



2011-2012 Southern Illinois University Student-Athlete Handbook



ACADEMIC CALENDAR

FALL 2011 SEMESTER

Monday, August 22	Semester Begins
Monday, September 5	Labor Day Holiday
Saturday-Sunday, September 24-25	Family Weekend
Saturday-Tuesday, October 8-11	Fall Break
Saturday, October 15	Homecoming Weekend
Sunday, October 16	Last Day to Drop a Class
Friday, November 11	Veterans Day Holiday
Wednesday-Sunday, November 23-27	Thanksgiving Vacation
Monday-Friday, December 12-16	Final Exams
Saturday, December 17	Commencement

SPRING 2012 SEMESTER

Monday, January 16	Martin Luther King, Jr. Holiday
Tuesday, January 17	Semester Begins
Saturday-Sunday, March 10-18	Spring Break
Monday-Friday, May 7-11	Final Exams
Friday-Saturday, May 11-12	Commencement

SUMMER 2012 SEMESTER

Monday, May 14	Intersession Begins
Friday, June 8	Intersession Ends
Monday, June 11	Eight Week Session Begins
Wednesday, July 4	Independence Day Holiday
Thursday-Friday, August 2-3	Final Exams
Saturday, August 4	Commencement

Academic Calendar	1
Table of Contents	2
Letter from Director of Athletics	3
Mission Statement for Saluki Athletics	4
Inclusion & Diversity Value Statement	4
Student-Athlete Conduct	4-6
Grievance Procedures & Appeals Process	6-8
Conference Affiliations	8-9
Saluki Athletics Staff Directory	10-13
Academic Support Services	14-17
Student-Athlete Affairs (Champs/Life Skills)	18
Registered Student Organizations & SAAC	18
Information Technology, Network ID, SIU Email, Passwords	19
Webmail, SalukiNet, Blackboard	20
Parking, Bicycles, Parking when away for competition	20-21
Campus Policies & Procedures	22
SIU Academic Policies & Procedures	23
NCAA Academic Rules & Regulations	23
SIU Team Travel Policy	23-24
Class Absence Policy	24
Compliance Policies & Procedures	25-28
Financial Aid Policies & Procedures	29-30
Illinois Residency	30-31
International Students	31
Letter and Special Awards	31-33
Weight Room Policies	33
Uniforms & Equipment, Laundry	34
Media Services	34-35
Student-Athlete Wellness	35-36
Medical Policies & Procedures	36-39
Drug & Alcohol Education Testing Program	39-44
Appendix A, B, C	45-49



Southern Illinois University

Dear Saluki Student-Athlete:

It is with great pride and pleasure that I welcome you to Southern Illinois University. As Director of Athletics, I want to personally assure you that our administration, coaches and staff are prepared to assist you with your academic progress, personal development and competitive endeavors in every way possible. We are proud of the many accomplishments achieved on an annual basis by Saluki student-athletes and we are committed to making sure that your experience is rewarding, fulfilling and successful.

This Student-Athlete Handbook was created to assist you in achieving success. You will find detailed information about our Intercollegiate Athletic program and services, as well as campus resources, available for your use. I encourage you to take full advantage of the broad-base programs that are offered and strive for excellence in both your academic and athletic pursuits.

If I, or any member of the Athletics staff, can be of assistance to you, please feel free to contact us at any time. I wish you great success in the classroom and in competition this year.

GO SALUKIS!

Mario Moccia
Director of Athletics

INTERCOLLEGIATE ATHLETICS MISSION STATEMENT

Southern Illinois University Carbondale is a contemporary, comprehensive student-responsive university committed to providing quality teaching, research and service. In keeping with the University's mission, the primary purpose of intercollegiate athletics is to sponsor a broad-based, fiscally and ethically responsible athletics program designed to promote each student-athlete's academic, athletic and personal well-being and development. It is our goal to create a culture of excellence for our student-athletes, staff and fans that values integrity, diversity, equity, sportsmanship and community service. A successful, well-run athletics program also helps build pride in and support for the University among the citizens of Southern Illinois and among the thousands of SIUC students, staff and alumni.

INCLUSION AND DIVERSITY VALUE STATEMENT

We in Saluki Athletics believe that each individual can contribute a unique perspective based on life experience that will make our program better as a whole. We will strive to create an environment of inclusion, regardless of race, ethnicity, gender, age, socio-economic status, national origin, sexual orientation, disability and religion where each individual student-athlete and staff member feels valued and welcome to participate as a member of the athletics family.

Further, we will strive in the environment we create and our recruiting and hiring practices to maintain a racial and gender mix of staff and student-athletes that reflects that of the SIUC student body.

WHAT DOES IT MEAN TO BE A SALUKI?

The Saluki Athletics staff has a proud tradition of working hard to help you be the best you can be. You come here first to earn your degree and that should be your top priority. Your hard work in the classroom, in the weight room and in practice is just as important as what you accomplish on the days you compete. You represent not only yourself and your family, but your sport, the Saluki Athletics Family and Southern Illinois University. Your actions and conduct on and off the playing field should bring pride and honor to what we do. We encourage you to always use common sense and make wise decisions in your actions. This is a small community; somebody will always recognize you as a Saluki student-athlete. The Saluki Athletics Family is about doing things the right way: in the classroom, in the community and in your sport.

MISSOURI VALLEY CONFERENCE CODE OF SPORTSMANSHIP**Statement of Purpose**

The Missouri Valley Conference is committed to establishing sportsmanship and developing healthy environments for competition. The Missouri Valley Conference sets forth this code to maintain intercollegiate athletics in harmony with the educational purposes of its member institutions.

Principles of Sportsmanship

The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential for sports is achieved when competition reflects these "six pillars of character."

Standards of Conduct

Coaches and administrators shall conduct themselves in a professionally dignified manner. Student-athletes shall similarly conduct themselves as positive role models and represent their institutions in a manner which exhibits the principles of sportsmanship.

The standards for the conduct of administrators, coaches and student-athletes immediately preceding, during and following athletics events are:

1. exhibiting respect and courtesy towards all participants including the coaches, student-athletes and officials.
2. exercising restraint in their actions, both physical and verbal, toward other participants.
3. commenting about other institutions, coaches and student-athletes only in a positive manner.
4. refraining from making public comments critical of officials or the quality of their work.

Student-Athletes.

Respect for the game in which the student-athlete participates also demands respect for the opponent. Student-athletes at MVC institutions are expected to treat opponents with respect. There will be no tolerance for taunting and baiting of opponents.

MVC student-athletes must understand that they are often the most visible representatives of their institutions and their behavior is observed and emulated by many who are younger. MVC student-athletes must honor the responsibilities that accompany the privilege of representing our schools by behaving with dignity and class on and off the field.

DRUGS, ALCOHOL AND TOBACCO

The athletics department does not condone the illegal or irresponsible use of alcohol under any circumstances. The use of alcohol, all tobacco products, and illicit drugs is prohibited in all sports during practice, competition, and while on Saluki Athletic-sponsored trips. Any student-athlete violating this rule may be subject to disciplinary action by his/her team, coach, department of intercollegiate athletics and/or the university. A student-athlete who uses tobacco products during practice or competition shall be disqualified for the remainder of that practice or competition.

SEXUAL HARASSMENT POLICY

SIU is committed to creating and maintaining a community in which students, faculty, and staff can work together in an atmosphere free from all forms of harassment, exploitation, or intimidation. In addition to being illegal, sexual harassment runs counter to the objectives of the University. Academic freedom can exist only when every person is free to pursue ideas in a non-threatening, non-coercive atmosphere of mutual respect.

Sexual harassment has been defined as: Any unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. It includes instances when such conduct is indicated to be a term or condition of an individual's academic or employment experience, used as a basis for academic employment decisions, interferes with an individual's academic or employment performance, or creates an intimidating, hostile or offensive academic or employment environment. Sexual harassment can be as subtle as a look or as blatant as rape. It can occur within and beyond the classroom and workplace. Harassment usually involves a member of the opposite sex, but can also involve two persons of the same sex.

- University Ombudsman C302 Woody Hall 453-2411
- Human Resources 805 S. Elizabeth 453-6689
- Counseling Center 253 Student Health Center 453-5371
- International Students and Scholars B135 Northwest Annex 536-7771
- Women's Studies 913 S. Oakland 453-5141

HAZING

Hazing will not be tolerated on any SIU athletics team. Hazing is also a violation of the SIU Student Conduct Code. Hazing is defined as any action required of or imposed on current or potential members of a group which, regardless of the consent of the participants, produces or is reasonably likely to produce bodily harm, humiliation or ridicule, substantial interference with academic efforts, or significant impairment or endangerment of physical well-being.

Examples of hazing include, but are not limited to:

- Forced consumption of alcohol or other substances
- Sleep deprivation
- Use of alcohol in drinking games or contests
- Paddling
- Forced tattooing or branding
- Creation of excessive fatigue
- Severe shocks or humiliation
- Theft or misuse of property belonging to others

USE OF SOCIAL NETWORK WEBSITES

Websites such as Facebook, MySpace and Twitter have become a widespread part of the college experience. These personal websites can be viewed by thousands of people including fellow students, faculty, administrators and future employers. As ambassadors of SIU and Saluki Athletics, you are always in the public eye and should exercise great care when displaying any personal information in a public forum. Do not post information or pictures on-line which would embarrass you, your team or Southern Illinois University. Content posted by student-athletes at other institutions or other students on this campus may not be acceptable on your personal on-line profile. Be extremely cautious about posting disparaging comments about anyone, including your teammates, coaches or athletic administration. Inappropriate photographs and other content that violates the Student Conduct Code or your Team Policies may result in disciplinary action, including suspension from the team.

The SIU compliance office recommends that each student-athlete immediately review any internet websites you may have posted to, to ensure the postings are consistent with our university policies or team rules and they present you in a way you wish to be portrayed. For your safety and privacy, you should refrain from posting and should promptly remove any personally identifiable information such as telephone number, address, class schedule and places frequented as well as any photos. Alert the Saluki Athletic Compliance Office of any sites that falsely appear to be yours as this constitutes identity theft, and the compliance office will assist your efforts to have the offensive site removed.

GRIEVANCE PROCEDURES

Intercollegiate Athletics is committed to maintaining an atmosphere free of harassment, intimidation or discrimination of any kind. Any Intercollegiate Athletics staff member or student-athlete who feels that he or she is being harassed or discriminated against based on age, sex, race, marital status, sexual orientation, national origin, religion, disability or status as a disabled veteran or a veteran of the Vietnam era should contact the Senior Associate Athletic Director or the Director of Athletics to seek resolution informally. Formal complaints are routinely investigated through the Associate Chancellor (Diversity).

APPEALS PROCESS

Student-athletes, coaches and administrative staff are encouraged to keep lines of communication open in order to aid in the informal resolution of problems. There may, on occasion, be situations where a student-athlete believes that an action taken by, or a decision made by, a member of the athletics department coaching or administrative staff is inappropriate or unreasonable. If informal discussion with the coach or staff member is insufficient to resolve the problem, the student-athlete may need to speak with an athletic administrator to determine how best to approach the situation.

Financial Aid Appeal

If you receive an athletics scholarship and your athletics aid is reduced or not renewed for the following year, you have the right to request a hearing. If your aid is cancelled during the year, you have a right to appeal the cancellation. You may request a hearing through the University Financial Aid Advisory Committee, which is chaired by the Director of Financial Aid. A copy of the specific procedures governing athletic financial aid appeals may be obtained the Senior Associate Athletic Director, SWA or the Director of Financial Aid. The decision of the appeals committee is final and is based on a determination of whether the decision to recommend nonrenewal, reduction or cancellation was clearly unreasonable.

Transfer Appeal Policy

Southern Illinois University will comply with all NCAA and MVC regulations regarding transferring to and from the University. Recent NCAA legislation mandates that if an institution receives a written request for a release from a student-athlete and/or a written request to permit another institution to contact the student-athlete about transferring, the institution shall grant or deny the request within seven business days of receipt of the request. If the institution fails to respond to the student-athlete's written request within seven business days, the release shall be granted by default and the institution shall provide a written release to the student-athlete. If the institution denies the student-athlete's request, the institution must notify the student-athlete in writing of his/her right to a hearing. The institution shall conduct the hearing and provide written results of the hearing to the student-athlete within 15 business days of receipt the student-athlete's written request for a hearing. The student-athlete shall be provided the opportunity to actively participate (e.g., in-person, via telephone) in the hearing. If the institution fails to conduct the hearing or provide the written results to the student-athlete within 15 business days, permission to contact and/or the release shall be granted by default and the institution shall provide written permission and/or a written release to the student-athlete.

In accordance with NCAA regulations, Intercollegiate Athletics at SIU has established a committee on transfers to hear appeals from student-athletes who have been denied either a request to be contacted by another institution or a one-time transfer exception. The committee will be chaired by the Faculty Athletics Representative and will include five members from the Intercollegiate Athletics Advisory Committee (three of whom must be faculty members), as well as a student-athlete selected by the Faculty Athletics Representative. If possible, that student-athlete will be a member of the Student Athletic Advisory Committee. The Assistant Athletic Director for Compliance will serve in an ex officio capacity to advise the committee on NCAA and Conference rules.

MVC Intra-Conference Transfer Policy**4.2 INTRA-CONFERENCE TRANSFER**

A student-athlete who has accepted or received an athletic scholarship award at a member institution of the MVC or who has participated in any intercollegiate contest as a member of that institution's team shall be allowed to transfer to another member institution of the MVC with the following stipulations:

4.2.1 Participation in Student-Athlete's Sport. The student-athlete may not participate in the particular sport for a two (2)-year period from the official date of transfer.

4.2.2 Participation in Any Sport. The student-athlete may not participate in any other MVC sport for a one (1)-year period from the official date of transfer.

4.2.3 4-2-4 Transfer. The intra-conference transfer rule shall apply to a student-athlete who transfers from a Conference member institution to a two-year college and then to a certifying Conference member institution.

4.2.4 Waiver of Intra-Conference Transfer Rule. Extenuating circumstances may warrant consideration of a waiver of the intra-conference transfer rule. Such circumstances might include:

4.2.4.1 A student-athlete who is not receiving athletically related aid at one (1) institution but who can transfer to another institution and receive athletically related aid.

4.2.4.2 A student-athlete whose athletically related financial aid is eliminated at one (1) institution and who wishes to attend another Conference member institution and receive athletically related financial aid.

