer ................................ (O) 867-1318  
  jdr27@psu.edu
• Andrea Roth, Assistant Athletic Trainer ................................ (O) 867-1318  
  alr31@psu.edu
• Jonathan Salazer, Assistant Athletic Trainer ............................. (O) 863-3358  
  jds23@psu.edu
• Kelly Saxton, Assistant Athletic Trainer ................................ (O) 867-0476  
  krj10@psu.edu
• Madeleine Scaramuzzo, Assistant Athletic Trainer .................... (O) 865-6838  
  mgs21@psu.edu
• Wes Sohns, Assistant Athletic Trainer .................................... (O) 865-6816  
  wcs15@psu.edu
• Andra Thomas, Assistant Athletic Trainer ................................ (O) 867-0478  
  art2@psu.edu
• Sarah Thompson, Assistant Athletic Trainer ............................ (O) 867-4832  
  @psu.edu

ATHLETIC SITE PHONE NUMBERS
• Bryce Jordan Center Weight Room ............................................. 865-8883
• East Area Weight Room .......................................................... 865-5438
• Golf Pro Shop ........................................................................... 865-4653
• Greenberg Ice Pavilion ............................................................ 865-4102
• IM Building .............................................................................. 865-5401
• Jeffrey Field ........................................................................... 865-2272
• Lasch Weight Room................................................................. 863-3121
• Medlar Field............................................................................. 865-8617
• McCoy Natatorium ................................................................. 865-1432 (Ext. 7)
• Rec Hall Weight Room ......................................................... 863-3937
• Rec Hall Wrestling Room ..................................................... 865-1094
• Sarni Tennis Center................................................................. 865-3430
• White Building Fencing Room .............................................. 863-3576
• White Building Gymnastics Room ......................................... 865-6634

MORGAN ACADEMIC SUPPORT CENTER
FOR STUDENT-ATHLETES (THE MORGAN CENTER)
301 Bank of America Career Services Center, University Park, PA 16802-2119
Phone: 814-865-0407  Fax: 814-863-1539

MASCSA STAFF

Russell Mushinsky  Director
Cheryl Anderson  Assistant Director, Learning Services & Facilities & Learning Specialist
Lauren Byron  Administrative Support Assistant
Maureen Cooper  Academic Counselor, Student-Athlete Programming & Academic Counselor
Sarah Cowart  Assistant Director, Student-Athlete Programming & Academic Counselor
Kathy Early  Administrative Support Coordinator and Assistant to the Director
Linda Fetzer  Administrative Support Assistant
Mark Hinish  Associate Director, Learning Services & Facilities & Academic Counselor
Chelsea Holmes  Assistant Learning Specialist
Rachel Kelly  Administrative Support Assistant
Todd Kulka  Assistant Director, Football Support Services & Academic Counselor
Kellynn Wilson  
*Associate Director, Student-Athlete Programming & Academic Counselor*

Adam Stover  
*Programmer/Systems Analyst*

Molly Tye  
*Academic Counselor*

Jim Weaver  
*Associate Director, Counseling, Eligibility & Compliance & Academic Counselor*

Dr. Dave Yukelson  
*Director of Sport Psychology Services*

Vacant  
*Academic Counselor*

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**PENN STATE COLLEGE ADVISING CENTERS**

College of Agriculture  
865-7521

College of Arts and Architecture  
865-9523

Smeal College of Business Administration  
863-1947

College of Communications  
865-1503

College of Earth and Mineral Sciences  
863-2751

College of Education  
865-0488

College of Engineering  
863-1033

College of Health and Human Development  
865-2156

College of Information Sciences and Technology  
865-8947

College of the Liberal Arts  
865-2545

Eberly College of Science  
863-3889

Division of Undergraduate Studies  
865-7576
ADDITIONAL IMPORTANT PHONE NUMBERS

University Information 865-4700
Morgan Center 865-0407
Emergency 9-1-1
University Police Services 863-1111
State College Police 234-7150
Mount Nittany Medical Center 231-7000
Women’s Health (Sexual Violence) 863-2633
Counseling and Psychological Services 863-0395
Escort Service 865-9255
Admissions 865-5471
Bursar 865-6528
Registrar 865-6357
Financial Aid 865-6301
Director of Athletics 865-1086
Sports Information 865-1757
Athletic Ticket Office 863-1000
E-Mail Help Line 865-4357
Computer Assistance 863-2494
Sport Psychologist 865-0407
Compliance & Ethics Hotline 1-800-560-1637

Study Hall
East Area Locker Room 865-9759
Rec. Hall 863-7084
PENN STATE
HISTORY AND
LEGENDS
In Henry Varnum Poor’s famous land-grant frescoes in Old Main, the “Old Boys” panel shows nine men and one woman who were influential in shaping Penn State’s early history. The sole female in the fresco is Harriet McElwain who served as Lady Principal (forerunner of Dean of Women) from 1883 to 1901 as well as professor of history. McElwain was the first to hold the title of Registrar. Her complaints over primitive living conditions for women students in Old Main led to the construction of the Lady’s Cottage, Penn State’s first residence hall exclusively for women.

A current practice of the Board of Trustees is to honor past University presidents by naming a building on the University Park campus in their honor. However, Atherton Hall is not named after George W. Atherton. Instead, Atherton Hall was built in 1938 as a women’s residence hall and named after President Atherton’s wife, Frances W. Atherton. Today, Atherton Hall houses the Schreyer Honors College.

