



**2010-2011**

**Southern Illinois University Edwardsville**

***Student-Athlete  
Handbook  
& Planner***

**This Planner Belongs To An Outstanding  
Student-Athlete Named:**

\_\_\_\_\_

**Team:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

SOUTHERN ILLINOIS UNIVERSITY  
**EDWARDSVILLE**



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# Welcome

Dear SIUE Student-Athlete,

Welcome to Southern Illinois University Edwardsville where it's always "A Great Day To Be A Cougar." We are excited to have you as a representative of our University and successful athletics family. We are embarking on a new era in Cougar Athletics--a return to Division I for a few sports and a new adventure for the rest. You are now a Division I athlete which comes with a great deal of respect and admiration by the public. The opportunity also comes with a great deal of responsibility and accountability.

This student-athlete handbook and planner is a guide to help you understand Athletics' policies and procedures as well as manage your time. We hope that it will be a useful tool. You are responsible for knowing the contents of this handbook as well as all other policies and procedures on the SIUE Athletics web site at [www.siuecougars.com](http://www.siuecougars.com).

Inspiring tradition, pride, commitment and excellence is something we take very seriously and work towards daily. It is the goal of the Department of Intercollegiate Athletics to inspire of our athletes to be the best they can be and continue to push themselves to remain an elite program. We will achieve:

- national recognition and prominence
- academic success and graduation
- continuation of quality service to our student-athletes
- cutting-edge facilities
- affirmation of respect by the media and outside constituents

Your college experience academically, athletically and socially at SIUE is certain to be exciting, challenging and great preparation for your future. Make the most of all the valuable resources available to you. We are here to help you make the very best of your collegiate experience. Be proud: You are a Cougar! The entire staff looks forward to another great year in Cougar Athletics.

Best regards,  
Dr. Bradley L. Hewitt  
Director of Intercollegiate Athletics



Dr. Bradley Hewitt  
Director of  
Intercollegiate Athletics



Dr. John Meisel  
Faculty  
Athletic Representative



Sandy Montgomery  
Associate  
Athletic Director



Todd Garzarelli  
Associate  
Athletic Director



Bryan Belt  
Assistant  
Athletic Director



Jaci DeClue  
Assistant  
Athletic Director



Jason Coomer  
Assistant  
Athletic Director



Eric Hess  
Director of Sports  
Information



## Important Phone Numbers

University Information.....	650-5555
University Police	Emergency..... 911
	Non-emergency ..... 650-3324
Department of Athletics	General ..... 650-2871
	Advising ..... 650-3925
	Faculty Representative ..... 650-2581
	Insurance ..... 650-2883
	Sports Information ..... 650-3608
	Compliance..... 650-5475
	Training Room ..... 650-2883
	Computer Lab ..... 650-5818
Office of Admissions.....	650-3705
University Bookstore.....	650-2132
Bursar.....	650-3123
Career Development Center.....	650-3708
Counseling Services.....	650-2197
Disability Support Services.....	650-3726
Information Technology.....	650-3739
Instructional Services/Testing Services.....	650-3717
International Student Services.....	650-3785
Financial Aid.....	650-3880
Health Services.....	650-2842
Housing.....	650-3931
Kimmel Leadership Center.....	650-2686
Library.....	650-2603
Math Resource Room.....	650-2039
Morris University Center.....	650-2300
Parking Services.....	650-3680
Religious Center.....	650-3246
Service Center.....	650-2080
Speech Center.....	650-3085
Student Employment.....	650-2563
Student Fitness Center.....	650-2348
Student Government.....	650-3819
Textbook Services.....	650-3020
Writing Center.....	650-2045



# SIUE Athletics Family

Chancellor .....	Dr. Vaughn Vandegrift
Athletic Director .....	Dr. Bradley Hewitt
Associate Director of Athletics - Internal Affairs.....	Sandy Montgomery
Associate Director of Athletics - External Affairs.....	Todd Garzarelli
Assistant Director of Athletics for Compliance and Student Services.....	Jaci DeClue
Assistant Director of Athletics for Financial Affairs .....	Bryan Belt
Assistant Director of Athletics for Sales & Marketing.....	Jason Coomer
Assistant Athletic Director for Student Welfare.....	Gerry Schlemer
Faculty Athletics Representative .....	Dr. John Meisel
Sports Information Director.....	Eric Hess
Athletic Academic Advisor .....	Lindsey Schmidt
Lead Compliance Specialist .....	Katie Zingg
Event Management Coordinator.....	Kandice Erwin
Assistant to the Director for Broadcasting .....	Joe Pott
Head Strength & Conditioning Coach.....	Eileen McAllister

## HEAD COACHES

Baseball.....	Gary Collins
Men's Basketball .....	Lennox Forrester
Women's Basketball .....	Amanda Levens
Cheerleading .....	Ashley Tate
Men's & Women's Cross Country.....	Eileen McAllister
Men's Golf .....	Derrick Brown
Women's Golf .....	Jennifer Jakel
Men's Soccer.....	Kevin Kalish
Women's Soccer .....	Derek Burton
Softball.....	Sandy Montgomery
Men's & Women's Tennis .....	TBD
Men's & Women's Track & Field.....	Kareem Jackson
Volleyball .....	Todd Gober
Wrestling.....	David Ray

## QUICK FACTS

Founded .....	1957
Enrollment .....	13,940
Colors/Mascot.....	Red and White/Cougars
National Affiliation.....	NCAA Division I
Conference Affiliation.....	Ohio Valley Conference
Conference Affiliation (Men's Soccer) .....	Missouri Valley Conference



## Philosophy of SIUE Athletics

The Intercollegiate Athletics Program at Southern Illinois University Edwardsville has been developed with the belief that intercollegiate sports, subscribing to the principles of good sportsmanship, rules compliance and integrity, are beneficial activities which contribute to the physical, intellectual and social experiences of the entire University community. Intercollegiate Athletics should complement the instructional research and service programs of the University and must function within the framework of the University's overall goals.

In harmony with the stated mission of the University, the goals of Intercollegiate Athletics are to enhance the physical and intellectual abilities of those participating in the program and to provide for the physical and social welfare of our student-athletes, as well as to provide spectator benefits for the University community and the community at large. The recognition that the goals of the Athletics Program are integrated into the goals of the general academic program should guide the activities of those responsible for the conduct of Intercollegiate Athletics. SIUE Athletics must enhance, not detract, from the University's educational program.