4.2.5 **Waiver Procedure.** The following procedures shall be employed by member institutions' Directors of Athletics regarding student-athlete intra-conference transfer requests:

4.2.5.1 All NCAA rules regarding transfer remain in force (i.e. permission to contact, one-year exception restrictions).

4.2.5.2 If a student-athlete wishes to pursue an intra-conference transfer, the Director of Athletics, or designee, at the initial institution must inform the student-athlete in writing of the condition or transfer including application or waiver of MVC and/or NCAA transfer rules and, if the intra-conference transfer is not supported, whether the initial institution wishes to have enforced a 2-year or 1-year residency requirement. A copy of the written notice shall be provided to the Conference Office.

4.2.6 **Appeal Process.** If a student-athlete is denied permission to transfer within the league, the first step in the appeal process shall be an institutional hearing per NCAA rules. If the appeal is denied by the institution, the student-athlete may appeal to the Conference.

4.2.6.1 **Academic/Eligibility/Compliance Committee's Role.** The Commissioner shall convene the Academic/Eligibility/Compliance Committee to review and approve or deny the request for waiver of the intra-Conference transfer rule. In cases where a member of the AEC Committee is a representative of either institution involved in the student-athlete's transfer, the member shall be replaced by an appropriate representative of an institution not involved, at the discretion of the remaining members of the AEC Committee. The decision of the AEC Committee may be appealed to the Joint Committee.

4.2.6.2 **Joint Committee's Role.** An appeal of the decision of the AEC Committee shall be considered by the Joint Committee. The decision of the Joint Committee shall be final.



MISSOURI VALLEY CONFERENCE

Southern Illinois University, with the exception of men's swimming & diving (Mid-American Conference) competes as a member of the Missouri Valley Conference (MVC). The office of the MVC Commissioner, Doug Elgin, is located in St. Louis, Mo. A commitment to excellence, both in the classroom and athletic arena, has been a trademark of the MVC.

MEMBER SCHOOLS

Bradley	Creighton	Drake	Evansville	Illinois State
Indiana State	Missouri State	Northern Iowa	Southern Illinois	Wichita State



MISSOURI VALLEY FOOTBALL CONFERENCE

2008 marked the inaugural season of the Missouri Valley Football Conference. Formerly, the Gateway Football Conference, the conference is one of the nation's top NCAA Football Championship Divisions.

MEMBER SCHOOLS

Illinois State
North Dakota State
Southern Illinois

Indiana State
Northern Iowa
Western Illinois

Missouri State
South Dakota State
Youngstown State



**MID-AMERICAN
CONFERENCE**

MID-AMERICAN CONFERENCE

Beginning with the 2009-2010 season, men's swimming & diving became a member of the Mid-American Conference.

MEMBER SCHOOLS

Ball State
Evansville
Southern Illinois

Buffalo
Miami

Eastern Michigan
Missouri State

ATHLETICS STAFF DIRECTORY

MAIN OFFICE PHONE: (618) 453-5311; FAX NUMBER: (618) 453-5152

ADMINISTRATION

Mario Moccia	Director of Athletics	453-7250
Kathy Jones	Senior Associate Athletic Director/SWA	453-5279
Dr. Harold Bardo	Faculty Athletics Representative	453-1650

ACADEMIC SUPPORT SERVICES

Kristina Therriault	Associate Athletic Director-Student Services	453-5468
Jeff Jones	Coordinator of Academic Support	453-5456
Jared Fries	Graduate Assistant	453-5402
Mark Kelly	Graduate Assistant	453-7291
Liz Smith	Graduate Assistant	453-5486

ATHLETIC TRAINING

Lee Land	Assistant Athletic Director	453-4163
Ed Thompson	Athletic Trainer	453-5161
Kristin Trotter	Assistant Athletic Trainer	453-4855
Whitney Howser	Assistant Athletic Trainer	453-4162
Ted Evans	Graduate Assistant	453-8352
Elizabeth Harrison	Graduate Assistant	453-5482
Mary Ellen Hole	Graduate Assistant	453-5482
John Rosencrans	Graduate Assistant	453-5482
Carly Schafer	Graduate Assistant	453-8352

BUSINESS

Mark Scally	Executive Associate Athletic Director-Finance	453-5474
Kindra Ferrell	Accountant	453-5471
Alex Peters	Graduate Assistant	453-7234
Cristina Trapani	Graduate Assistant	453-7234

COMPLIANCE

Dan Rohrer	Assistant Athletic Director-Compliance	453-5463
Ashley Shells	Compliance Coordinator	453-5477
Kelsey Hall	Graduate Assistant	453-3654

EXTERNAL OPERATIONS

Chet Savage	Deputy Athletic Director	453-7238
Casey Hale	Assistant Athletic Director-SASF	453-5625
Brad Taylor	Assistant Athletic Director-Operations	453-7251
Mike Reis	Direction of External & Broadcast Operations	453-3158
Brian Crawford	Development Associate	453-3148

FACILITIES & EQUIPMENT

Jason King	Senior Associate Athletic Director-Facilities	453-5481
Andy Pettit	Director of Facilities & Game Operations	453-1801
Adam Borts	Coordinator of Equipment and Facilities	453-8146
Grace Luder	Asst. Coordinator of Equip & Facilities	536-2190
Katie Gerlach	Graduate Assistant-Facilities	453-1807
Mike Holst	Graduate Assistant-Facilities	453-1807

ATHLETIC STAFF DIRECTORY

INFORMATION SYSTEMS TECHNOLOGY

Michael Gregory	Computer Information Specialist	453-7231
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MARKETING & TICKETS

Steve Sowers	Assistant Athletic Director-Marketing	453-5153
Tameka Samuels	Director of Ticket Operations	453-7233
Chris Hagstrom	Director of Video Services	453-1899
Scott Changnon	Graduate Assistant-Video Services	453-5338
Abby O'Donnell	Graduate Assistant-Marketing	453-1803

MEDIA SERVICES

Tom Weber	Assistant Athletic Director-Media Services	453-7235
TBD	Associate Director	453-5470
Bill Ford	Associate Director	453-7102
Megan Kramper	Graduate Assistant	453-5465
John Lock	Graduate Assistant	453-7236

SALUKI SPORTS PROPERTIES

Will Patterson	GM/Learfield	536-5327
TBA	Learfield Account Executive	536-5327

STRENGTH AND CONDITIONING

Clete McLeod	Head Strength Coach	453-5454
Maureen Khairallah	Assistant Strength Coach	453-5472
Justin Cortez	Graduate Assistant	453-7459
TBA	Graduate Assistant	453-7459
Charles Ossenheimer	Graduate Assistant	453-7459

SUPPORT STAFF

Linda Auxier	Director of Athletics Office Administrator	453-7250
Carolyn Carsrud	Development Secretary	453-3148
Debbie Gearhart	Men's Basketball Secretary	453-4667
Barb Lipe	Women's Basketball Secretary	453-5448
Sharon Lipe	Football Office Manager	453-3332

COACHING STAFF DIRECTORY

BASEBALL

Ken Henderson	Head Coach	453-3794
P.J. Finigan	Assistant Coach	453-2802
Ryan Strain	Assistant Coach	453-7646

MEN'S BASKETBALL

Chris Lowery	Head Coach	453-4667
Ron Smith	Associate Head Coach	453-7101
Anthony Stewart	Assistant Coach	453-7245
Brad Korn	Assistant Coach	453-7246
Matt McCumber	Graduate Assistant	453-7950

WOMEN'S BASKETBALL

Missy Tiber	Head Coach	453-5464
Adrienne Harlow	Assistant Head Coach	453-5449
Stephanie Butler	Assistant Coach	453-5475
Terry Nooner	Assistant Coach	453-5484
Shantae Shank	Graduate Assistant	453-5487

FOOTBALL

Dale Lennon	Head Coach	453-3332
Kalen DeBoer	Offensive Coordinator	453-7981
Bubba Schweigert	Defensive Coordinator	453-7975
Randy Hedberg	Assistant Coach	453-7976
Jim Jackson	Assistant Coach	453-7982
Steve Crutchley	Assistant Coach	453-7422
John Steger	Assistant Coach	453-7979
Phil Meyer	Assistant Coach	453-7970
Eric Schmidt	Assistant Coach	453-7259
Travis Stepps	Assistant Coach	453-5446
Dale Dunlap	Graduate Assistant	453-7917
Larry Warner	Graduate Assistant	453-3331

MEN'S GOLF

Leroy Newton	Head Coach	453-7248
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WOMEN'S GOLF

Alexis Mihelich	Head Coach	453-5469
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SOFTBALL

Kerri Blaylock	Head Coach	453-5466
Jen Sewell	Associate Head Coach	453-5455
Erin Glasco	Assistant Coach	453-5156

MEN'S & WOMEN'S SWIMMING & DIVING

Rick Walker	Head Coach	453-7230
Scott Olson	Assistant Coach	453-3149
Joy Zhao	Diving Coach	453-5461
Brittany Massengale	Graduate Assistant	453-3149

COACHING STAFF DIRECTORY

MEN'S TENNIS

Dann Nelson	Head Coach	453-7247
Hugo Vidal	Graduate Assistant	453-7247

WOMEN'S TENNIS

Audra Nothwehr	Head Coach	453-5462
Michela Cruise	Graduate Assistant	453-5462

MEN'S & WOMEN'S TRACK & FIELD/CROSS COUNTRY

Connie Price-Smith	Head Coach	453-5460
Dan Digman	Assistant Coach	453-5451
Andre Scott	Assistant Coach	453-7242
John Smith	Assistant Coach	453-7243
Matt Sparks	Assistant Coach/Head CC	453-8375
Chidi Eniya	Assistant Coach	453-5452
Sasha Leeth	Graduate Assistant	453-3651

VOLLEYBALL

TBA	Head Coach	453-5473
Tammi Fries	Assistant Coach	453-5476
Peter Chang	Assistant Coach	453-5489

TROUTT-WITTMANN ACADEMIC CENTER

The Troutt-Wittmann Academic Center provides the academic support and learning environment in which all student-athletes have the opportunity to achieve their academic and personal goals.

Hours of Operation

Sunday	2:00 p.m. – 10:00 p.m.
Monday-Thursday	8:00 a.m. – 10:00 p.m.
Friday	8:00 a.m. – 5:00 p.m.

In order to ensure the right of each of you to enjoy the full advantages of the Troutt-Wittmann, there will be staff serving as monitors. The following rules apply to all:

- Student-Athletes are required to have their SIU Student ID to enter the Academic Center.
- Respect for and civility towards the Troutt-Wittmann Academic Center Staff and fellow student-athletes is expected of all who enter the Troutt-Wittmann Academic Center.
- No excessive talking or laughing; no profanity.
- No food, drink, or chewing tobacco.
- No sleeping.
- Newspapers allowed only as needed for class assignments.
- The use of cell phones is not allowed in the academic center. Cell phones need to be turned off and put away when entering the Academic Center.
- iPods/MP3 players are allowed in the study area; however downloading of music from computers in the academic center is prohibited and headphones should not be plugged into the Academic Center computers.
- Troutt-Wittmann Academic Center computers are to be used for academic purposes. No games, chat rooms, social networking such as Facebook/My Space.
- All students must come prepared to study, to attend a tutorial session, or to perform academic work on a computer.

Sign-in and out Procedures

In order to ensure that only those authorized to use the Troutt-Wittmann Academic Center gain access and to provide your coaches with the correct information on study hall attendance, the following procedures are to be followed by all student-athletes:

- When entering the Academic Center, student-athletes must present their SIU student ID to the study table monitor at the check-in desk. The monitor will swipe your student ID, and you will be entered in the Grades First system. Your student ID is left with the study table monitor until you leave the academic center.
- As you leave the academic center, the study table monitor will swipe your student ID and check you out of the Grades First system. You must have your student ID card swiped to sign-out. If you do not properly sign-in and out, study hours will not be properly calculated.
- Student-athletes should not swipe their own student ID's. If a monitor is not at the check-in desk, please wait for a staff member to arrive.

GRADES FIRST WEBSITE

Grades First is an academic management database used by the Student Services staff to monitor study table attendance and the academic progress of student-athletes. Student-athletes have access to the database by visiting app.gradesfirst.com. Student-athletes must enter their username and password. Once a student-athlete logs into the system, they can review their weekly study hours completed as well as progress reports from their instructors. Class schedules, professor names and email addresses are also viewable. Please see a member of the academic staff if you don't know your username and password.

STUDY TABLE

Study table is required by the department for those student-athletes whose cumulative grade point average is 3.00 or below. These student-athletes are required to study a minimum of four-six hours per week in the Troutt-Wittmann Academic Center. All incoming freshmen and transfer student-athletes are also required to study for a minimum of six hours per week in the academic center. Head coaches may require additional study hours of their student-athletes. Sanctions for unexcused absences from study table are also determined by each head coach.

WEEKLY ACADEMIC MEETINGS

All freshmen and new transfer student-athletes are required to meet weekly with their team's academic advisor. During these weekly meetings, the student-athlete and academic staff member discuss academic goals, time management and organizational skills. The student-athlete and staff member complete the Academic Objective Sheet.

Returning student-athletes who are required to complete study hours or have not performed well academically during the previous semester are required to meet weekly with their team's academic advisor. These student-athletes also complete the Academic Objective Sheet and discuss academic goals, time management and organizational skills.

UNDERSTANDING A COURSE SYLLABI

All student-athletes, new and returning, must submit copies of their syllabi to the academic support staff by the **Friday of the first week of classes**. The academic staff assists student-athletes with understanding the expectations of their professors and planning accordingly.

TUTORING

The primary goal of the tutoring program is to facilitate the learning process of our student-athletes in a comfortable and well-ordered environment. This program is a support mechanism that has been created to help student-athletes keep pace with rigorous classes while trying to maintain busy and challenging academic and athletic schedules.

Tutors are available on a walk-in basis during evening hours at the Troutt-Wittmann Academic Center and by appointment for a variety of courses. Tutors may be requested through your Grades First account or by contacting Jeff Jones, Academic Center, room 151C (453-5456). Tutoring services are free of charge to all student-athletes. All tutors must be hired by the student services staff in order to receive reimbursement.

Tutoring Reminders

- Student-athletes cannot hire tutors.
- Tutoring sessions do not replace meeting with instructors or attending class.
- Student-athletes must come to tutoring sessions prepared.
- Do not request a tutor if you do not plan to attend.