In 1887, the student body’s unanimous choice for Penn State’s school colors was pink and black. They were changed to blue and white in 1890.
Mount Nittany

The word “Nittany” seems to have been derived from a Native American term meaning “single mountain.” (Since a number of Algonquian-speaking tribes inhabited central Pennsylvania, the term cannot be traced to one single group.) These inhabitants applied this description to the mountain that separates Penns Valley and Nittany Valley, overlooking what is today the community of State College and Penn State’s University Park campus. The first white settlers in the 1700’s apparently adopted this term, or a corruption of it, when they named that mountain, Mount Nittany or Nittany Mountain. Thus by the time Penn State admitted its first students in 1859, the word “Nittany” was already in use.

The Nittany Lion Mascot

The Nittany Lion as Penn State’s mascot originated with Harrison D. “Joe” Mason ’07. At a baseball game against Princeton in 1904, Mason and other members of Penn State’s team were shown a statue of Princeton’s famous Bengal tiger as an indication of the merciless treatment they could expect to encounter on the field. Since Penn State lacked a mascot, Mason replied with an instant fabrication of the Nittany Lion “fiercest beast of them all,” who could overcome even the tiger. Penn State went on to defeat Princeton that day. Over the next few years, Mason’s “Nittany Lion” won such widespread support among students, alumni, and fans that there was never any official vote on its adoption.

The Nittany Lion is essentially an ordinary mountain lion (also known as a cougar, puma, or panther), a creature that roamed central Pennsylvania until the 1880’s (although unconfirmed sightings continued long after that time). By attaching the prefix “Nittany” to this beast, Mason gave Penn State a unique symbol that no other college or university could claim.
For the glory of Old State,
For her founders strong and great,
For the future that we wait,
Raise the song, raise the song.

Sing our love and loyalty,
Sing our hopes that bright and free
Rest, O mother dear, with thee,
All with thee, all with thee.

When we stood at childhood’s gate,
Shapeless in the hands of fate,
Thou didst mold us, dear old State,
Dear old State, dear old State.

May no act of ours bring shame,
To one heart that loves thy name.
May our lives but swell thy fame,
Dear old State, dear old State.

The Alma Mater was written by Fred Lewis Pattee and published in April 1901. (Pattee’s original version had six verses.) In 1975, the original “boyhood’s gate” was changed to “childhood’s gate.” In addition, “into men” in the third stanza was changed to “Dear old State, dear old State.”
THE NITTANY LION CLUB
The Nittany Lion Club is one of the nation’s largest intercollegiate athletics’ support groups with a mission to provide annual scholarship support to Penn State University student-athletes, as well as, develop private support for capital projects, endowments and other needs of the department of intercollegiate athletics.

**STUDENT NITTANY LION CLUB**

The Student Nittany Lion Club is the first step to ensuring our Penn State Athletics’ tradition continues to thrive. By Joining the SNLC you support our incredible student-athletes and help to ensure the platform for national success.

Your $25.00 Annual Membership benefits include the following:

- 5 NLC points per year ($250 value)
- Priority ticketing for post season Bowl games
- Exclusive Apparel, Events, Opportunities and More
- Begin making a real impact on Penn State Athletics

JOIN TODAY

[www.nittanylionclub.com](http://www.nittanylionclub.com)

**Contact Us:**
Nittany Lion Club
157 Bryce Jordan Center
University Park, PA 16802
814-865-9462
nittanylionclub@athletic.psu.edu
THE VARSITY ‘S’ CLUB
THE VARSITY ‘S’ CLUB

HISTORY

The Varsity ‘S’ Club was created as a way to keep former Penn State athletes, managers, cheerleaders, mascots and managers connected with their sport teams, Intercollegiate Athletics, and teammates. It was also created as a way to continue supporting our athletic programs through Club involvement and interaction within the Penn State and local community. We have expanded our member benefits and continue to look for creative ways to support our current varsity athletic teams and promote the positive impact Penn State student-athletes have on our local communities and youth.

PURPOSE

The purpose of the “Varsity ‘S’ Club is to perpetuate the Penn State Athletic tradition and promote unity among the university and former players, coaches, managers, cheerleaders and mascots for their mutual benefit.

MEMBERSHIP

Membership in the Varsity ‘S’ Club is open to former Penn State varsity athletes, cheerleaders, mascots, and managers who graduated from Penn State. Being a member enables you to remain connected to your team, the university, intercollegiate athletics, and former teammates. It offers you the opportunity to support your alma mater and provides the foundation for cultivating old and new relationships with former players, coaches, and managers. Membership is free to all former University Park student athletes. This has been made possible with the support of the Nittany Lion Club.

MEMBER BENEFITS

As a member of the Varsity ‘S’ Club, you will receive the following member benefits each year:

- Invitation to Varsity ‘S’ Day Tailgate, Pre-game Letter winners Tunnel, and access to purchase football tickets for the game
- Complimentary Penn State Sports Pass (excludes Football, Men’s Ice Hockey, Men’s Basketball, Wrestling matches, or championships, invitational or international events in any sport)
- Invitations to athletic team reunions
- Quarterly Varsity ‘S’ Newsletters exclusively for members via email
- Two awards presented each year at the annual Student-Athlete Advisory Board
Academic Achievement Banquet

- A one-time credit of 10 points to your Nittany Lion Club (NLC) account for your gift.