Intercollegiate Athletics is intended to provide students with opportunities to enhance their education, to represent their university and to participate in athletics while developing skill and understanding. Participation in the Intercollegiate Athletics Program is always secondary to the academic obligation of the student. To this end, it is the responsibility of those administering the Program to schedule the length of playing seasons, the frequency of practice sessions and the number of contests so that they shall not unreasonably conflict with students' obligations to attend class regularly; to study; to develop their intellectual, moral and social faculties; and to graduate from the University as educated men and women.

### **As the Department of Intercollegiate Athletics, WE VALUE**

- Higher Education - No goal of ours exceeds the mandate to educate and graduate the student-athlete. We are dedicated to being consistent with the educational purpose of the University.
- Rules and Regulations - We are dedicated to enforcing adherence to the rules and regulations of the NCAA and the OVC by our student-athletes, coaches and administrators.
- Pursuit of Excellence - Intercollegiate Athletics, with its emphasis on excellence at all levels of play, provides opportunities for undergraduate/graduate students to understand the rewards that come from dedication to a larger purpose and to develop their personal, physical and intellectual skills.
- Citizenship - We believe that the values of citizenship are realized through sportsmanship and ethical play in athletics. We are committed to teaching our student-athletes essential skills that will provide for a lifetime of contributions to their community, state and nation.
- Amateur Sportsmanship - Participation in amateur sports provides the student-athlete with opportunities to experience and develop life skills in the areas of leadership, discipline, teamwork, goal-setting, self-respect and respect for others.
- Student-Athlete Welfare - Managing Intercollegiate Athletics in a manner designed to protect and enhance the physical, emotional, and social welfare of the student- athlete is the primary objective of the department.



## 2010-2011 Academic Calendar

### FALL SEMESTER 2010

August 23	Weekday and evening classes begin.
September 3	Last day to drop a class without receiving a grade. Last day for a full refund of tuition and fees.
September 6	Labor Day Holiday—Classes not in session.
October 1	Deadline for second Fall installment payment.
October 15	Last day to change to Pass/No Credit status.
October 22	Deadline for third Fall installment payment.
October 29	Last day to withdraw from a class without permission of an advisor and instructor.
November 12	Final payment deadline for Fall semester. Last day to withdraw from a class with permission of an advisor and instructor.
November 22-28	Thanksgiving Break—Classes not in session.
December 13-17	Final Examinations
December 18	Fall Commencement

### SPRING SEMESTER 2011

January 10	Weekday and evening classes begin.
January 17	Martin Luther King Day—Classes not in session.
January 21	Last day to drop a class without receiving a grade. Last day for a full refund of tuition and fees.
March 4	Last day to change to Pass/No Credit status.
March 7-11	Spring Break—Classes not in session.
March 18	Last day to withdraw from a class without permission of an advisor and instructor.
April 1	Last day to withdraw from a class with permission of an advisor and instructor.
May 2-6	Final Examinations
May 7	Spring Commencement



## Student-Athlete Code of Conduct

The Department of Intercollegiate Athletics wants you to have a fulfilling and successful academic and athletic experience at SIUE. It is important that all student-athletes understand the University community's expectations for your behavior, not only when you are competing, but also in other areas of your life. Membership on an SIUE athletic team is a privilege. Student-athletes have a special responsibility to conduct themselves in a manner that is exemplary to faculty, staff, coaches and administrators. You are expected to demonstrate good sportsmanship, honesty, integrity and abide by the Student-Athlete Code of Conduct at all times.

As an SIUE student-athlete, you are among the most visible students both on campus and in the community. Because of America's fascination with sports and those who play, a unique platform exists to be a role model, mentor and spokesperson. However, this platform brings with it an extensive set of privileges and responsibilities. Your social interactions and behavior on and off campus have the potential to become public knowledge. Whenever violations of the Student-Athlete Code of Conduct occur, the Director of Athletics will review the misconduct and may apply sanctions as they relate to participation in athletics. To this end, the Department of Intercollegiate Athletics has adopted a standard of ethical conduct and behavioral expectations which may exceed those of non-student-athletes. Every student-athlete is expected to abide by the SIUE Code of Student Conduct, the SIUE Student-Athlete Code of Conduct and the rules of the National Collegiate Athletic Association and the Ohio Valley Conference/Missouri Valley Conference (Men's Soccer).

1. A student-athlete is expected, in both attitude and behavior, to make a positive contribution to the team. Profanity and other forms of negative or inappropriate behavior are unacceptable.
2. Team success depends upon each student-athlete's ability and willingness to communicate and work as a member of the team. Student-athletes must demonstrate an attitude of respect for teammates, coaches, staff and administrators at all times.
3. A student-athlete is expected to abide by the spirit and letter of the rules of the sport during practice and competition and to treat teammates, opponents, coaches, officials and spectators with respect and courtesy.
4. Academic diligence is essential. Missed classes, except for team travel, are not tolerated. Tardiness also is unacceptable. The student-athlete is expected to take care of his or her academic responsibilities. Cheating and other forms of academic dishonesty are unacceptable. Changing majors and class schedules is not permitted without receiving prior approval from the Academic Advisor for Athletics.
5. Attendance and punctuality at practice and team meetings are required.
6. The use of tobacco products is unacceptable and the use of illegal drugs is prohibited at all times. Alcohol consumption is prohibited for any student-athlete under the age of 21 **AND** in any situation where the student-athlete is representing SIUE.
7. A student-athlete is expected to notify his or her instructor in advance when competition or travel requires the athlete to miss class. It is the responsibility of the student-athlete to discuss in advance with the instructor the procedure to follow if competition necessitates missing an examination or assignment deadline.
8. A student-athlete is required to participate in the CHAMPS/Life Skills Program and other departmental initiatives.