NCAA Rules Related To Tutoring

Any inadvertent or intentional violation of the following rules may result in you jeopardizing your athletic eligibility.

- Tutors cannot write or type papers & student-athletes will not ask them to do so.
- Tutors cannot complete homework or take exams.
- Tutors are not allowed to lend money in any amount to student-athletes.
- Student-athletes will not ask tutors for transportation.
- Student-athletes and tutors will maintain a professional relationship.
- Tutors may not buy a gift, food or beverage for a student-athlete.
- Tutors may not co-sign a loan for a student-athlete.
- Tutors may not provide housing arrangements for the student-athlete.
- Tutors may not permit a student-athlete to use institutional resources, such as a copier or fax machine.
- Tutors may not make credit cards available for student-athletes to use.

If you have any questions or concerns regarding tutoring, please consult the student services or compliance staff.

The Writing Center

The English Department offers a valuable free service to students called the Writing Center. Writing Centers are located in Morris Library, Room 236 and Trueblood Hall in the Learning Resource Center. The goal of the Center is to improve a student's writing ability. For more information, please see a member of the student services staff in athletics or visit <http://write.siu.edu/>.

ACADEMIC ADVISEMENT

The academic units on campus provide academic advisement to students. Each unit employs professional advisors. Saluki student-athletes receive priority advisement and registration within their SIU academic unit or major. You will be notified of the dates for which early advisement appointments may be made with your academic advisor on campus

It is important that you are advised early and register on the specific day scheduled for student-athletes to ensure that you are enrolled in the proper classes. It is also important that student-athletes take courses that count towards their degree. If you have any questions about whether a course will satisfy a degree requirement, please ask your academic advisor on campus or a member of the student services staff in athletics.

ACADEMIC ADVISEMENT OFFICES (618 Area Code)

College of Agriculture	AGRI 117	453-3080
College of Applied Sciences and Arts	ASA 221	453-2052
School of Architecture	Quigley 410	453-1227
Automotive Technology	Carterville	453-4024
Aviation Management & Flight	ASA 126	453-8898
Information Systems Technologies	ASA 107	453-7200
Center for Academic Success	Woody Hall C-7	536-6646
College of Business & Administration	Rehn 121	453-7496

ACADEMIC ADVISEMENT OFFICES (618 Area Code)

College of Education & Human Services	Wham 122	453-2354
School of Social Work	Quigley 3	453-1235
College of Engineering	ENGR D 104	453-2261
College of Liberal Arts	Faner 1229	453-3388
College of Mass Comm and Media Arts	COMM 1014B	453-4303
Radio/TV	COMM 1050G	453-6902
Cinema & Photography	COMM 1121B	453-4164
Journalism	COMM 1210	453-3280
Pre-Major Advisement Center	Woody Hall C 117	453-4351
College of Science	Neckers A 185	536-5537

ACADEMIC MONITORING

Academic performance is monitored both formally and informally by the student services staff. During the 5th and 10th week of each semester, progress reports are sent to all instructors of each student-athlete. Instructors complete the reports through Grades First and provide information about attendance, participation, grades and general comments. Coaches and student-athletes have access to academic progress reports through the Grades First website. Monitoring of course progress allows the student services staff to become aware of problems and provide the assistance needed as quickly as possible. A member of the student services staff will make every effort to contact you and discuss any academic problems that may exist. If you are contacted, it is extremely important that you respond in a timely manner.

COMPUTER RESOURCES

Thirty computers loaded with the latest educational software, including Microsoft Word, Powerpoint, Excel, Access and Publisher are available in the Troutt-Wittmann Academic Center. Student-athletes can also research Morris Library or search the World Wide Web. An SIU network ID is required to log-on to these computers and other computers located on campus. If you do not have a network ID please see page 19 for instructions on how to obtain one.

LAPTOP COMPUTERS

Laptop computers are available for student-athletes to check out when away from campus for competition. Listed below are the rules for use of laptop computers.

- All checkouts and returns should be made through the student services staff in the Academic Center.
- Downloading software or non-academic resources onto laptops is not allowed.
- Laptops will be checked out on a first-come basis. Teams may be limited to two computers if another team has requested one.
- The primary use of laptops will be to complete academic work while traveling for competition.
- Loss or breakage of the laptop is the responsibility of the student-athlete.
- Requests should be made at least 24 hours in advance of the trip on which the computer is needed.
- Laptops must be immediately returned to a member of the student services staff (Academic Center) when the student-athlete arrives back to campus following competition.

STUDENT ATHLETE AFFAIRS (FORMERLY CHAMPS/LIFESKILLS)

At Southern Illinois University, the NCAA Student Athlete Affairs (SAA) program is designed to address the student-athlete as a whole person, not just a student or athlete. The program focuses on providing student-athletes with various seminars to attend throughout their college career as well as participating in numerous community service activities in the local Southern Illinois area. The SAA program also assists student-athletes with scholarship and award nominations and preparing them for a future after college through resume and cover letter preparation.

Personal Development

The personal development commitment promotes personal growth through seminars on topics including drug and alcohol awareness, sexual assault awareness, diversity, and nutrition. Student-athletes are required to attend at least one mandatory seminar each semester during the academic year.

Community Service

The Student Services Office creates community service projects designed to assist schools, charities and other agencies in the Southern Illinois area. Saluki student-athletes are encouraged to participate in community service activities. By volunteering, student-athletes are able to enhance their leadership, communication, organization and people skills. If you are interested in volunteer opportunities in the community, please see Erica Smith or Mark Kelly, 151 Troutt-Wittmann Academic Center.

Career Development

Student-athletes who want assistance in choosing a major and/or career should meet with a member of the student services staff. Many resources are available to help student-athletes with their career planning. The Pre-Major Advisement Center (Woody C-117) offers Career Exploration services to aid its students in the process of choosing a major and a career. The student services staff also works with University Career Services to provide guidance to graduating seniors. University Career Services is located in Woody Hall B204.

REGISTERED STUDENT ORGANIZATIONS

Leadership and Involvement Programs offer opportunities for students to participate in approximately 450 student organizations, including student governmental groups, coordinating councils, public interest groups, fraternities and sororities, publication and media groups, scholastic and professional honorary societies, departmental clubs, special interest groups, religious organizations, and sports and recreation clubs. A core of volunteer faculty/staff advisors, along with the professional staff of Student Development, provides direction and consultation to the student organizations in the area of fiscal and organizational management and campus policies and procedures. Services include the RSO handbook, student organization information manuals, membership referrals, student organization directories, leadership development programs, equipment checkout services, mailbox service, campus solicitation authorizations and more.

STUDENT ATHLETIC ADVISORY COMMITTEE (SAAC)

SAAC is a registered student organization on campus. The committee serves to provide you and your teammates with a substantial role in the overall policy-formation process regarding relevant and current issues in SIU athletics as well as the Missouri Valley Conference. Specific responsibilities are to advise the department on addressing issues of importance to student-athletes. If you have concerns that you feel should be shared with the department's administration, your voice can be heard through this board. SAAC, which meets twice a month, includes two representatives from all 18 teams and is chaired by an executive committee elected each year. Please contact Erica Smith in the Troutt-Wittmann Academic Center if you are interested in representing your team or have an issue you would like the committee to discuss.

INFORMATION TECHNOLOGY

Information Technology (IT) provides a wide range of technology services to SIU students. They include campus computer, e-mail and walk-in support as well as ethernet access in student residence halls. The web address is <https://helpdesk.siu.edu/>. The IT staff offers telephone, walk-in, e-mail, and online support in various locations across campus. The Help Desk can be reached by contacting (618) 453-5155 or toll free at (866) 718-4357 or visiting Northwest Annex, A wing, Room 105. Hours of availability are as follows:

Monday-Friday 8:00 a.m. - 4:45 p.m. Walk-in, telephone and on-line/chat support

Monday-Thursday 4:45 p.m. - 6:45 p.m. Telephone support only

**E-Mail: infotech@siu.edu
(24-72 hr. response)**

NETWORK ID MANAGEMENT SYSTEM

Your Network ID is used to access SalukiNet, Blackboard, e-mail, Computer Learning Center computers, Morris Library computers, wireless networking, dial-in, and more. Before you can use your Network ID, you must 'claim' or 'convert' it. Access the following website to receive your Network ID <https://netid.siu.edu>.

SIU EMAIL ADDRESS

The university requires all students attending SIU to create an SIU email address. Your SIU email account should be checked on a regular basis (daily). In many courses, your instructor will ask for your email address to assist them with correspondence. An SIU email address is available to all student-athletes. The easiest way to create your SIU.EDU E-Mail address is to login to SalukiNet (<http://salukinet.siu.edu>) and locate the article entitled, "Password Change/Email Create" on the right side of the screen. The link will take you to the appropriate place where you can create your SIU.EDU E-Mail Account. It is recommended using a "professional" choice for an e-mail address, and not something cute, silly or unbecoming. You may one day elect to use this e-mail address for job applications, graduate program applications, or other professional purposes.

CHANGING YOUR PASSWORD

SIUC requires students to change their SIU email password at least once every 120 days. Passwords can be changed by accessing the following website: <https://netid.siu.edu/idm/user/siulogin.html>.

Forgot Your Password?

Reset your forgotten Network ID password on line by requesting a temporary password be sent to an e-mail account or text message to your cell phone. To take advantage of this, you must register an alternate e-mail address (such as a yahoo or hotmail e-mail address) and/or a text enabled cellphone number in the system.

Please visit the Network ID Management System at <https://netid.siu.edu/idm/user/siulogin.html>, sign-in and register. You may also get there by going through SalukiNet. Once in SalukiNet click on the link under the "Change Password/E-mail Create" heading on your Welcome Tab.

If you have any questions or comments, please contact the Computer Support Center at infotech@siu.edu or call 618-453-5155.

WEBMAIL/GMAIL

After receiving an SIU email address, you can check your email on the internet through Google Mail. Google Mail provides a full featured web browser interface to check your SIU E-mail account. You can access your SIU email at <http://gmail.siu.edu> and sign in with your '@siu.edu' e-mail address and Network ID password.

Did you know you can forward your siu.edu email to another email address? Anyone with a siu.edu e-mail address can forward their SIU email to another email account. Follow the instructions below:

1. Sign in to webmail.siu.edu
2. Click settings at the top of any Google Apps page, and open the forwarding and POP/IMAP tab.
3. Enter the email address that you want your messages forwarded
4. Select the action for your messages from the drop-down menu. You can choose to keep a copy of the message in your inbox, or you can send it automatically to All Mail or Trash.
5. Click Save changes.

SALUKINET

SalukiNet is a website which offers a variety of SIU student services, other University information, and more. When you access Salukinet, you can find student records about yourself that are maintained by the offices of Records & Registration, Undergraduate Admissions, Bursar, and Financial Aid. To access your student records, go to <http://salukinet.siu.edu> and log into and use SalukiNet.

If you need to print a copy of your current class schedule, you can access SalukiNet to do so.

BLACKBOARD

Blackboard is a Web-based course-management system designed to allow students and faculty to participate in classes delivered online or use online materials and activities to complement face-to-face teaching. Blackboard enables instructors to provide students with course materials, discussion boards, virtual chat, online quizzes, an academic resource center, and more. The degree to which Blackboard is used in a course varies. For example, instructors may supplement an on-campus class by putting their syllabus and handouts on their course sites. In contrast, other courses may be conducted entirely through Blackboard, without any on-campus sessions. If you're enrolled in a course that uses Blackboard, be sure to find out how Blackboard will be used in that course. You can access your Blackboard account at mycourses.siu.edu. **BLACKBOARD ACCOUNTS SHOULD BE CHECKED ON A DAILY BASIS.**

PARKING

All students must purchase parking privileges prior to driving or parking on campus. Students may purchase a decal at the Parking Division office, 7:30 a.m. to 4:30 p.m., Monday through Friday. The campus uses a color coded parking system to distinguish parking lots where an individual may park.

Free yellow parking decals are available for those students attending classes after 4:00 p.m. On-campus resident freshmen/sophomores who are under 21 years of age may apply for parking privileges online via the lottery/wait list (www.dps.siu.edu/parking/lottery.html).

If you are not eligible to purchase a parking decal, there are two alternative parking sources available nearby:

City of Carbondale
200 S. Illinois Avenue
Carbondale, IL 62901
618-457-3278

Catholic Newman Center
715 S. Washinton Street
Carbondale, IL 62901
618-529-3311

If you receive numerous parking tickets and fail to pay them, a hold will be placed on your registration until the balance is paid. Your athletic scholarship cannot pay for your parking tickets.

PARKING 101

- Valid parking decals must be displayed on the vehicle according to the instructions printed on the peel-off label of the decal.
- All parking lot entrances display signs indicating the type of parking decal required.
- Posted signs and painted curbs must be obeyed at all times.
- The fact that a motor vehicle is parked illegally is not an excuse for you to do the same.
- If you park illegally and don't receive a ticket, don't assume that it is ok to park there.
- Learn the rules and know where and how to park lawfully.
- If you are a student not eligible to purchase parking privileges, you may not park at metered spaces regardless of whether or not the space is signed "Visitors Only". You must purchase parking privileges off-campus.
- Appeals of parking citations must be made within 5 business days of receiving the ticket. Appeal instructions are printed on the ticket.
- If your vehicle becomes disabled on campus or has been towed, call the Department of Public Safety at (618) 453-2381 immediately. DPS is open 24 hours a day.
- If you have a question about parking, contact Parking Division at (618) 453-5369.

STUDENT-ATHLETE PARKING WHEN AWAY FROM CAMPUS

Overnight parking is allowed in two specific locations where student-athletes may park their vehicles while attending events away from campus: 1) lot 100, located at the corner of Washington and Mill Streets, and 2) lot 56, located south of Saluki Drive. All vehicles that park in these lots must have one of the following decals properly displayed: unexpired red commuter, yellow commuter or green overnight decals.

All student athletes' vehicles parked on campus in the authorized locations above, must display their valid parking decal. Eligible student athletes wishing to utilize the parking exception and who live off campus and have not purchased a parking decal, must stop by the Parking Division during normal business hours to register their vehicle and obtain at least a yellow commuter decal, and properly display the parking decal on the vehicle prior to leaving for the away event.

Student athletes not eligible for or who choose not to purchase parking privileges, may not park their vehicles on campus at any time. These vehicles must be parked at an off campus location. Vehicles not displaying a valid parking decal, regardless of eligibility, may be ticketed or towed from campus at the student athlete's expense.

BICYCLES

All bicycles parked on campus are required to be registered, either by SIU or by the City of Carbondale. Registering your bicycle helps local law enforcement in the recovery of your bike in the event of loss or theft. The cost to register a bicycle for students and staff on campus is FREE. Students must bring their bicycle along with their student ID to the parking division office to complete the registration process. The office is located in Washington Square Building B.

If you will be riding your bicycle to the SIU Arena, bike racks are located in the front the building (across from the Engineering building) and in the back parking lot of the arena near the Troutt-Wittmann Weight Room. You are expected to park and lock your bike in one of the bicycle racks. Bikes are not to be locked to light posts, building stairs or left near doorways.

SIUC ALERT

Southern Illinois University offers students a free emergency text messaging service. In the event of an emergency, a text message is sent to the student's email address and cell phone numbers provided. If you are interested in subscribing to this free service, access the following http://66.218.140.82/wens/entry/siu_carb/wens.cfm. Please note: Normal text message fees may apply. To receive text messages to your cell phone, your cell phone must have text messaging capabilities.

All SIU academic policies are published in the SIU Undergraduate Catalog. Some of the policies of particular interest to student-athletes include the following:

REPEATED COURSES

A course repeated due to an unsatisfactory initial grade can be counted only once in meeting the NCAA satisfactory progress requirements and only after it has been successfully completed. The "repeat grade" (graded A, B, C, D, or F) does not replace the original grade in GPA computations. For example, if a student-athlete earns an F in a course, repeats it and makes a C, all calculations of the GPA reflect the F and the C grade.

WF GRADES

A student, who stops attending a class without officially dropping, will be subject to being awarded a WF grade for the class. A WF counts as an F in the student's GPA. If a student-athlete receives a WF or some form of "Wxx" for all grades, the student will be declared ineligible for the entire semester. Thus, any athletic contests in which the student participated that semester will be forfeited.

ACADEMIC PROBATION

When a student's cumulative grade point average falls below a 2.00 (C average), the student will be placed on scholastic probation. While on probation, students may not enroll for more than 14 hours per semester unless approved to do so by the dean of their academic unit. Other limitations may be established by the academic unit within which the student is enrolled. A student will remain in the category of probation until the cumulative grade point average is 2.00 or higher.

ACADEMIC SUSPENSION

Students will be academically suspended from the university if they fail to meet the requirements of their conditional or probation status. Students who are suspended will be required to petition their academic unit for re-admission to the university.

PLAGIARISM

Plagiarism is the representation of a source's words or ideas as one's own. Plagiarism occurs when a writer fails to supply quotation marks for exact quotations; fails to cite the sources of his or her ideas; or adopts the phrasing of his or her sources, with changes in grammar or word choice. Copying material from websites or papers posted on the internet is plagiarism.

PLAGIARISM CAN TAKE DIFFERENT FORMS:

- Cheating: borrowing, purchasing, downloading, or otherwise obtaining and taking credit for work done by someone else, whether in part or in its entirety.
- Non-attribution: Reproducing and taking credit for someone else's ideas, even if the form of those ideas has been changed. For example: writing a paper that summarizes the ideas of an uncited source (whether printed or electronic).

In order to succeed academically, you are encouraged to follow all academic rules and regulations and to take advantage of all academic services available through our department and the University. Minimum academic standards are governed by NCAA regulations. In order to be eligible for practice and competition, each student-athlete must comply with many standards, among which are the following.

ENROLLMENT IN 12 CREDIT HOURS

You must be registered for at least 12 credit hours at all times during the semester. If you drop below 12 hours, you become immediately ineligible for practice and competition. Before adding or dropping a course, each student-athlete is required to meet with a member of the student services staff in athletics (151 Academic Center). Failure to obtain approval may result in your athletic ineligibility for the following academic year.

SATISFACTORY PROGRESS HOURS

Student-athletes must successfully complete an average of **at least 24 credit hours** that count towards your degree **during your first year (freshman year)**. 18 of these credit hours must be earned during the fall and spring semesters. During your second, third and fourth years, you must successfully complete a minimum of 18 credit hours towards your degree. These 18 credit hours must be earned during the regular academic year (fall and spring).

DECLARING A MAJOR

By the beginning of your third year (5th semester) in school, you must declare a major leading toward a bachelor's degree. If you fail to declare a major leading toward a bachelor's degree by the first day of class in your 5th semester, you may be ineligible for practice and competition. Before declaring a major, student-athletes are required to meet with the student services staff in athletics.

PERCENTAGE OF DEGREE COMPLETION

A student-athlete who is entering her/his third year (5th semester) of collegiate enrollment must successfully complete at least 40 percent of the course requirements in the student's specific degree program. A student-athlete entering her/his fourth year (7th semester) must complete at least 60 percent, and a student-athlete entering her/his fifth year (9th semester) must complete at least 80 percent of the course requirements in the student's specific degree program.

GPA REQUIREMENT

To be eligible for competition each term, a student-athlete must maintain a minimum cumulative grade point average according to the NCAA requirements below:

- A student-athlete who is entering his or her second year of collegiate enrollment shall present a cumulative minimum grade-point average (based on a maximum 4.000) that equals at least 90 percent of the institution's overall cumulative grade-point average required for graduation.
- A student-athlete who is entering his or her third year of collegiate enrollment shall present a cumulative minimum grade-point average (based on a maximum of 4.000) that equals 95 percent of the institution's overall cumulative minimum grade-point average required for graduation.
- A student-athlete who is entering his or her fourth or later year of collegiate enrollment shall present a cumulative minimum grade-point average (based on a maximum of 4.000) that equals 100 percent of the institution's overall cumulative grade-point average required for graduation.

Student-athletes should remember the following SIU information with regard to their cumulative GPA:

- When a student's cumulative grade point average falls below a 2.00 (C average), the student will be placed on scholastic **probation**. While on probation, students may not enroll for more than 14 hours per semester unless approved to do so by the Dean of their academic unit. Other limitations may be established by the academic unit within which the student is enrolled. A student will remain in the category of probation until the cumulative grade point average is 2.00 or higher.
- Students will be academically **suspended** from the University if they fail to meet the requirements of their conditional or probation status, including a failure to achieve a term GPA of 2.0 for two consecutive terms. Students who are suspended will be dismissed from the university for a minimum

of two semesters, and will be required to petition their academic unit for re-admission to the university.

- To be eligible to receive **federal financial aid funds** (Pell Grants, Stafford Loans, etc), an undergraduate student must maintain a cumulative grade point average of 2.0 at the end of each semester (among other academic requirements). The cumulative grade point average of all earned hours at SIU is used. Students will have their eligibility to receive federal financial aid funds only after having reached satisfactory progress levels and/or exercising their right to appeal their loss of aid.
- Depending on the academic unit, student-athletes with a cumulative grade point average under 2.0 may need departmental and/or University approval to change their majors.

6 HOURS PER TERM RULE

Student-athletes must pass a minimum of 6 credit hours per term in order to be eligible for the subsequent semester. If you have already declared a major, the 6 credit hours must count towards your degree requirements. **Beginning fall 2011, football student-athletes must pass 9 credit hours (and meet all other eligibility requirements) during each Fall term in order to be eligible for the following season.**

SUMMER COURSES AT ANOTHER INSTITUTION

Any student-athlete who plans on taking summer courses at another institution should meet with a member of the academic staff prior to enrolling in the course(s). This ensures that credits earned at an institution other than SIU can be applied to your degree progress at SIU. Courses taken at another institution do NOT affect your SIUC GPA.

UNIVERSITY ATHLETIC TRAVEL POLICY

All student-athletes are required to travel as a team to and from the site of competition. Only under exceptional circumstances will a student-athlete be allowed to travel separately from the team. Permission to travel separately from the team must be granted by the athletic director, the coach of such student-athlete, the owner of the vehicle that the individual will be traveling in, and the parent/guardian of the student-athlete. All such permission and approval must be obtained in writing prior to any travel to an athletic competition or event. The student-athlete should contact her/his coach well in advance of the contest in order to complete the necessary form and obtain signatures.

SIU ATHLETIC TEAM TRAVEL POLICY

Minimum Per Diem_ \$25/day \$5.50 breakfast \$5.50 lunch \$14 dinner

Providing equivalent value team meals is preferred. Per diem amount should be the same whether traveling or staying in Carbondale over break. If your team stays at a hotel that provides a decent continental breakfast, you can reduce minimum per diem to \$15/day.

Maximum Per Diem

The value of meals or cash-in-lieu provided during team travel may not exceed the University's limit on per diem unless there are extenuating circumstances or the request is approved in advance.

Hotel Rooms

No more than two to a room; one per bed. If a rollaway is needed, coaches should make arrangements in advance.

Transportation

Teams with over 8 individuals traveling must use bus or minibus. Van travel is not permitted between midnight and 6 am. Van travel is not permitted for trips that exceed 500 miles one way, unless multiple certified drivers are available per vehicle (not including student-athletes). Coaches drive no more than eight hours at one stretch.

When the distance is greater than 500 miles one way, commercial airline transportation should be used unless there are extenuating circumstances or alternative arrangements are approved in advance.

Airline travel may also be used for conference-mandated travel during the week in order to minimize missed class time.

CLASS ABSENCES DUE TO TRAVEL FOR COMPETITION

When practice schedules conflict with class schedules, student-athletes are required to attend class. Student-athletes who must schedule classes during practice times shall have their class schedules approved in advance by a member of the athletics academic services staff.

Under the University's Undergraduate Student Absence Policy for University-Approved Activities, instructors will provide reasonable accommodation to students who miss exams, quizzes and the like due to participation in University-approved activities such as travel for athletics competition. It is the student's responsibility to use the Undergraduate Student Absence Form to officially inform instructors of all scheduled absences as soon as possible in the term. It is also the students' responsibility to arrange for the completion of all missed classroom work. Ultimately, students are responsible for the material covered in class.

Student-athletes who will be traveling to away competitions should be notified of their travel schedules at the beginning of each semester and should notify their instructors accordingly. Coaches whose travel rosters vary should inform student-athletes of who will travel at least one week prior to the event, if possible. Student-athletes are expected to make up missed assignment prior to their departures for athletic events, subject to the discretion of their instructors.

REMINDERS

- One week prior to each absence, remind the faculty member you will be missing class.
- You are NOT automatically excused from class.
- Always turn your assignments in when they are due.
- An Absence from class does not mean you have an extra day to complete an assignment.
- Student-athletes are not allowed to miss class due to practice.

COMPLIANCE POLICIES AND PROCEDURES

The NCAA has numerous rules that affect you, particularly in the areas of amateurism, recruitment, eligibility, financial aid, awards and benefits, ethical conduct, and playing and practice seasons. We cannot include all of the rules here, so if you have a question about NCAA rules at any time, please ask your coach or visit the Saluki Athletic Compliance Office (Lingle Hall 128) or visit us on the web at <http://siuslukis.cstv.com/ot/compliance.html>.

AMATEURISM

A student-athlete (SA) must be an amateur in order to remain eligible to compete in his/her intercollegiate sport. A SA loses amateur status and thus shall not be eligible for intercollegiate competition in a particular sport if the SA:

- Uses his or her athletics skill (directly or indirectly) for pay in any form in that sport.
- Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics participation.
- Signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability or any consideration received.
- Receives, directly or indirectly, a salary, reimbursement of expenses or any other form of financial assistance from a professional sports organization based upon athletics skill or participation, except as permitted by NCAA rules and regulations.

- Competes on any professional athletics team and knows (or had reason to know) that the team is a professional athletics team, even if no pay or remuneration for expenses was received.
- Enters into a professional draft or an agreement with an agent.

AGENTS

NCAA rules do not prohibit discussions or meetings with agents. On the other hand, there are strict rules that, if violated, will jeopardize your chances for intercollegiate eligibility. Please be careful, if an individual contacts you and wants to market your athletic ability, make sure you research that potential agent before making a written or oral agreement. A student-athlete will lose their amateur status and will not be eligible for intercollegiate competition in a particular sport if:

- The student-athlete signs a contract or commitment of any kind to play professional athletics, regardless of its legal enforceability.
- The student-athlete competes with a professional sports team or competes as a professional in an individual sport and receives any compensation for participation.
- The student-athlete or family member negotiates, signs, or enters into any written or oral agreement with an agent.
- The student-athlete or family member accepts or receives any extra benefits from an agent or anyone who wishes to represent the student-athlete.
- The student-athlete uses his or her athletic skills for pay or the promise of pay.

To minimize the possibility of such eligibility problems, Southern Illinois University asks that all communication made by sports agents with a current student-athlete or his or her family be arranged through the Saluki Athletic Compliance Office. Additionally, sports agents are required to complete an Agent Registration form and provide copies of professional league players' association applications for those associations in which they belong to the Saluki Athletic Compliance Office.

EXTRA BENEFITS

Student-athletes who accept benefits or expenses not authorized by NCAA rules from coaches, boosters or institutional staff members must be declared ineligible immediately for competition. The general rule is that a benefit that is not available to the general student body is not permissible for student-athletes. Examples of non-permissible extra benefits include, but are not limited to the following:

- Transportation or use of a vehicle
- Use of a telephone or credit card for personal reasons
- Gifts and loans of money or co-signing a loan.
- Gifts of clothing or other personal items.
- Free or reduced cost services (e.g., laundry, attorney fees, physician fees).
- Free or reduced cost entertainment services (e.g., tickets to professional sports events or movies, reduced costs for meals at a restaurant, free admission to a club).

OCCASIONAL MEALS

A student-athlete or an entire team in a sport may receive an occasional meal in the locale of the institution on infrequent and special occasions from an institutional staff member. An institutional staff member may provide reasonable local transportation to student-athletes to attend such meals. However, any type of occasional meal must be pre-approved by the Saluki Athletic Compliance Office. We have documentation procedures, which must be strictly adhered to prior to the approval of an occasional meal.

A student-athlete may receive an occasional family home meal from a representative of athletics interests (booster) on infrequent and special occasions under the following conditions:

- The meal must be provided in an individual's home (as opposed to a restaurant) and may be catered; and

- A representative of the institution's athletics interests may provide reasonable local transportation to student-athletes to attend the meal function only if the meal function is at the home of that representative.
- Student-athletes must receive prior approval before receiving a meal from a booster.