## Behavioral Guidelines

**The following guidelines apply to all student-athletes at SIUE. It is the head coach's responsibility to establish and enforce additional team-specific guidelines. The guidelines should be presented in document form during the recruitment process or during the first squad meeting.**

1. Athletics financial aid may be reduced during the period of the award if the student-athlete renders himself or herself ineligible, engages in serious misconduct warranting substantial disciplinary action or voluntarily withdraws from a sport for personal reasons.
2. Student-athletes are responsible for arranging their class schedules at times which do not interfere with practice schedules. If a class conflict is unavoidable, the student-athlete must discuss the matter with his or her head coach before enrollment.
3. Student-athletes are expected to attend all classes unless missing for competition reasons.
4. Possession or use of a controlled substance may be deemed sufficient cause for immediate dismissal from a team.
5. The purchase or consumption of alcoholic beverages by a student-athlete **at any time** in which he or she is representing the University is strictly forbidden and will result in disciplinary action.
6. Use of tobacco products during athletic practices or games is strictly forbidden.
7. Participation in any gambling activity that involves intercollegiate or professional athletics is a violation of NCAA regulations.
8. Student-athletes shall not compete or practice with more than one team at SIUE without the consent of both coaches.
9. Student-athletes with eligibility remaining shall not compete as a member of an outside amateur team during the team season.
10. All student-athletes are expected to display acceptable behavior on and off the playing field. Fighting, verbal abuse, taunting, foul language and hazing activities are unacceptable behaviors.
11. Attendance at practice sessions must take precedence over attendance at nonathletic extracurricular meetings and events. Exceptions are at the discretion of the head coach.
12. Cooperation and participation in game ceremonies, team-sponsored activities, Department-sponsored activities and special University-sponsored events are expected of each student-athlete.
13. Student-athletes must participate in all practices and games. Illness, injury or special circumstances must be communicated to and absences approved by the head coach.
14. Game uniforms are to be worn only at games or upon other occasions as specified by the head coach.
15. The head coach has the ultimate responsibility for the determination of playing positions, playing time and decisions regarding strategies employed during a contest.
16. The coach has the prerogative of specifying a reasonable time for all members of the traveling party to be in their assigned rooms.
17. All travel to an event is by team. If an individual feels there is a justifiable reason why individual travel is necessary, he or she must discuss this with the head coach no later than 48 hours prior to the departure time. If the head coach approves individual travel, the student-athlete must sign a Statement of Release.
18. Student-athletes must understand and abide by the SIUE Student Code of Conduct and the SIUE Student-Athlete Code of Conduct.

**Violations of Behavioral Guidelines, the SIUE Student Code of Conduct or the SIUE Student-Athlete Code of Conduct may be considered sufficient grounds for reduced athletic financial aid, non-renewal of athletic financial aid and/or disciplinary action up to and including suspension or dismissal from the team.**



## Academic Responsibilities and Services

**When you made the decision to attend SIUE as a student-athlete, you agreed to take on the responsibility for handling the time and effort required to be both a scholar and an NCAA Division I athlete.**

- At no time shall your participation in athletics be considered an extenuating circumstance upon which to base a request for an incomplete grade, late administration of an examination or late submission of required work.
- As a student-athlete, you are expected at all times to exhibit self-discipline in study habits and class attendance.
- At the beginning of each semester, you must contact the instructor of any class that will be missed due to athletic competition. The Academic Advisor for Athletics will distribute a letter to each student-athlete to give to his or her instructors which indicates the exact dates the student-athlete will be absent from class due to competition. It is your responsibility to make arrangements to complete all academic work that is assigned if you miss an assignment or test due to an athletic competition.

### Academic Honesty

As a student-athlete, you are expected to be honest on and off the playing field. The most common forms of academic dishonesty by students are cheating on exams, cheating on assignments and plagiarism. Student-athletes who engage in academic dishonesty may be subject to disciplinary action by the Athletic Department in addition to penalties the instructor may apply.

### Academic Advisement

Academic Advising is mandatory for all students prior to registration each term. Student-athletes who have not yet declared into a major are advised by the academic advisors in the Department of Intercollegiate Athletics. Advisors also provide information about majors or refer student-athletes to the appropriate campus or community resources. Student-athletes who have declared a major are advised in the major departments.

### Class Registration

Registration for student-athletes will take place subsequent to the advising appointment. Student-athletes are given priority registration opportunities. All student-athletes are eligible to register during the first week of registration. This privilege is intended to ensure that the student-athletes continue to make academic progress and ultimately graduate in a timely manner.

**First and foremost, you are a student whose major purpose at SIUE is to graduate. It is our job in the Department of Intercollegiate Athletics to make every effort to ensure that athletic participation does not adversely affect your academic performance. Everyone — your coaches, trainers, administrative staff, advisor and tutors — are here to help you succeed!**



## Academic Responsibilities and Services

### Grade Reports

Grade reports are sent a minimum of one time each semester to all faculty members who have a student-athlete enrolled in their course. The current grade, attendance report, recommendations, and other relevant comments given by the professor allow the academic advisor to conduct an academic intervention before the last date to drop a course with a grade of "W" if needed, as well as positively reinforce student success.

### Study Tables

All freshman, incoming transfers and continuing student-athletes with a cumulative grade point average of 2.4 or below are required to participate in study tables. Study tables are held five nights per week and are monitored by tutors to ensure an atmosphere ideal for learning exists. The required number of hours each student-athlete is required to attend are decided upon by the Academic Services staff.

### Athlete Travel Letters

Student-Athletes are expected to provide their professors with a copy of their athletic travel letter at least two weeks before their first missed class. Student-athletes are responsible for making arrangements with their professor to obtain notes and complete missed exams, quizzes or assignments.

### Tutoring

If you experience difficulty in a course, seek help as early as possible. Utilize your instructor's office hours for tutoring or further explanation of material presented in class. Tutors for most general education and business courses are available at athletic study tables. Check the Academic Services link on the Athletic web site for a schedule of tutors available at study tables.

SIUE also offers supplemental instruction in several subject areas. For a listing of study sessions, visit [www.siue.edu/IS/](http://www.siue.edu/IS/). Departmental tutor information also is available on the web site.

There are also several tutoring facilities on campus which include:

- Writing Center -- SSC 1254
- Math Resource Room -- SSC 1252
- Speech Center -- SSC 1242
- Chemistry Tutor Lab -- Science Lab 1109

If campus tutoring is not available for a course, contact the Academic Advisor for Athletics to arrange individual tutoring.

### Class Attendance

Student-athletes are expected to attend ALL classes unless he/she must be absent for competition reasons. Failure to attend class WILL result in disciplinary action.