GAMBLING

The NCAA has established strict guidelines and sanctions concerning involvement in gambling for a student-athlete. NCAA Bylaw 10.3 states that student-athletes and staff members of the athletic department shall not knowingly:

1. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
2. Solicit a bet on any intercollegiate or professional team;
3. Accept a bet on any team representing the institution;
4. Solicit or accept a bet on any intercollegiate competition for any item that has tangible value. This is not limited to cash bets. It is also illegal to bet for sneakers, meals, clothes or any other item.
5. Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card, or any other method employed by organized gambling.

NCAA PENALTIES FOR INVOLVEMENT IN GAMBLING ACTIVITIES:

1. Student-athlete's involvement in activities designed to influence outcomes or win/loss margins shall result in permanent loss of all eligibility.
2. Student-athlete's involvement in accepting or soliciting bets on their own institution shall result in permanent loss of all eligibility.
3. Student-athlete's involvement in any other type of sport wagering through organized gambling shall result in at least one year loss of all eligibility.

OUTSIDE COMPETITION

The NCAA has very specific rules about participation in outside competition during the academic year and during the summer. For example, a student-athlete in basketball could not compete in a church basketball league in April after her/his season is completed. In some sports, written permission by the Athletics Director is required. Always check with your coach and the Saluki Athletic Compliance Office before participating in any outside competition in your sport.

PLAYING AND PRACTICE SEASONS

TIME LIMITS FOR ATHLETICALLY RELATED ACTIVITIES

▪ DAILY AND WEEKLY HOUR LIMITATIONS - PLAYING SEASON

A student-athlete's participation in countable athletically related activities is limited to a maximum of four hours per day and 20 hours per week. You must be given one day off per week. Note: A day of competition counts as three hours, regardless of how long the competition lasts.

▪ WEEKLY HOUR LIMITATIONS - OUTSIDE OF PLAYING SEASON

A student-athlete's participation in the off-season will be limited to a maximum of eight hours per week of countable athletically related activities.

▪ VACATION PERIODS AND BETWEEN TERMS

Daily and weekly limitations do not apply to countable athletically related activities occurring during SIU official vacation periods (as listed in the SIU official calendar), and during the academic year between terms when classes are not in session.

Countable* Athletically Related Activities	Noncountable Athletically Related Activities
Practices (not more than four hours per day).	Compliance meetings.
Athletics meetings with a coach initiated or required by a coach (e.g., end of season individual meetings).	Meetings with a coach initiated by the student-athlete (as long as no countable activities occur).
Competition (and associated activities, regardless of their length, count as three hours). Note: No countable athletically related activities may occur after the competition.	Drug/alcohol educational meetings or CHAMPS/Life Skills meetings.
Field, floor or on-court activity.	Study hall, tutoring or academic meetings.
Setting up offensive and defensive alignment.	Student-athlete advisory committee/Captain's Council meetings.
On-court or on-field activities called by any member of the team and confined primarily to members of that team.	Voluntary weight training not conducted by a coach or staff member.
Required weight-training and conditioning activities.	Voluntary sport-related activities (e.g., initiated by student-athlete, no attendance taken, no coach present).
Required participation in camps/clinics.	Traveling to and from the site of competition (as long as no countable activities occur).
Visiting the competition site in the sports of cross country, golf and skiing.	Training room activities (e.g., treatment, taping), rehabilitation activities and medical examinations.
Participation outside the regular season in individual skill-related instructional activities with a member of the coaching staff.	Recruiting activities (e.g., student host).

Questions as to what activities are countable should be directed to the Saluki Athletic Compliance Office, 453-5463.

TRANSFER REGULATIONS

Any student-athlete who is interested in transferring from SIU should discuss her/his options with the coach or with Saluki Athletic Compliance Office. Some transfer rules are very complex, and different rules apply to different sports. After discussing his/her options, student-athletes should submit a written request for permission to contact and/or a transfer release to the Director of Athletics. NCAA Bylaw 13.1.1.3 requires that before an SIU student-athlete or a member of the student-athlete's family may talk to athletic officials at another NCAA member school about transferring, the SIU Director of Athletics (or his designee) must provide written permission to the four-year institution. If SIU denies a student permission to contact or to be immediately eligible at another institution, the student-athlete shall, upon written request, be provided with a hearing conducted by an institutional committee outside of the athletics department (e.g., Transfer Appeals Committee).

COMPLIMENTARY ADMISSIONS

All SIU students receive free admission to all regular season (excluding post-season tournaments) men's and women's athletic events. Student-athletes must present their student identification cards to gain admission to events with the exception of men's basketball events. To attend a men's basketball game, you must obtain a student ticket by taking your student ID card to the Saluki Ticket Office located in the SIU Arena. Your support of the efforts of your fellow student-athletes is equally important as their support of your efforts.

NCAA rules allow SIU to provide a maximum of four complimentary admissions per home or away contest to a student-athlete in the sport in which the individual participates. Complimentary admissions shall be provided only through a pass list for those individuals designated by the student-athlete. Tickets are non-transferable. Player's guests must come to the designated entrance and show proper identification. Student-athletes may not receive payment for complimentary admissions, nor exchange them for any item of value. Any student-athlete found to have sold or exchanged complimentary tickets for cash or any item of value, automatically loses his/her eligibility. Complimentary admissions may be provided to members of SIU's team for all contests in a tournament in which the team is participating, provided that all contests are held at the site at which SIU's team is participating.

HOSTING PROSPECTIVE STUDENT-ATHLETES

Hosting a prospective student-athlete is a privilege, which carries certain responsibilities. These responsibilities include being aware of the prospect's itinerary and the required campus meetings the prospect is obligated to attend. Additionally, a student host must understand and abide by all applicable NCAA, Conference and SIU regulations.

These regulations prohibit the following activities:

- Providing alcohol to a prospect.
- Providing or encouraging the use of drugs.
- Engaging in any behavior that could be considered a violation of criminal law.
- Participating in any form of gambling activities.
- Visiting adult entertainment establishments, or any equivalent.
- Purchasing any souvenirs such as a t-shirt or hat with host/entertainment money.
- For additional information, please see your head coach or the Saluki Athletic Compliance Office.

FINANCIAL AID POLICIES & PROCEDURES

Athletic scholarships, the values of which are varying combinations of tuition, fees, books, room and board are available to student-athletes who demonstrate outstanding athletic ability as well as the ability to academically succeed in the University classroom.

Student-athletes who receive athletic aid will be informed no later than July 1 of each year of the exact amount of aid they will be offered for the following year. Continued receipt of an athletics scholarship is conditioned upon the student-athlete putting forth full effort in practice, in competition and in the classroom. Anything less than a student-athlete's best effort may result in the reduction or non-renewal of his/her athletic scholarship for the subsequent year. If you become injured, your obligation is to pursue treatment and recovery with the same full effort. If your athletics aid is reduced or not renewed for the following year, you have a right to an opportunity to appeal the decision.

All student-athletes who receive room and board as part of their athletic scholarship must report the room and board portion of the scholarship as income for federal and state income tax. These scholarships are granted for a period of one academic year and may be upgraded, downgraded, continued, or discontinued in accordance with NCAA regulations after each year of participation.

OTHER SOURCES OF AID

Any student-athlete who receives outside scholarships or other institutional (non-athletic) aid is eligible to retain those sources of aid, subject to the language of his/her athletics financial aid agreement and his/her institutional cost of attendance as determined by the Office of Financial Aid. In addition, the student-athlete and the athletic financial aid office would need to determine if the provision of the outside aid or other institutional aid would adversely affect the individual scholarship equivalency and/or the team NCAA scholarship limit. In the event that it would affect their team limit or individual limit, the student-athlete would remain at the scholarship equivalency originally agreed to in their athletic financial aid agreement.

SUMMER SCHOOL AID FOR DEGREE PROGRESS

Summer financial aid is not an entitlement or part of a student-athlete's academic year financial aid agreement. The purpose of summer financial aid is to assist student-athletes in making progress towards their degree (and not to pursue an additional minor, second degree, or master's degree). It is awarded at the discretion of the coach and the athletic director (or designee). Factors that may be considered in deciding to award the summer financial aid include the availability of funds and fulfillment of academic and team obligations.

Any student-athlete wishing to receive athletically-related financial aid for summer school should meet with their head coach. Student-athletes are required to submit a summer school application, available from the Saluki Athletics Compliance Office

The following NCAA and SIU rules apply to summer aid:

1. Summer financial aid may be awarded only to attend SIU's summer term.
2. A returning/continuing student-athlete must have been enrolled at SIU for a minimum of one semester during the student-athlete's previous academic year.
3. The student-athlete may not receive athletically related financial aid to attend SIU's summer session unless the student-athlete received such athletically related aid from SIU during the student-athlete's previous semester. (Exception: a walk-on who has never previously received any athletically-related financial aid from SIU may receive summer aid if he or she will be receiving athletically-related financial aid during the upcoming academic year).
4. Summer aid may be awarded only in proportion to the amount of the athletically related aid received during the student-athlete's previous academic year (e.g., someone who received 50 percent in athletic aid is eligible for a maximum of 50 percent of summer athletic aid).
5. Changes to a student-athlete's summer schedule must take place prior to the end of the 2nd week of classes, or the student-athlete will be responsible for any charges associated with the late add and/or drop. All changes to a student-athlete's summer schedule must also be approved by the Associate Athletic Director for Student Services.
6. Additional costs will not be covered by a student-athlete's summer aid. For example, summer aid will not cover certain portions of Individualized Learning Program (ILP) courses. The goal of summer school is for the classes to be taken in the classroom.
7. Student-athletes who do not put forth the appropriate effort (class attendance, study time, etc) for their summer school classes will repay their summer financial aid (including tuition, fees, room & board, books) for any class in which they receive a D, F, or INC.

FIFTH-YEAR AID

Financial assistance is available for fifth-year student-athletes who have completed their eligibility. The purpose of fifth-year financial aid is to assist student-athletes in finishing their degree and graduating. Student-athletes requesting such aid must complete and submit a Fifth Year Aid Application along with a graduation plan obtained from their academic advisor on campus. Applications are available from the Saluki Athletics compliance office. Provision of fifth-year aid is at the discretion of each coach, subject to availability of funds and final approval of the student-athlete's application request by the Director of Athletics or the Associate Athletics Director.

ADDITIONAL FINANCIAL ASSISTANCE

The Financial Aid Office processes many sources of financial aid in the form of grants, scholarships, student work, and loans. The basis for this aid is usually academic excellence and/or financial need. Student-athletes must complete a Free Application for Federal Student Aid Form (FAFSA) each year in order to be eligible for on-campus employment and to determine eligibility for other types of aid. All financial aid awards received by a student-athlete are subject to NCAA regulations and must be approved by the athletic department before the student-athlete can receive the award. The following are a few of the forms of financial aid available to student-athletes. Please see the Saluki Athletics Compliance Office for more information.

Pell Grant

The Pell Grant is a federal aid program designed to provide assistance to undergraduate students who demonstrate financial need. The amount of the grant is based on the expected family contribution (EFC), the level of funding, and the cost of education. Students enrolled less than full-time will receive

a reduced grant award. Eligibility must be established each year by filing the current FAFSA at www.fafsa.ed.gov.

Federal Work Study (FWS)

Students awarded and accepting FWS should review the Job Listing Board and obtain a Student Employment Referral at the Financial Aid Office (FAO) at SIUC. www.siu.edu/~fao/.

Illinois Monetary Award Program (MAP) Grant

The State of Illinois Monetary Award Program (MAP) Grant offered by the Illinois Student Assistance Commission (ISAC) assists undergraduate students in need who are enrolled at least half-time. The student and their parents must be Illinois residents in order to qualify for this grant. Grant funds are used to pay fees and tuition only.

ILLINOIS RESIDENCY

In order to reduce the skyrocketing costs of the budget for athletics scholarship without impacting the competitiveness of our teams, it is the policy of the SIU Athletics department that each student-athlete shall be strongly encouraged to apply for in-state residency as soon as is feasible during their first year of attendance to be eligible for in-state tuition rates.

For student-athletes who enter SIU in the fall of 2011, the deadline is 10/15/11. Coaches and student-athletes will be notified of subsequent deadlines. Nonresident student-athletes entering SIU after the fall of 2009 as part of the "border state initiative" may remain residents of those states so long as the tuition they are charged is equivalent to the in-state tuition rate. (The current states included in this tuition program are Arkansas, Indiana, Tennessee, Kentucky, and Missouri.)

Guidelines

The student must complete the following:

1. Obtain an Illinois drivers license
2. Provide 6 months of housing receipts
3. Complete an Illinois residency application

Please consult with the Saluki Athletics compliance office regarding deadlines for applying.

Applications

Undergraduate students may pick up an Illinois Resident Tuition Application at the Office of Admissions or in the Athletic Compliance Office. Students must sign the application in the presence of a Notary Public. A Notary Public is available in the Office of Admissions. Applications may be submitted prior to the student-athlete having all the necessary documentation (e.g., rent receipts for 6 months). Incomplete applications will be kept on file until all necessary documentation is submitted.

INTERNATIONAL STUDENTS

Upon arrival on campus, each international student-athlete must complete the NCAA General Amateurism and Eligibility form which will be provided to you by the Saluki Athletic compliance office. A meeting with the SIU Nonresident Alien Tax Specialist is also required. The end result of the above procedures is that:

1. Foreign student-athletes receiving on-campus room and board will have 14% of the room and board amount charged to their Bursar account (unless their respective countries have tax-exempt treaties with the U.S.)
2. Foreign student-athletes receiving off-campus room and board will have 14% of the monthly amount payable withheld from their monthly check (unless their respective countries have tax-exempt treaties with the U.S.)

LETTER AWARDS

A letter award winner is an individual who has contributed to the success of the team through exceptional performance, dedication and effort. The letter award winners for each sport are determined by the head coach based upon a published set of standards for each sport.

- 1st Year Wool Letterwinner's Jacket
- 2nd Year SIU Watch
- 3rd Year Wool Athletic Blanket
- 4th Year Framed Varsity Letter

Note: Participants who letter for the first time in their last year of eligibility may select a blanket in lieu of a letter jacket.

- Junior college and transfer student-athletes with two years of eligibility who qualify for a letter will receive a letter jacket their first year and a watch their last year. Junior college and transfer student-athletes with 3 years of eligibility at SIU who qualify for a letter will receive a letter jacket their first year, watch their second year, and blanket their third year.
- Only four-year letterwinners who graduate with a four-year degree will receive a framed letter award. No time limit will apply for graduation nor is it necessary to graduate from SIU.

SPECIAL AWARDS

Each year, student-athletes are selected to receive special awards based on both athletic and academic excellence. Some awards are earned by achieving a minimum GPA while earning a varsity letter. Combined athletic and academic achievement is important; however the most influencing factor is contributions beyond athletic involvement such as leadership in organizations and community service.

DR. DON BOYDSTON LEGACY ATHLETIC SCHOLARSHIP ENDOWMENT

- The Dr. Don Boydston Legacy Athletic Scholarship Endowment was established on August 12, 2009, by his wife, Dr. Jo Ann Boydston, to honor one of the most significant figures in Saluki Athletics history. The endowment funds athletic scholarships designed to recognize SIU student-athletes who demonstrate the ideals for which "Doc" Boydston stood. Throughout his storied tenure as an educator and athletics administrator at Southern Illinois University Carbondale, Donald N. "Doc" Boydston demonstrated a commitment to inclusion and diversity, opportunity and success -- in athletics and in the classroom.
- Boydston's 15 years as athletics director from 1957 to 1972 produced one of the nation's most well-rounded intercollegiate athletics programs. Between 1960 and 1972, SIUC teams won 12 national championships in gymnastics, cross-country, swimming, golf and tennis. In dual meets, matches and games, SIU from 1957 through 1972 had a .715 winning percentage and moved from cellar-dweller status in a small college conference to university status and national recognition for a balanced program in all sports. During the "Boydston Era," the SIU Arena was built, the baseball facility developed, the track all-weather surfaced, and money was set aside for the renovation of McAndrew Stadium.
- Four Boydston Fellows are named annually. Preference is given to deserving racial minority student-athletes who have consistently demonstrated personal characteristics of integrity, commitment to equality, academic excellence, and social justice. The Boydston Fellows must have sophomore status or higher, be making satisfactory progress toward their degree and may represent any varsity sport.

CONFERENCE ACADEMIC AWARDS

The Missouri Valley Conference and the Missouri Valley Football Conference recognize student-athletes for academic achievement. The awards are as follows:

- Conference Honor Roll
- Commissioner's Academic Excellence Award
- Elite 18 Award
- President's Council Academic Excellence Award
- Dr. Charlotte West Scholar-Athlete Award

UNIVERSITY HONORS

SIU presents several academic awards, many of which include a cash award, to deserving students each spring during the Honors Day ceremony. All academic cash awards received by a student-athlete are subject to NCAA regulations and must be approved by the athletics department before the student-athlete can receive the cash award.

MCNAIR SCHOLARS PROGRAM

The SIUC McNair Scholars Program provides enriching educational experiences for low-income, first-generation college students and members of underserved groups in higher education. Through a strong mentoring network, the program supports and sponsors educational and professional development activities that lay the foundation for stellar research and academic skills. We promote academic excellence, success in graduate school, and achievement of a PhD. If you are interested in more information about the program, please see a member of the student services staff in athletics.

NCAA & MVC POSTGRADUATE SCHOLARSHIPS

Postgraduate scholarships are available to student-athletes who have completed their eligibility, and plan on continuing their education at a post secondary institution.

WEIGHT ROOM POLICIES AND PROCEDURES

1. Only Southern Illinois University athletes are permitted to use the weight room.
2. Unsupervised weight lifting is not allowed.
3. Prior to participation, all athletes must attend an orientation on the proper execution of various exercises and the consequences if proper technique is not employed.
4. If an injury prohibits a portion of the workout, a modified program outlining which movements are to be avoided and which ones may be substituted will be provided.
5. Absolutely no horseplay, use of offensive language, or temper tantrums!
6. Never interfere with a person who is lifting.
7. Keep the facility clean, no food, glass bottles, etc. are permitted.
8. Spitting in or defacing the facility or its equipment is not tolerated and will result in immediate expulsion.
9. Electronic devices (walkmans, cellular phones, etc.) are not permitted in the weight room during the workout session.
10. The strength and conditioning staff is not responsible for holding personal items.
11. Bumper plates are required on the platforms for Olympic-oriented exercises.
12. Athletes must not wear weight belts when the belts could contact equipment upholstery.
13. Athletes should move weights from the racks to the bar only. They should never set plates on the floor or lean them against equipment or walls. Athletes should return dumbbells to the rack in the proper order. Athletes should not drop or throw weights or dumbbells.
14. Athletes should utilize spotters when necessary for structural exercises.
15. Athletes should immediately report any facility-related injury, or facility or equipment irregularity to one of the members of the strength staff.

16. Athletes should minimize chalk and powder on the floor.
17. Athletes are required to use collars on the end of the bar.
18. The staff offices and telephones are off limits to athletes, unless permission to use them is given by the strength staff.
19. Athletes should wear proper training attire, particularly shirts and athletic shoes, at all times. Clothing should be of a respectable nature and preferably SIU apparel.
20. The strength staff has authority over all weight room conduct and use of equipment, and may expel an athlete from the facility for failure to follow instructions.
21. If you cannot make a workout or will be late, you must notify the strength staff. The weight room phone number is 453-5454.

UNIFORMS AND EQUIPMENT CHECKOUT POLICY

Each student-athlete will be provided with the appropriate uniform and/or equipment for the sport activity in which he/she will be participating.

CHECKOUT PROCEDURES

The student-athlete's name and the issue of numbers of each item to be borrowed shall be recorded by a member of the equipment staff.

RESPONSIBILITY

Each student-athlete will be responsible for the uniform and equipment items issued to her/him throughout the loan period. Normal wear and tear on items is expected and will be understood. When equipment becomes worn or torn, it will be replaced when the item is returned by the student-athlete; however, items which appear to be abnormally abused must be repaired or replaced by the student-athlete. Student-athletes will be billed for items lost or ruined while under her/his care.

DUE DATE

The exact equipment and/or uniform items checked out to each student-athlete are to be returned to the equipment room within ten (10) calendar days following the team's final competitive event of the season. The 10-day return period may be altered at the discretion of the Coordinator of Equipment and Facilities.

LATE FEES

Any student-athlete not returning her/his uniform and equipment items before the established deadline will be fined a flat \$5.00 late fee plus \$1.00 for each additional day that the item(s) is (are) overdue. The fee shall not exceed the replacement cost of the item(s). Failure to pay the fees will result in a bursar hold which will prevent the student-athlete from registering for the subsequent semesters until the bill is paid.

DENIAL

Intercollegiate Athletics may refuse to issue uniforms, awards, and/or equipment items to a student-athlete until all previous debts are paid. These previous debts are late fees, replacements fees, and repair fees.

LAUNDRY

Laundry services are provided to student-athletes for work out, practice and competition apparel. Student-athletes must allow 24 hours for clothes to be laundered. Special times may be considered if the equipment room schedule allows for it. Please see a member of the equipment room staff for special times.

MEDIA SERVICES

The media services staff are writers and media specialists who serve as liaisons to the area and national press to publicize our sports programs. They write weekly press releases and write features on student-athletes for their hometown papers. They maintain the statistical and photo files on all student-athletes and all sports teams. Additional duties of the media services staff include: maintaining the department's website, compiling and writing all game notes, program brochures, media guides, recruiting publications, and providing other Sports Information Departments with requested information about SIU teams.

TIPS FOR STUDENT-ATHLETES WHO DEAL WITH THE MEDIA

- Get to know your media services contact. Share story ideas about yourself or the team, so that your media services staffer can better promote your team.
- Be polite and professional when dealing with the media. If you feel a reporter has acted unprofessionally toward you, notify the media services office immediately.
- Be aware that all interviews should take place within a controlled environment (after practice, after a game). Locker rooms are off-limits to the press. The media are not permitted to call you. Politely decline all interviews that have not been cleared in advance with the media services office.
- Be on-time when dealing with the media. This is especially important after events, because media are frequently working on tight deadlines.
- Talk positively about your teammates and coaches. Never criticize or second-guess. If you don't know how to answer a difficult question, simply say, "I prefer not to comment."
- Carefully fact-check your official biography. All bios are available on-line at www.siusalukis.com. If you notice a mistake, be sure and tell the media services staff.

STUDENT-ATHLETE WELLNESS**Nutrition and Performance - Basic Nutrition Facts:**

- Sports scientists generally recommend a high-performance diet, consisting of 20 percent fats, 15 percent proteins, and 65 percent carbohydrates.
- Eating too much bad fat is the easiest way to increase one's percent body fat, and excess body fat can interfere with performance in many sports. Saturated fats are classified as bad and include several meat and dairy products, as well as anything containing hydrogenated oil. Good fats can be defined as monounsaturated and polyunsaturated fats and should be included in every athlete's diet. An example of a good fat product is olive oil.
- Athletes need protein for the development of muscle tissue during strength training. Encourage athletes to make selections from low fat sources of protein and to eat a variety of foods containing both animal and plant protein.
- Encourage athletes to avoid concentrated or refined carbohydrates, such as table sugar. Encourage them to get their energy from potatoes, corn, beans, rice, and whole-grained cereals, breads, and pastas.

Nutrition and Nutritional Supplements

Athletic performance and recovery from training are enhanced by optimal nutrition. Proper nutrition includes adequate quality and quantity of food and fluid to provide energy and essential nutrients during training and competition. During the competitive season, energy needs (especially carbohydrate and protein intake) must be met in order to maintain body weight, replenish carbohydrate stores in muscle and provide adequate protein for building and repair of tissue. The following key points summarize current energy, nutrient and fluid recommendations for competitive student-athletes as recommended by the American College of Sports Medicine. Carbohydrates are important fuels for all athletes.

The recommendations for adequate carbohydrates are between 4 to 5 grams (g) per day. It is assumed that the predominant source of carbohydrates come from non-refined carbohydrates. Protein requirements are slightly higher in both endurance (0.5-0.7 g per lb. body weight per day) and strength-trained student-athletes (0.8 to 0.9 g per lb. body weight per day) above the typical recommended daily intake (0.4 g per lb. of body weight). Fortunately, this recommendation for protein is easily achieved in a well-balanced diet without additional supplements. Fat intake should be less than 30% of total daily calories.

In general, vitamin and mineral supplements are not required if an athlete is consuming adequate energy from a variety of foods to maintain body weight. However, the risk of micronutrient deficiencies are greatest in student-athletes restricting calories, engaging in rapid weight loss practices, or eliminating specific foods or food groups from their diet.

Weight Management Policy

If a coach feels there is a performance problem potentially related to body composition issues, the coach may refer the student-athlete to the athletic trainer who will further assess the situation and refer as deemed necessary to the appropriate healthcare professional. Certain criteria will be established for identifying potential problems which may include performance changes and medical problems. Based on the findings of the assessment by the athletic trainer, the referral would be made to one of the following: physician, dietician, psychologist, or any other healthcare professional determined beneficial.

Nutrition/Weight Management

For those of you who desire to change your eating habits, a nutritionist is available on campus through the wellness center. The first step is to see the certified athletic trainer in charge of your sport. Once you make contact with them, your athletic trainer will give a three-day recall form for you to fill out and then make an appointment with the nutritionist. This program is designed to help you help yourself. The athletic training staff is available at anytime to discuss any questions you may have about nutrition and weight management.

MEDICAL POLICIES & PROCEDURES

General Information

All student-athletes should be familiar with intercollegiate athletics medical policies. Failure to comply with these policies may result in inadequate medical treatment or unnecessary costs charged to the student-athlete. Be sure to note differences in insurance policies for athletic related and not-athletic-related injuries and illnesses.

Physicals

Pre-participation physicals will be performed only on freshmen and new transfer student-athletes, those student-athletes who request a physical, and those student-athletes who the athletic training or medical staff feels should have a physical. All physical examinations will be performed by the team physician or his/her designee. During your physical it is important to report any and all injuries and illnesses that occurred prior to or during time away from SIU in order to help the medical staff provide the best care possible.

SIU Student Health Center

The Student Health Center is only open on weekdays from 7:30 a.m. to 4:30 p.m. You must always try to contact your athletic trainer before calling the Health Center yourself. If you call the Student Health Center yourself, the nurse will not allow you to make your own appointment and you will be told that you must go through the athletic training room to schedule your appointment. Most injuries and illnesses will be treated at the SIUC Student Health Center. Brochures on Health Center policies, including treatment and insurance, are available in the athletic training room. Numerous specialists are available to provide care for student-athletes in addition to the Student Health Center staff.

Policies-Athletic And Non-Athletic Related Injuries And Illnesses

- Report all injuries and illnesses to the athletic trainer immediately.
- If you are ill or injured, call the Athletic Training Room (453-HURT) before 11:00 a.m. If necessary, a staff member will make an appointment for you.
- Obtain a Medical Advisor's Report form from the Athletic Training room, have the form filled out by the attending medical staff at the Student Health Center, and return the form to your athletic trainer. Other forms will be provided as necessary. It is essential that you take the proper forms to ensure proper billing and medical care.
- The Student Health Center requires patients to report 15 minutes prior to the appointment time. If you are late for an appointment or miss an appointment without canceling with the Student Health Center in advance, you will be required to pay a \$6.00 charge.
- An athletic trainer accompanies student-athletes to appointments whenever possible. When this is not possible, you must return the Medical Advisor's Report form to the Athletic Training Room as soon as possible after the appointment.
- Referral to physicians for ALL injuries and illnesses can be made ONLY by the athletic training staff except in cases of extreme emergency. Initial referrals are made to Dr. Rollin Perkins at the Student Health Center. Dr. Perkins will make any necessary additional referrals.

The athletic training room is here for your benefit. If you are injured, you will benefit only if you seek treatment and follow through with the treatment plan as prescribed. If you are injured, you must be treated in the training room each morning and before and after each practice. If you do not show up for a scheduled treatment or are late to a scheduled treatment, this will be reported to the head coach and recorded on your treatment record. Missing treatment will be treated the same as missing practice. All disciplinary action will be at the discretion of the head coach. Unless directed otherwise by your head coach or the athletic trainer, all injured student-athletes will be present during practice with the team.