## Student Services and Support

**“Inherently, each one of us has the substance within to achieve whatever our goals and dreams define. What is missing from each of us is the training, education, knowledge and insight to utilize what we already have.” — Mark Twain**

### **HELPFUL HINTS FOR MAKING GOOD GRADES**

- Always attend class. It is difficult to learn the material presented if you are not in class.
- Take good notes. If you miss a portion of the notes, talk with your instructor or a classmate.
- Don't be afraid to ask questions. Instructors respect students who show an interest. When there is not time in class to ask questions, make an appointment with the instructor during his or her office hours.
- Use all the resources and tools available to you such as instructors, advisors, tutors, study groups, classmates, teammates, librarians, SI, etc.
- As a student-athlete, your time is very valuable. Set a schedule and stick to your schedule. • Set aside blocks of time each day for studying. In order to maintain an optimal level of concentration, study periods should be about one hour in length with a 10-minute break between study sessions. Your ability to concentrate will affect your ability to learn.
- Set goals for yourself! Every term you will have to make choices about how hard you are going to study and how you are going to spend your time. If you establish your priorities, you will make better use of your energies and abilities.
- Being a successful college student is hard work, but so is playing a sport at the collegiate level. The secret to academic achievement is having a high level of determination to succeed and the willingness to sacrifice to reach your academic and personal goals.
  - Keep up with the assigned reading and homework. It is easier to stay caught up than try to get caught up.
  - Time should be included for study before and after each class—even if it is only for 10 minutes. This will allow for preparation and review needed for every class period. Before the class starts, you will want to look over your notes and readings. After the class, you will want to review your notes so that you can clarify what you just learned. Forgetting takes place most rapidly right after something is learned, so reviewing the material will help you remember.

**SIUE is filled with valuable resources and tools to help you be a successful student-athlete. It is important that you utilize the help that is available.**

**Career Development Center** provides counseling to assist students with choice of major, career options, resume development, job search strategies, interviewing techniques and interest/personality inventories. The office also handles the Cooperative Education Program. The Center is located in SSC 0281 or may be reached by calling 650-3708 or visiting their web site at [www.siu.edu/careerdevelopmentcenter](http://www.siu.edu/careerdevelopmentcenter).

**Instructional Services** collects and provides tutorial information from the various departments. For information, call 650-2039, visit SSC 1256 or visit [www.siu.edu/IS/](http://www.siu.edu/IS/). The office manages supplemental instruction, which provides regularly scheduled out-of-class study sessions. Visit their web site at [www.siu.edu/IS/](http://www.siu.edu/IS/) for a listing of sessions.

**Writing Center** is located in SSC 1252 and assists students with writing papers and reports. Self-instructional materials are also available on a wide variety of writing-related topics such as organization, thesis development and grammar. For more information, visit their web site at [www.siu.edu/IS/WRITING/](http://www.siu.edu/IS/WRITING/) or call 650-2045.

**Math Resource Room** is located in SSC 1254 and provides tutorial assistance to students who are enrolled in developmental math courses through college algebra. For more information, visit the Math Resource Area web site at [www.siu.edu/IS/MATH/](http://www.siu.edu/IS/MATH/) or call 650-2039. Math tutoring in upper level math courses is located in SL 1224.



## Student Services and Support

**Student Financial Aid** advises students and parents regarding application and eligibility requirements for various grant, loan, tuition waiver, scholarship and work-study programs. The office also ensures that students make satisfactory academic progress to retain financial aid eligibility. Athletic aid is disbursed to SIUE student-athletes through this office. For more information, visit RH 2308, call 650-3880 or visit their web site at [www.siue.edu/financialaid](http://www.siue.edu/financialaid).

**Health Services** is located in SSC 0220 and may be reached by calling 650-2842. This office provides general outpatient care, laboratory testing, women's health and pharmacy services.

**Textbook Services** provides a unique textbook rental program for students. Textbook rental is an economical alternative to purchasing most textbooks. The textbook rental fee is included in your student fees. The office is located at 200 University Park Drive in Room 1121 and may be reached by calling 650-3020.

**Student Employment/Job Finder** maintains a database of on-campus and off-campus jobs at [www.siue.edu/studentemployment](http://www.siue.edu/studentemployment). For more information, visit RH 2221 or call 650-2563.

**Speech Center** provides assistance to help students with the development of their speech assignments. Assistance is provided in the areas of topic research, outline development and speech delivery skills. For information, visit SSC 1242, call 650-3085 or visit their web site at [www.siue.edu/SPC/](http://www.siue.edu/SPC/).

**Disability Support Services** is located in SSC 1270 and can be reached by calling 650-3726. This office offers a range of services to support students with disabilities. At SIUE, every effort has been made to eliminate barriers to learning and help you reach your education goals. Examples of services provided through this office include extended test-taking time, the use of a note-taker and use of hearing/vision devices.

Academic Advising is mandatory for every student at SIUE. Student-athletes who have not yet officially declared their major will meet with the Academic Advisor for Athletics for advising and registration. Those student-athletes who have declared a major will meet with their departmental advisor for academic advising and registration. If you have declared a major and have questions about the courses you are taking counting for NCAA degree progress requirements, see the Academic Advisor for Athletics.

**Don't forget ...** beginning with your fifth semester of full-time enrollment, all academic credit used to fulfill NCAA continuing eligibility requirements must be degree applicable.

**SIUE Undergraduate Catalog** is now available online for students to view. The catalog lists each academic major/minor offered at SIUE and the requirements for each. You may view the catalog by visiting [www.siue.edu/registrar/](http://www.siue.edu/registrar/).

**University Police** provides services around the clock to the SIUE campus. Emergency 911 calls are directed to University Police for the dispatching of appropriate services. Other services provided by University Police include campus escort services, assistant in retrieving keys from locked vehicles, and low-tire service. The non-emergency number for University Police is 650-3324.

**Parking Services** is located in RH 1113 or may be reached by calling 650-3680. Each student is required to have a parking permit if he or she plans to park a vehicle on University property. Bus scheduled are also available in this office.

**Chemistry Tutor Room** is located in SL 1109 and provides tutorial services to students in all levels of chemistry courses.



## Student Services and Support

**Office of the Bursar** is located in RH 1101 and can be reached by calling 650-3123 or visiting their web site at [www.siu.edu/bursar/](http://www.siu.edu/bursar/). The services provided by this office include receiving tuition payments, distributing student payroll checks, cashing personal checks, mailing refund checks and issuing 1098T's for tax reporting. This office also sends billing payment deadline reminders through your SIUE e-mail account. Online web payments can also be made through the Bursar Office web site.

**Lovejoy Library** was established in 1965 to support and enhance instruction, scholarship and public service to SIUE and the region by providing scholarly information and archival resources. Visit [www.siu.edu/lovejoylibrary/](http://www.siu.edu/lovejoylibrary/) for a listing of online resources, the link to the "Ask a Librarian a Question" service, a listing of all volumes the library holds and the interlibrary loan database. Lovejoy Library is open 93.5 hours per week. For more information, call 650-2603.

**Counseling Services** assists students, faculty and staff in coping with educational, emotional and personal issues. The office provides crisis intervention, sexual assault prevention counseling and alcohol/drug abuse counseling. For information and assistance, call 650-2197, visit their web site at [www.siu.edu/counseling/](http://www.siu.edu/counseling/), or visit their office in SSC 0220.

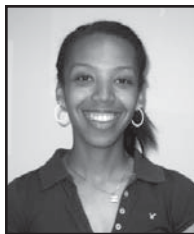
**A student who also is an athlete at Southern Illinois University Edwardsville has two full-time jobs: academics and athletics. Success in both takes effort, determination, time management and self-discipline.**

**University Housing** is dedicated to fostering a living and learning environment which offers a unique experience that provides assistance in the areas of academic support, community connections and self-understanding. For information, stop by RH 0224, call 650-3931 or visit their web site at [www.siu.edu/housing](http://www.siu.edu/housing).

**Kimmel Leadership Center** offers educational, cultural and social enrichment opportunities that support student learning and campus life through participation in structured leadership experiences, campus organizations and volunteerism to develop a lifelong appreciation of diversity, recognition of the value of involvement, responsible decision-making and professional/personal development. For more information, visit MUC 1065, call 650-2686 or visit [www.siu.edu/kimmel](http://www.siu.edu/kimmel).

### PLAN YOUR WORK AND WORK YOUR PLAN

Planning a weekly schedule will help you manage and budget your time. This means getting things done when they need to be done by staying in control, focusing your energy and effort, setting priorities, being flexible and balancing your activities.



Megan Dennis  
2009-2010  
Female Cougar Cadre Captain  
Women's Track and Field



Ryan Wiggs  
2009-2010  
Male Cougar Cadre Captain  
Baseball



## CHAMPS/Life Skills



Katie Zingg  
Lead Compliance Specialist

The mission of the NCAA is to maintain intercollegiate athletics as an integral part of the campus educational program and the (student)-athlete as an integral part of the student body. With this in mind, the CHAMPS/Life Skills Program was created to support the student development initiatives of its member institutions and to enhance the quality of the student-athlete experience within the university setting.

In the process of achieving this mission, the CHAMPS/Life Skills Program will:

- Support efforts of every student-athlete toward intellectual development and graduation.
- Use athletics as preparation for success in life.
- Enable student-athletes to make meaningful contributions to their communities.
- Meet the changing needs of student-athletes.
- Promote respect for diversity among student-athletes.
- Enhance interpersonal relationships in the lives of student-athletes.
- Assist student-athletes in building positive self-esteem.
- Promote ownership by the student-athletes of their academic, athletic, personal and social responsibilities.
- Enhance partnerships between the NCAA, member institutions and their communities for the purpose of education.
- Encourage the development of leadership.



Lindsey Schmidt  
Academic Advisor

### 2009-2010 Cougar Excellence Awards Winners



Kayla Brown - CC/Track  
Female Award Winner



Ryan Wiggs - Baseball  
Male Award Winner





## Compliance: Athletic and Academic Eligibility

### Introduction

While you are a student-athlete at Southern Illinois University Edwardsville, you are obligated to abide by the NCAA and University rules. The Department of Intercollegiate Athletics is ready to assist you with these issues. The Compliance Coordinator will conduct an annual rules education meeting with each team and periodic updates as needed during the course of the academic year. Student-athletes are encouraged to ask questions and utilize the resources available.

### Progress Towards Degree Requirements

The NCAA has set academic standards to ensure the graduation of student-athletes. In order to maintain your athletic eligibility, you must meet the following standards:

- 1) Complete 24 hours of academic credit prior to the second year of enrollment
- 2) At least 18 hours of academic credit must be earned during the traditional academic year (i.e. fall, spring) starting with your 3rd semester of full-time enrollment.
- 3) Six hours of academic credit must be earned in the previous regular academic term (fall/spring) of full-time enrollment.
- 4) Declare a major no later than the beginning of your fifth semester or third year of enrollment. At this point, all academic credit used to fulfill NCAA requirements must be degree applicable.
- 5) Complete 40 percent, 60 percent, and 80 percent of your degree requirements before the beginning of your third, fourth and fifth years of full-time enrollment.
- 6) Maintain a minimum cumulative grade point average of 2.0.

### NCAA Squad Meeting

Before you begin to practice in your sport each year, an NCAA Squad Meeting is held for each team. At this time, rules and procedures are explained and any questions you may have concerning eligibility are answered. You will also be asked to complete and sign forms including the NCAA Student-Athlete Eligibility Statement, NCAA Drug Testing Consent, and SIUE Athletic forms related to Insurance, Consent, and Risk.

You may not participate in intercollegiate athletics unless you have participated in the team NCAA Squad Meeting or met individually with a member of the Compliance Office. This must be done prior to your first practice in each sport which you participate. After annual fall certification occurs, your eligibility will be monitored by your athletic advisor, who will conduct an updated academic review prior to the beginning of the spring semester. You will receive a letter from the Compliance Office if you become ineligible at mid-year. If you have questions about your eligibility contact the Office of Compliance and Academic Services. A spring compliance meeting will also be held each year.

### Enrollment Changes

You must have approval from an athletic advisor before dropping a course. Dropping a class without discussing it with your athletic advisor and coach could put your current or future athletic eligibility in jeopardy.

### NCAA Six Hour Rule

To be eligible for competition, you must pass 6 hours towards your degree in the preceding academic term (fall/spring semester only). You cannot get "well" from this rule in the summer term.



## Compliance: Athletic and Academic Eligibility

### NCAA 12 Hour Rule

To be eligible for practice, competition and athletic aid, you must be enrolled in a minimum of 12 credit hours during the fall and spring semesters. If you need fewer than 12 credit hours to graduate, you may enroll in only those final hours and still be eligible with approval from the Office of Compliance Services.

### NCAA Five-Year Rule

The NCAA states that you have five calendar years in which to complete four years of competition in a sport. The five year clock begins when you become a full-time student at any collegiate institution. If you decided not to enroll in school at any time during the five years, you don't regain that time. Extension of the five-year eligibility clock may be granted under special circumstances.