Insurance

The athletic medical coverage for this academic year will be provided by the SIUC Student Health Center Student Medical Insurance Plan. Please refer to the Extended Medical Care Benefit Plan (Insurance) brochure or go to www.siu.edu/~shp/ for Plan information. The athletic coverage is an "EXCESS" or "SECONDARY" coverage. Should an off-campus medical claim be incurred the following steps must occur:

- A Claim Form and Primary Insurance Information Form must be completed.
- Second, medical bills must be submitted to your family, group, or individual insurance for full or partial payment. Itemized bills should also be submitted to the Student Medical Insurance Office.
- Third, an Explanation of Benefits (EOB) must be obtained from your primary insurance and forwarded to the SIU Student Medical Insurance Office for consideration.
- Finally, you may be responsible for any additional medical costs not paid by either insurance. It is essential that the Athlete Family Insurance Information and Record Release Form requesting parents'/guardians' insurance information be completed fully and accurately. Also, please include a copy of the insurance wallet ID card(s) with the form. This will greatly assist the staff in processing your medical claims. If you have questions about insurance and/or medical bills, please see Ed Thompson immediately.

Dental and Vision Care

As a general rule dental and vision care is not covered by the SIUC Student Medical Insurance Plan. Dental services ranging from cleaning to emergency care are available on campus for a nominal fee. As with all other health care, your dental and vision care should be coordinated through the Athletic Training Room.

Athletic-Related Injuries

The Student Health Center Student Insurance Plan covers athletic related injuries which occur during practice and/or competition in an intercollegiate sport under the direct supervision of an athletics staff member. The Student Health Center Plan does not cover treatment of pre-existing conditions (illness, injury, or condition for which medical advice or treatment was received within six (6) months preceding the student's effective date of coverage under the SIUC Plan, or which produced clear, distinct symptoms that indicated the illness, injury, or condition probably began and manifested itself before the effective date of the student's coverage).

Pre-existing conditions are not eligible for coverage until the student has been continuously enrolled in the SIUC Plan for twelve (12) months. Please refer to the Student Medical Insurance Plan brochure or www.siu.edu/~shp/ for additional information regarding this Plan limitation.

The SIUC coverage for student-athletes requires that a student-athlete initially seek attention for an athletic injury from an SIUC staff athletic trainer and the Intercollegiate Athletics team physician. If a student-athlete would seek treatment from an outside physician without an SIUC Referral, the Plan will not make payment.

Non-Athletic Injuries and Illnesses

The SIUC Student Health Center Clinic is the primary care provider for the student. Appointments are scheduled through the athletic trainer for non-athletic injuries or illnesses (cold, flu, etc.) The student is billed a fee of \$6.00 per visit, and this charge is billed on the Bursar's Account. Medication prescribed for non-athletic injuries and illnesses is not covered. The student will be billed on the Bursar's Account for medication received at the Student Health Center Clinic/Pharmacy. Please refer to the SIUC Student Health Centers – A Guide to Health Care Programs services provided on campus or call the Student Medical Insurance Office at 618-453-4413.

Required Record of Immunization

Illinois law requires the SIUC Student Health Center to have a current record of immunization on file for each student. The record must include dates of immunization for measles, mumps, rubella, and tetanus. International students must have a current record of a tuberculosis test. If you have no immunization record on file, you will receive a form when you enroll for your physician to complete. Please return the form to the SIUC Student Health Center. If you do not receive an immunization form, please contact one of the athletic trainers, and a form will be sent to you. Failure to comply will result in a \$25.00 late fee charged to your Bursar account and a hold will be placed on your registration.

Emergencies

The Student Medical Benefit Fee does NOT cover visits to the emergency room at Memorial Hospital of Carbondale unless the illness/injury is deemed emergent by the hospital staff. This policy discourages students with colds or flu from making unnecessary visits. In cases of an athletic injury/illness, the athletic trainer determines whether the student-athlete should be sent to the emergency room. In other cases, the student-athlete should call the Health Center if he/she is in doubt as to whether her/his injury/illness is emergent.

Student-Athlete Pregnancy

Intercollegiate Athletics will be proactive when a student-athlete becomes pregnant. The procedures for dealing with a student-athlete pregnancy will be consistent with NCAA guidelines. Institutional grant-in-aid will not be affected when a student-athlete becomes pregnant. As soon as you learn of your pregnancy, we encourage you to tell your coach, a member of the athletic training staff, an athletic administrator or a Student Health Service physician so that the proper training precautions can be taken to protect your health and that of your baby.

Please note: Female student-athletes are permitted a one-year extension of the five-year period of eligibility under NCAA rules for reasons of pregnancy. A student-athlete will not be encouraged to terminate a pregnancy because of financial or psychological pressure or fear of losing her institutional grant-in-aid.

Eating Disorders

The incidence and seriousness of eating disorders such as bulimia and anorexia nervosa have received much public attention in our weight-conscious society. The student-athlete population is susceptible to these psychological problems, and affected athletes often endure severe medical complications because of poor nutritional habits combined with the added physical demands required in training and competition.

The Intercollegiate Athletics staff is understanding and supportive of athletes who suffer from eating disorders (as well as from other psychological and physical problems) and will assist in seeking treatment, so that athletes can continue as a contributing member of their team. Confidentiality is guaranteed at both the Health Center and the Counseling Center.

Therefore, if you have an eating disorder, please share that information with someone who can help (e.g. your coach, a counselor, the team physician, and athletic trainer or a member of the administrative staff).

Intercollegiate Athletics at Southern Illinois University is concerned with the health, safety and welfare of the student-athletes who participate in its programs and represent the University in competitive athletics. The athletics program takes the position that random drug testing is appropriate to ensure the health and safety of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with the NCAA rules and regulations on drug and alcohol abuse, and to identify student-athletes who are improperly using drugs or alcohol and to assist them before they harm themselves or others, or become physiologically or psychologically dependent. Further, the athletics program recognizes its responsibility to provide educational programming that will support positive decision-making processes. Intercollegiate Athletics will encourage and support programming which educates student-athletes on the physiological and psychological dangers inherent in the misuse of drugs and alcohol, inform student-athletes about the local, state, and federal laws concerning the use and possession of alcohol and drugs, and reinforce alternative activities supporting a drug or alcohol-free lifestyle. A drug and alcohol program which embraces an educational screening, and (if necessary) rehabilitation component, will facilitate a positive decision-making process for our student-athletes.

DRUG AND ALCOHOL EDUCATION and TESTING PROGRAM

Intercollegiate Athletics at Southern Illinois University is concerned with the health, safety and welfare of the student-athletes who participate in its programs and represent the University in competitive athletics. The athletics program takes the position that random drug testing is appropriate to ensure the health and safety of our student-athletes, to promote fair competition in intercollegiate athletics, to affirm compliance with the NCAA rules and regulations on drug and alcohol abuse, and to identify student-athletes who are improperly using drugs or alcohol and to assist them before they harm themselves or others, or become physiologically or psychologically dependent. Further, the athletics program recognizes its responsibility to provide educational programming that will support positive decision-

making processes. Intercollegiate Athletics will encourage and support programming which educates student-athletes on the physiological and psychological dangers inherent in the misuse of drugs and alcohol, inform student-athletes about the local, state, and federal laws concerning the use and possession of alcohol and drugs, and reinforce alternative activities supporting a drug or alcohol-free lifestyle. A drug and alcohol program which embraces an educational screening, and (if necessary) rehabilitation component, will facilitate a positive decision-making process for our student-athletes.

Conditions of Eligibility

All student-athletes must sign an NCAA form by which the student-athlete consents to be tested for the use of drugs prohibited by NCAA legislation. In addition, all student-athletes must sign a University consent form to allow for testing and limited release of test results, as set forth in these procedures, as a condition of eligibility. (See Appendix A) Southern Illinois University's institutional drug testing program is separate and distinct from the NCAA Drug Testing Program.

Education Program

Intercollegiate Athletics, in collaboration with the Student Health Programs Wellness Center and the SIU Counseling Center, provides confidential, professional and voluntary assistance and support to student-athletes regarding personal problems that might adversely affect their academic or athletic performance. The educational efforts of Intercollegiate Athletics, the Student Health Program's Wellness Center and the SIU Counseling Center address the harmful effects of substance abuse as well as alternative behaviors to cope with the stresses of being a student-athlete. Educational programs are offered to increase awareness, prevent problems and promote the general well-being of the student-athlete in fulfillment of the mission of the Intercollegiate Athletics Alcohol and Drug Education and Testing Program and our obligations as a NCAA member institution.

Testing Procedures

SIUC Intercollegiate Athletics will conduct substance abuse testing in accordance with the accepted procedures identified in this document. Selection for testing will be based on random selection, a prior positive test as outlined in the Sanctions section below, reasonable cause as suspicion of misuse/abuse or other reasonable cause as outlined in the Reasonable Cause section. As part of this testing, a student-athlete will be asked to take a urine test to detect illegal drugs, non-prescribed drugs, abuse of prescribed drugs, alcohol abuse, use of narcotics and/or steroids, including nutritional supplements, at such times and places as directed by Intercollegiate Athletics.

The drug or drug classes to be tested for include, but are not limited to the following: Alcohol, stimulants, and anabolic agents, including nutritional supplements, diuretics, street drugs, peptide hormones and analogues. Testing may be conducted on all student-athletes on the squad list, including student-athletes actively participating, student-athletes with medical disabilities, student-athletes who are red shirted, student-athletes who are partial or non-qualifiers, and those who have exhausted their eligibility, but are still receiving athletic aid. Unannounced testing may occur at any time of any day during the academic year or after the start of preseason practice, with a minimum of two (2) hours notice. Notice will be provided in writing by the Assistant Athletic Director (AD) for Sports Medicine or his/her designee or Head Coach. The refusal to provide a sample will be considered a positive test. All test results accumulate during the entire time that an individual is a student-athlete at Southern Illinois University Carbondale. Intercollegiate Athletics bans the use of substances and methods that alter the integrity or validity of urine samples provided during drug testing. Examples of banned methods include catheterization, urine substitution, and/or tampering with or modification of renal excretion by the use of diuretics or related compounds. Any urine sample tested for the presence of banned substances may also be tested for the presence of substances used to alter the integrity or validity of urine samples. A positive finding for these substances or other methods of tampering will be considered a positive test. Any attempt to tamper with a urine sample during the collection process will be treated as a positive test.

A positive test for alcohol for any student-athlete under 21 years of age will result in the sanctions set forth in this policy. Any student-athlete, 21 years of age or older who tests positive for alcohol, may be subject to sanctions pursuant to the rules of the applicable sport. Additionally, a saliva test or breathalyzer may immediately be required upon determination by a Coach that a student-athlete appears to be currently under the influence of or impaired by alcohol. If a student-athlete refuses to submit to such a test, he/she will receive sanctions for a positive test result. Intercollegiate Athletics may also issue a positive test-finding to any student-athlete upon conviction or plea of the following:

1. Driving under the influence (DUI, DWI) or other motor vehicle violations involving alcohol or drugs.
2. Drunk and disorderly.
3. Other violations of law involving alcohol or drugs.
4. Violations of the SIUC Student Conduct Code involving alcohol or drugs.

All urine samples for testing by SIUC will follow Specimen Collection Procedures outlined in Appendix C. Collected samples will be coded for confidentiality and will remain under the supervision of the Assistant AD for Sports Medicine or his/her designee prior to being shipped to the testing facility. Identification information for each sample will remain under the constant supervision of the Assistant AD for Sports Medicine until results are returned to him/her from the testing facility.

Reporting Results

For student-athletes who have a positive finding, the laboratory will contact the Assistant AD for Sports Medicine or a designee via fax or secure internet access. A positive test result will be reviewed by the Team Physician if necessary to determine if there is an acceptable explanation for the result. The Assistant AD for Sports Medicine or his/her designee and the Head Coach will notify the student-athlete of the finding. The results of the testing program become a part of the student-athletes medical record and are considered to be confidential. Records and other information shall remain in the confidential possession of the Assistant AD for Sports Medicine or his/her designee and may be released only as stated in the consent form and as set forth in these Procedures. In the event of a valid subpoena to release the record and in accordance with applicable law, the affected student-athlete will be notified before compliance with the subpoena.

“Safe Harbor” Program

A student-athlete eligible for the Safe Harbor Program may refer himself or herself for voluntary evaluation and treatment for alcohol or other drug problems. A student-athlete is not eligible for the Safe Harbor Program after he or she has been informed of an impending drug test or after having received a positive finding on an SIUC or NCAA drug test. SIUC will work with the student-athlete to prepare a Safe Harbor treatment plan, which may include confidential drug testing. If the student-athlete tests positive for a banned substance upon entering the Safe Harbor Program, that positive test will not result in any administrative sanction unless the student-athlete tests positive in a subsequent retest or the student-athlete fails to comply with the treatment plan. (The team physician may suspend the student-athlete from play or practice if medically indicated). A student-athlete will be permitted to remain in the Safe Harbor Program for a reasonable period of time, not to exceed thirty (30) days, as determined by the treatment plan. A student-athlete will not be permitted to enter the Safe Harbor program thirty (30) days prior to NCAA or Conference post-season competition. If a student-athlete tests positive for any banned substance after entering the Safe Harbor Program or fails to comply with the Safe Harbor treatment plan, the student-athlete will be removed from the Safe Harbor Program, an initial Safe Harbor positive test will be treated as a first positive and a subsequent positive as a second positive, subject to the sanctions explained in this policy. While in compliance with the Safe Harbor Program treatment plan, the student-athlete will not be included in the list of student-athletes eligible for random drug testing by SIUC. Student-athletes in the Safe Harbor Program may be selected for drug testing by the NCAA. The Director of Athletics, the Assistant AD for Sports Medicine, the student-athlete's Head Coach and the Team Physician may be informed of the student-athlete's participation in the Safe Harbor Program. The athletic

trainer assigned to that sport also may be notified, if medically appropriated. The assistant coach(es) also may be informed at the discretion of the Head Coach. Other university employees may be informed only to the extent necessary for the implementation of this policy.

Testing Prior to NCAA Championship

Teams and/or individuals likely to advance to NCAA Championship competition are subject to additional testing. Testing may be required of all team members or individual student-athletes at any time within thirty (30) days prior to participation in NCAA Championship competition. If a student-athlete tests positive, he or she will not be allowed to compete at the NCAA Championship event unless he or she subsequently tests negative prior to departure for the event.

Sanctions After Positive Results

Intercollegiate Athletics reserves the right to set the detection cut-off level it deems appropriate in the determination of a "positive" for drug testing purposes. Even if a specimen is below the cut-off level for finding a positive result and the appropriate sanction level, any detection of the presence of a banned substance will subject the individual to additional testing and wellness counseling. Although this policy will impose specific sanctions, nothing in this policy precludes a head coach from enforcing a more restrictive team policy or team rule.

A. First Positive Test Result

The Assistant AD for Sports Medicine, Team Physician and Director of Athletics will be notified. The Director of Athletics or his designee will notify the Head Coach. The Head Coach and the Assistant AD for Sports Medicine or his/her designee will inform the student-athlete of the positive finding. The student-athlete will be subject to additional testing whenever SIUC Intercollegiate Athletics conducts testing over the next twelve (12) months with a minimum of two (2) hours notice. If the student-athlete is under 21 years of age, a mandatory conference call will be conducted with the student-athlete's parent/guardian/spouse, the Director of Athletics or his/her designee, and the Head Coach. Any loss-of-competition sanction imposed will carry over into the following year if it is not possible to complete the sanction in the current year. The student-athlete will be required to have an evaluation at the SIUC Student Wellness office. The evaluation may also occur at an external agency with prior approval by the Assistant AD for Sports Medicine. Recommendations for treatment from Student Wellness or any external agency will be forwarded to the Director of Athletics. An appointment for evaluation must be made by the student-athlete within a week of notice to the student-athlete of the positive test result. The student-athlete must comply with the treatment recommendations in order to return to/continue competition. The recommended treatment must be completed within a reasonable period of time (as determined by the individual conducting the evaluation) following the positive test result. The Assistant AD for Sports Medicine will be informed of compliance with the treatment plan. The student-athlete is responsible for all costs incurred for services not provided on campus or not covered by insurance.

B. Second Positive Test Results

The Assistant AD for Sports Medicine, Team Physician and Director of Athletics will be notified. The Director of Athletics or his designee will notify the Head Coach. The Head Coach and the Assistant AD for Sports Medicine or his/her designee will inform the student-athlete of the positive finding. The student-athlete will be subject to additional testing whenever SIUC Intercollegiate Athletics conducts testing over the remainder of the student-athlete's eligibility with a minimum of two (2) hours notice. If the student-athlete is under 21 years of age, a mandatory conference call will be conducted with his/her parent/guardian/spouse, the Director of Athletics or his/her designee, and the Head Coach. The student-athlete will be suspended immediately upon positive notification for the number of the next scheduled contests equal to 10% of the total number of regularly scheduled contests in that sport. (Suspension from an athletic contest does not relieve the student-athlete from any other responsibilities as a team member, including, but not limited to attendance at all practices or other team events.) Any loss-of-competition sanction imposed will carry over into the following year if it is not possible to complete the sanction in the current year. An appointment for evaluation must be made by the student-athlete

within a week of notice to the student-athlete of the positive test result. The student-athlete must comply with the treatment recommendations in order to return to/continue competition. The recommended treatment must be completed within a reasonable period of time (as determined by the individual conducting the evaluation) following the positive test result. The Assistant AD for Sports Medicine will be informed of compliance with the treatment plan. The student-athlete is responsible for all costs incurred for services not provided on campus or not covered by insurance.

C. Third Positive Test Result

The Assistant AD for Sports Medicine, Team Physician and Director of Athletics will be notified. The Director of Athletics or his designee will notify the Head Coach. The Head Coach and the Assistant AD for Sports Medicine or his/her designee will inform the student-athlete of the positive finding. The third positive test finding will result in the student-athlete's termination of team membership. A recommendation will be made for cancellation and non-renewal of athletics scholarship aid at the earliest possible moment consistent with Conference and NCAA rules. If the student-athlete is under 21, a mandatory conference call will be conducted with the student-athlete's parent/guardian/spouse, the Director of Athletics or his/her designee, and the Head Coach.

Immediate Termination From Team Membership

A student-athlete will be terminated from team membership upon conviction of trafficking/dealing in any illegal substance. Termination will also include a recommendation of non-renewal of any athletics scholarship at the earliest possible moment consistent with Conference and NCAA rules.

Referral Process

In the event of a positive test, the student-athlete will be required to seek counseling and comply with the treatment recommendations of the counselor. Part of the referral process will be to sign a waiver and release of information that allows the Director of Athletics or his/her designee to contact parents/guardians and allows release of any treatment plan or recommendations to the Director of Athletics or his/her designee and parents/guardians. This waiver will also allow the Director of Athletics or his/her designee to monitor compliance with the treatment plan. Failure to comply with the treatment recommendations of the Student Wellness office or external counseling agency will subject the student-athlete to suspension from the team for a period of time designated by the Director of Athletics.

Appeal Process

Student-athletes who test positive under the terms of the Drug and Alcohol Education and Testing Program will be entitled to a hearing prior to imposition of any sanction. Appeals will be heard by a three-person Appeals Committee comprised of the Team Physician, the Faculty Athletics Representative and the Senior Associate Athletic Director or their designees. The Committee will make a recommendation on each appeal to the Director of Athletics. The decision by the Director of Athletics or his/her designee regarding the sanctions to be imposed will be final. Requests for a hearing must be made within forty-eight (48) hours of notification of a positive test result. If the forty-eight hours would end on a weekend, the request must be made by noon on the next business day. Requests must be in writing and received by the Director of Athletics. The student-athlete may have an advocate or other representative present if the student-athlete so desires. However, the student-athlete must present his or her own case. The hearing should take place no more than seventy-two (72) hours after the written request is received. Either the student-athlete or other parties involved may request an extension upon a showing of good cause. These proceedings shall include an opportunity for the student-athlete to present evidence, as well as to review the results of the drug test. The proceedings shall be confidential. During the appeals process, the student-athlete may continue to compete until a final decision has been rendered by the Director of Athletics or his/her designee.

A student-athlete who tests positive for a banned substance by the laboratory retained by the University may, within 72 hours following receipt of notice of the laboratory finding, contest the finding. Upon the student-athlete's request for additional testing of the sample, the Director of Athletics will formally request the laboratory retained by the University to perform testing on specimen B. The student-athlete may choose to be present at the opening of specimen B at the laboratory. If the student-athlete does not wish to be present at the opening of specimen B, but desires to be represented, arrangements will be made for a surrogate to attend the opening of the specimen. The student-athlete or his/her surrogate will attest to the sample number and the integrity of the security seal prior to the laboratory opening of specimen B. Specimen B findings will be final, subject to the results of any appeal. If specimen B results are negative, the drug test will be considered negative. The student-athlete will be responsible for all costs associated with specimen B analysis (e.g. laboratory costs, travel costs).

Responsibility of the Student-Athlete

Each student-athlete is responsible for availing him or herself of the educational opportunities provided by Intercollegiate Athletics regarding substance abuse. If the student-athlete tests positive under the guidelines set forth in the SIUC Testing Program, it will be the student-athlete's responsibility to seek counseling and comply with recommendations of the counselor. The student-athlete is responsible for all costs incurred for services not provided on campus or not covered by insurance.

Testing For Reasonable Cause

Nothing in this policy shall prevent or limit the Southern Illinois University Carbondale's right to require a student-athlete to submit to testing when there is cause to do so. For purposes of this section, "cause" shall be defined as behavior, conduct, or performance by the student-athlete which leads the University to conclude that there is the likelihood that the student-athlete is taking or is under the influence of illegal drugs, banned substances (as defined above) or alcohol. Among the indicators which may be used in evaluating a student-athlete's behavior, conduct, or performance are: class attendance, significant GPA changes, athletic practice attendance, increased injury rate or illness, changes in physical appearance, academic/athletic motivational level, emotional condition, mood changes and legal involvement. Reasonable cause may be based on information received that a student-athlete is using illegal drugs or alcohol. In such cases, the determination that "cause" exists to require a student-athlete to submit to drug testing will be made only after consultation between the Director of Athletics, Assistant AD for Sports Medicine, and the Head Coach of the sport. All must agree that the observations, behavior, conduct, or performance of the student-athlete are such that testing for cause is required to protect the health of the student-athlete, the health of others and/or to protect the integrity of the sport. In such cases, less than two hours notice may be given.

Appendix A

Southern Illinois University Carbondale

Drug Testing Consent Form

I hereby consent to have a sample of my urine collected and tested for the presence of drugs or alcohol in accordance with the Southern Illinois University Carbondale Intercollegiate Athletics Drug and Alcohol Education and Testing Program.

I understand that selection for testing will be based on random selection, a prior positive test as outlined in the Policy, reasonable suspicion of misuse/abuse or other reasonable cause.

I understand that any urine samples will be sent only to a licensed medical laboratory for actual testing, and that the samples will be coded to provide confidentiality.

I hereby authorize the release of such testing results to the Director of Athletics, team physician, head coach, Assistant AD for Sports Medicine and other University officials as deemed appropriate. I understand that these results will also be made available to me.

I understand that I am free to withdraw this consent for drug and alcohol testing. However, I also understand that should I refuse to submit to testing at the time requested, I will not be permitted to participate in intercollegiate athletic competition.

If I am under the age of 21 and I test positive, I hereby authorize the release the results of such testing to my parent(s), legal guardian or spouse.

I hereby release Southern Illinois University Carbondale, its Trustees, officers, employees and agents from legal responsibility or liability for the release of such information and records as authorized by this form.

Student-Athlete Signature

Date

Signature of Parent of Legal Guardian
(If Student-Athlete is a Minor)

Date

Appendix B

2011-12 NCAA Banned Drugs

1. 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; and
- 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.

2. Drugs and Procedures Subject to Restrictions.

- a. Blood Doping;
- 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.

3. NCAA Nutritional/Dietary Supplements Warning.

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

- (1) Dietary supplements are not well regulated and may cause a positive drug-test result.
- (2) Student-athletes have tested positive and lost their eligibility using dietary supplements.
- (3) Many dietary supplements are contaminated with banned drugs not listed on the label.
- (4) Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the appropriate athletics staff before using any substance.

Some Examples of NCAA Banned Substances in Each Drug Class

NOTE: There is no complete list of banned substances. Do NOT rely on this list to rule out any supplement ingredient.

Check with your athletics department staff before using any medication or supplement.

1. Stimulants.

e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc.

Exceptions: phenylephrine and pseudoephedrine are not banned.

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

3. Alcohol and Beta Blockers (banned for rifle only).

e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

4. Diuretics and Other Masking Agents (water pills).

e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

5. Street Drugs.

e.g., heroin; marijuana; tetrahydrocannabinol (THC); and synthetic cannabinoids (e.g., Spice, K2, JWH-018, JWH-073).

6. Peptide Hormones and Analogues.

e.g., growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

7. Anti-Estrogens.

e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene (ATD); etc.

8. Beta-2 Agonists:

e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

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

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, ncaa2 or ncaa3.

It is your responsibility to check with the appropriate athletics staff before using any substance.

APPENDIX C
SPECIMEN COLLECTION PROCEDURES

1. Upon entering the collection station, an institutional representative will identify the student – athlete and the student-athlete will record time of arrival and print name on the Student-Athlete Roster Form
2. When ready to urinate, the student-athlete will select a beaker from a supply of such and will record his/her initials on the beaker’s lid.
3. A collector will monitor the furnishing of the specimen by observation in order to assure the integrity of the specimen until a specimen of at least 50 mL (85 mL for anabolic steroid testing) is provided.
4. Once a specimen of at least 50 mL (85 mL for anabolic steroid testing) is provided, the student-athlete is responsible for keeping the collection beaker closed and controlled.
5. Fluids and food that are given to student-athletes who have difficulty voiding must be from sealed containers (certified by the collector) that are opened and consumed in the station. These items must be caffeine- and alcohol-free and free of any other banned substances.
6. If the specimen is incomplete, the student-athlete must remain in the collection station until the sample is completed. During this period, the student-athlete is responsible for keeping the collection beaker closed and controlled.
7. If the specimen is incomplete and the student-athlete must leave the collection station for a reason approved by the collector, specimen must be discarded.
8. Upon returning to the collection station, the student-athlete will begin the collection procedure again.
9. Once a specimen is provided, the student-athlete will pour a small amount of urine into an approved container. A collector will check the specific gravity and pH of the urine in the presence of the student-athlete.
10. If the urine has a specific gravity below 1.005 (1.010 if measured with a reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided. The student-athlete will provide another specimen.
11. If the urine has a pH greater than 7.5 (with reagent strip) or less than 4.5 (with reagent strip), the specimen will be discarded by the student-athlete. The student-athlete must remain in the collection station until another specimen is provided. The student athlete will provide another specimen.
12. If the urine has a specific gravity above 1.005 (1.010 if measured with a reagent strip) and the urine has a pH between 4.5 and 7.5 inclusive, the specimen will be processed and sent to the laboratory.
13. The laboratory will make the final determination of the specimen adequacy.

14. If the laboratory determines that a student-athlete's specimen is inadequate for analysis, at the client's discretion, another specimen may be collected.
15. If a student-athlete is suspected of manipulating specimens (e.g., via dilution), the client will have the authority to perform additional tests on the student-athlete, not to exceed two consecutive negative tests.
16. Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the student-athlete will select a specimen collection kit and a uniquely numbered Custody and Control Form from a supply of such.
17. The collector that monitored the furnishing of the specimen by observation will sign the Custody and Control Form.
18. A collector will record the specific gravity and pH values on the Custody and Control Form.
19. The student athlete will pour approximately 30 mL (60 mL for anabolic steroid testing) of the specimen into the "A vial" and the remaining amount (approximately 20 mL) into the "B vial."
20. The student-athlete will place the cap on each vial; the collector will then seal each vial in the required manner under the observation of the student-athlete and witness (if present).
21. The laboratory's copy of the Custody and Control Form shall not contain the name of the student-athlete.
22. All sealed specimens will be secured in a shipping case. The collector will put the laboratory copy of the Custody and Control Form in the case, and prepare the case for forwarding.
23. The student-athlete and witness (if present) will sign the Custody and Control Form, certifying that the procedures were followed as described in the protocol. Any deviation from the procedures must be described and recorded on the Custody and Control Form at that time. If deviations are alleged, the student-athlete will be required to provide another specimen.
24. The collector will sign the Custody and Control Form, give the student-athlete or a designee a copy and secure all remaining copies. The compiled Custody and Control Forms constitutes the "Master Code" for that drug testing.
25. After the collection has been completed, the specimens will be forwarded to the laboratory and all copies of all forms forwarded to the designated persons.
26. The specimens become the property of the institution.
27. If the student-athlete does not report for testing, the collector will notify the institutional representative.