### Improper Benefits

Accepting extra benefits or illegal aid is a serious violation of NCAA rules. You could lose your eligibility and athletic aid if you or your family members accept any discounts, favors, complimentary gifts or preferential treatment from boosters. Examples of extra benefits include, but are not limited to:

- Gifts of clothing, automobile, cellular phone, electronics, food.
- Free or reduced cost goods or services.
- Material benefits that are not available to the general student population.

### Complimentary Admission

NCAA regulations allow a maximum of four complimentary admissions per student-athlete for each event in his/her sport. Complimentary admissions are granted through a list at each facility's ticket gate. The NCAA does not allow the distribution of "hard tickets". It is not permissible for a student-athlete to receive anything of value in exchange for use of a complimentary admission.

### Medical Hardships

A "medical hardship" is defined as an illness or incapacitating injury which occurs under the following conditions:

- 1) It occurs during the first half of the playing season that concludes with the NCAA Championship in the sport and results in the incapacity to compete for the remainder of that playing season;
- 2) It occurs in one of the four seasons of intercollegiate competition at any 2-year or 4-year collegiate institution; and
- 3) It occurs before you have competed in three contests/dates of competition or 30% of the scheduled events in your sport (whichever is greater).

A student-athlete may be granted an additional season if they suffer a medical hardship. If you believe that you have a situation that meets this criteria, please see the Office of Compliance Services.

### Amateurism

Only an amateur student-athlete is eligible for intercollegiate athletic participation in a sport. A student-athlete loses amateur status and shall not be eligible for competition in a particular sport if he or she:

- Is paid or accepts this promise of pay for participation in an athletic contest;
- Signs a contract or verbally commits with an agent;
- Plays on a professional team;
- After full-time enrollment, enters into a professional draft;
- Receives a salary or any other form of financial assistance from a professional sports organization.

See the Office of Compliance Services for exemptions to NCAA Bylaw 12 amateurism rules.



## Compliance: Athletic and Academic Eligibility

### Gambling

The NCAA prohibits student-athletes and the members of the SIUE Department of Intercollegiate Athletics from:

- Providing information to individuals involved in organized gambling activities.
- Soliciting or accepting a bet on any team representing the institution or an NCAA-sponsored sport.
- Participating in any gambling activity that involves intercollegiate or professional athletics.

Student-athletes violating the NCAA rules will be subject to a loss of one year of eligibility. Any student-athlete wagering on a competition in which SIUE is a participant risks permanent loss of eligibility.

You are required by the NCAA to report any offer of gifts, money or favors in exchange for supplying information or for attempting to alter the outcome of a game.

### Outside Competition

As an NCAA Division I student-athlete, you cannot participate in outside competition during the academic year (1st day of fall semester through the last day of spring semester). There are a few exceptions to this rule. If you are considering participating in outside competition, you must first complete the Outside Competition Form (located in the Compliance section of the SIUE Athletic web site) and receive approval from the Compliance Office and your coach.

Participation on outside teams during summer is permissible in most instances. The NCAA restricts the number of SIUE student athletes who can participate on the same team in the sport of baseball (4), basketball (2), softball (4), soccer (5), and volleyball (2).

### Summer Basketball League

SIUE student athletes who wish to participate in a summer basketball league can only participate in a league that is approved by the NCAA. You must meet with a compliance officer and obtain approval from the Athletic Director prior to participation in a summer basketball league.

### WITHIN YOUR SPORT, YOU CANNOT ...

1. Accept payment or a promise of payment (in cash, prizes, gifts, or travel) for participation in your sport.
2. Enter into an agreement of any kind to compete in professional athletics.
3. Request that your name be placed on a draft list for professional sports or try-out with a professional sports organization.
4. Use your athletic skill for payment.
5. Play on any professional athletics team.
6. Have your athletically-related financial aid determined by any entity other than SIUE.
7. Participate on teams other than those fielded by SIUE during the academic year. This includes tryouts, exhibitions, or tournament games.

### IN ANY SPORT, YOU CANNOT ...

1. Agree to have your picture, name, or person used to promote a commercial product.
2. Accept gifts, meals, loans of vehicles, or money from booster groups or people within the athletics program at SIUE.
3. Be represented by an agent or organization in order to market your athletic skills or reputation.
4. Receive any benefit that is not available to other students at SIUE.
5. Participate in a summer basketball league not approved by the NCAA. You must have written permission from the Athletics Director for summer league participation.
6. Play on a non-collegiate athletics team during the academic year without permission from your head coach, Compliance Coordinator and the Athletics Director.



## Compliance: Athletic and Academic Eligibility

### Countable Athletically-Related Activities

The NCAA states that during the declared playing season, your participation in countable athletically related activities must be limited to four hours per day, 20 hours per week, and one day off, which may be a travel day. Outside of the declared playing season during the academic year, your participation in countable athletically related activities is limited to eight hours per week. In those eight hours per week, you may participate only in activities #2 and #3 below.

Countable athletically related activities are:

1. Required practice and competition;
2. Required weight training and conditioning;
3. Up to two hours of individual skills instruction from the coach;
4. Participation in a departmental physical fitness class or individual workout;
5. Review of athletics practice or contest films/videos;
6. Required camp, clinic, or workshop participation;
7. Athletics-related meetings;
8. Requested on-court/on-field activities.

If you have any questions about these regulations concerning limits on countable athletically related activities or feel this rule is being violated, please speak with a staff member in the Compliance Office. All athletically related activities outside the playing season are prohibited one week prior to the start of the final examination period through the conclusion of the student-athlete's final exams.

### Non Countable-Athletically Related Activities

The following are considered non-countable athletically related activities and are NOT counted in the weekly or daily time limitations:

- Training table or meals related to competition
- Physical rehabilitation or medical exams
- Academic study tables or tutoring
- Travel to or from practice or competition
- Voluntary individual workouts



### Fee-for-Lesson Instruction

A student-athlete may receive compensation for teaching or coaching sport skills or techniques in his or her sport on a fee-for-lesson basis, provided:

1. Institutional facilities are not used;
2. Playing lessons shall not be permitted;
3. The institution obtains and keeps on file documentation of the recipient of the lesson(s) and the fee for the lesson(s) provided during any time of the year; and
4. The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity.
5. Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.
6. The student-athlete does not use his or her name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

Before a student athlete begins giving a fee-for-lesson instruction, he/she must meet with the Compliance Office and complete the Student-Athlete Fee-For-Lesson Request form which is located under the Compliance section of the SIUE Athletic web site.



## Compliance: Athletic and Academic Eligibility

### Transfers

Every student who has ever attended a two- or four-year institution, even those who did not participate in athletics at a former institution, is considered a transfer student-athlete. The NCAA requires extensive documentation on a student-athlete who wishes to compete in athletics at a new institution (the certifying institution) prior to certification of eligibility. Students must fill out the appropriate paperwork, and meet NCAA transfer requirements before being certified to practice or compete at SIUE.

### Transferring from SIUE

If you are interested in transferring to another institution, you should inform your coach. Before you are permitted to discuss transferring to a new school, you must first obtain written permission from the Office of Compliance Services.

If you or your parents contact another institution prior to receiving written notice, the other institution is obligated to refrain from speaking to you until you have written permission from SIUE. The new school must receive written permission from the Office of Compliance Services before having further discussion with you.

If you are denied permission to contact another institution regarding your potential transfer, you have the right to a hearing on this matter in front of a non-athletic committee on-campus. Should you choose to appeal, the Office of Compliance Services will assist you in promptly scheduling a hearing to review your transfer request.

### Student-Athlete Employment

Prior to beginning any type of employment during the academic year, you must receive written approval from the Office of Compliance Services. Each academic year you will need to complete the form again regardless if it is with the same employer. You will need to have your employer and head coach sign a form to verify your employment meets NCAA regulations.

Earnings from a student-athlete's on- or off-campus employment that occurs at any time is exempt and is not counted in determining a student-athlete's full grant-in-aid or in the institution's team financial aid limitations, provided;

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

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

(c) The student-athlete is compensated at a rate commensurate with the going rate in that locality for similar services. (Bylaw 12.4)

### Summer Workouts

Workouts conducted during the summer vacation period are strictly voluntary. These workouts are at the discretion of the student-athlete and should not be mandated by any coach or staff member. The following criterion governs summer conditioning activity.

(a) The student-athlete must not be required to report back to a coach or other athletics department staff member (e.g., strength coach, trainer, manager) any information related to the activity and those individuals permitted to observe such activity may not report back to the student-athlete's coach;

(b) The activity must be initiated and requested solely by the student-athlete. However, it is permissible for an athletics department staff member to provide information to student-athletes related to available opportunities for participating in voluntary activities (e.g., times when the strength and conditioning coach will be on duty in the weight room or on the track) and may assign times in advance as to when the institutional facilities for such purposes are available,

(c) The student-athlete's attendance and participation in the activity (or lack thereof) may not be recorded for the purposes of reporting such information to coaching staff members or other student-athletes; and

(d) The student-athlete may not be subjected to penalty if he or she elects not to participate in the activity. In addition, neither the institution nor any athletics department staff member may provide recognition or incentives (e.g., awards) to a student-athlete based on his or her attendance or performance in the activity.



# Financial Aid for Student-Athletes

## Overview

Each head coach has a designated financial assistance program for their sport. If you are receiving an athletic scholarship, the amount is based upon a number of factors and may range from partial payment for one semester to payment of tuition, fees, housing and board for the academic year. Scholarships are renewable on an annual basis. Notifications of reduction or nonrenewal must be postmarked no later than July 1. If you have questions about the terms of your scholarship agreement, please see your head coach.

Student-athletes shall make athletic satisfactory academic progress to remain eligible for athletic financial assistance and participation in intercollegiate athletics. In addition to athletic satisfactory academic progress, student-athletes receiving other institutional, state or federal financial aid are subject to financial aid satisfactory academic progress requirements. Information on financial aid satisfactory academic progress standards are located online at <http://www.siu.edu/financialaid/pdf/sap.pdf>.

## Who Administers Your Scholarship

In order to receive an athletics scholarship, you must be recommended by your head coach. Your coach will determine the amount and conditions for your initial award and subsequent renewals. Your coach's award recommendations must be approved by the Athletic Director and the Director of Student Financial Aid. Your scholarship is awarded, monitored, controlled and disbursed through Student Financial Aid.

## Terms of Your Athletic Scholarship

A student-athlete shall sign a written statement describing the amount, duration, conditions and terms of the initial award and all subsequent renewals. NCAA guidelines forbid commitment beyond one year. The decision to renew your athletic scholarship rests with the head coach. Your award may be renewed for up to five years depending upon your eligibility status. The Office of Student Financial Aid must notify you in writing by July 1 if your athletic scholarship is changed or cancelled. Should your award be reduced or cancelled, you will be notified in writing that you have an opportunity for a hearing to appeal the decision.

## Summer Tuition Assistance

Summer tuition assistance is awarded on a limited basis and is based on tuition money that is available. Requesting summer tuition assistance does not guarantee that a student-athlete will receive summer athletic aid. A Summer Tuition Assistance Application must be filed with the Academic Advisor for Athletics by **March 4, 2011**. A student-athlete must be in good academic standing to receive summer tuition assistance. Division I rules state that a student-athlete shall not receive athletic aid to attend summer term unless he/she received athletic aid during his/her previous academic year at SIUE and the amount of summer aid may be awarded only in proportion to the amount of athletic aid received by the student-athlete during the previous academic year.

## Cancellation or Reduction of Your Athletic Scholarship

A student-athlete who fails to meet any of the following criteria may jeopardize his/her athletic scholarship.

- Be enrolled as a full-time student, remain in good academic standing with SIUE and fulfill the satisfactory academic progress and eligibility guidelines set by the NCAA and the University.
- Follow the Student Conduct Code and Student-Athlete Conduct Code.
- Fulfill the academic obligations set by the Department of Intercollegiate Athletics.
- Follow the Department of Intercollegiate Athletics' behavioral guidelines and sport-specific behavior guidelines.

## Fifth Year Aid (Exhausted Eligibility)

Applications will be reviewed on an individual basis and past academic performance is a determining factor in awarding fifth year aid. Renewal of fifth year aid is reviewed on a semester-by-semester basis. To be eligible for fifth-year aid, a student must be in good academic standing, make NCAA academic progress in the previous academic year, be on track to graduate by the end of summer 2011, and completed his/her eligibility as an SIUE Cougar. As a condition of accepting fifth-year aid, the student-athlete will be required to provide assistance to the Department of Intercollegiate Athletics approximately eight hours per week. If at any point the student-athlete is deemed to be uncooperative in meeting the fifth year aid obligations or does not make academic progress, his/her aid may be reduced or cancelled. An application for Fifth Year Aid must be fully completed and filed with the Academic Advisor for Athletics by **March 4, 2011** to be considered.



# Sports Medicine/ Athletic Training

## Overview

The sports medicine facilities at SIUE are provided for the prevention, emergency care, medical referrals, treatment and rehabilitation of athletic injuries that occur to our student-athletes. Our facility is staffed with certified athletic trainers under the direction of team physicians who specialize in internal medicine and orthopedics. Our training facilities are furnished with the latest in rehabilitation and modalities and are equipped with innovative resources to handle most of the health care and training needs of our student-athletes. In addition, we work with several health care resources outside of the University to ensure that every student-athlete receives the best care possible. Every sport carries with it some degree of risk for the participant. It is for this reason that our health care delivery programs provide specialized medical services, care and supervision.

## Reporting an Injury/ Illness

It is the responsibility of the student-athlete to understand the importance of reporting all signs and symptoms of potential injuries and illnesses immediately to the SIUE sports medicine staff. Student-athletes must also report any potential symptoms of a concussion immediately. Failure to report these symptoms could potentially result in additional injury and extreme complications. Student-athletes who are injured or become ill during practice or a competition must inform the sports medicine staff immediately. However, if a student-athlete awakes with an injury or illness, he or she must report that injury or illness to the sports medicine staff before 11:00 a.m. on the following day.

## Medical Referrals/ Second Opinions

The SIUE Department of Intercollegiate Athletics has worked to foster positive relationships with many medical providers in the area who have consistently provided high-quality service to SIUE student-athletes. Members of the SIUE sports medicine staff will refer student-athletes to these providers, unless extenuating circumstances necessitate a different provider. Student-athletes with HMO policies are strongly encouraged to have a local primary care physician so that referrals can be made to ensure timely care is given. All student-athletes must be seen and evaluated by a full-time staff member of the SIUE sports medicine staff before a referral to a physician will be made. If a student-athlete and/or his or her parents(s)/ guardian(s) desire another physician's opinion, a SIUE sports medicine staff member will make a written referral for the second opinion. A member of the SIUE sports medicine staff must authorize and properly refer all student-athletes to see a physician or medical consultant for diagnostic tests. If a student-athlete decides to see a physician/medical consultant and/or undergo a diagnostic test without prior authorization or referral from a member of the SIUE sports medicine staff, the student-athlete and/or the student-athlete's parent(s)/guardian(s) will be financially responsible for any and all medical expenses incurred.

## Athletic Training Facility Location and Hours

The main athletic training facility is located in the Vadalabene Center, Room 2201. Satellite training facilities are located in Korte Stadium, Cougar Softball Complex and Simmons-Cooper Baseball Complex. Facility hours change constantly to accommodate practice and competition times. However, normal hours of operation are from 7:00 a.m. till 11:00 a.m. (VC only) and 1:30 p.m. till 6:30 p.m. Hours are posted outside of each training facility. The Head Athletic Trainer can also be reached on his cellular phone in case of an emergency (618-581-8981).

## Athletic Training Facility Equipment/Supplies

For your safety, all electro-medical and therapeutic equipment in the facility are to be operated solely by the sports medicine staff. Do not attempt to treat yourself.

Any medical equipment that is issued to the student-athlete on a temporary basis (portable electro stimulation machines, crutches, weights, etc) must be returned to the athletic training room in the same condition as issued. Student-athletes are financially responsible for the equipment issued to them. Failure to return equipment or excessive damage to the equipment could result in a charge to the student-athlete's account through the Bursar's office.

Do not remove any medical supplies, equipment, or towels from the athletic training facilities without FIRST getting permission of the sports medicine staff. Student-athletes found in violation of this rule will be reported to the Director of Intercollegiate Athletics for appropriate action.

**Training Room Phone Numbers**  
**Main: 618-650-2883/Cell: 618-581-8981**



## Sports Medicine/Athletic Training

### Athletic Training Facility Attire

The athletic training facilities are all co-educational. ALL student-athletes are required to maintain appropriate dress during their visits to the facilities. T-shirts, shorts, practice gear, and socks are appropriate for most treatments. Swimsuits for full-body hydrotherapy are also acceptable. The practice of only wearing compression sliding shorts or boxer briefs for male student-athletes and compression shorts and a sports bra for female student-athletes is not acceptable. Shoes with cleats or spikes are not acceptable at any time in any of the athletic training facilities. Student-athletes should always refrain from placing shoes on the treatment tables.

### Athletic Training Facility Behavior

All student-athletes are expected to follow the Sports Medicine Code of Conduct which is posted at all of the athletic training facilities.

The Code of Conduct states:

- Athletic training facilities are co-educational. Proper attire must be worn at all times.
- Muddy shoes, all cleats, and all spikes need to be removed before entering the facility.
- Athletic training facilities are medical facilities, where rehabilitation and treatments are performed. They are not student-athlete lounges, study halls, and bedrooms. In other words, NO Loitering!
- Student-athletes should refrain from bringing personal items such as bags, backpacks, and sports equipment into the facility and if they must, please keep it in the designated areas.
- Student-athletes should get permission from the staff before they enter the office area or utilize any equipment such as the phone, computer, microwave, refrigerator, radio, etc.
- Student-athletes should be on time for scheduled physician appointments, as well as rehabilitation.
- Student-athletes shall maintain respect for others including other student-athletes and the athletic training staff. Negative comments about members of the administration, coaching staff, other programs, the Department, or the University will not be allowed.
- Student-athletes will avoid excessive loud talking, yelling, or foul language.
- Help keep the athletic training facilities clean. Please pick up any cups or trash.
- Keep all liquids and ice bags away from the electro-medical equipment.
- Treatments are triaged by the athletic training staff, according to practice time and need. Please be patient, as we will be with you shortly.
- The athletic training staff reserves the right to ask any student-athlete that does not comply with these rules to leave the facility.

### PRIVACY POLICY

SIUE follows the guidelines established by the 1974 Family Educational Rights and Privacy Act (FERPA) and the 1996 Health Insurance Portability and Accountability Act (HIPAA). Medical information cannot be released to anyone until the student-athlete has signed a written release. The student-athlete has the right to limit the amount of information and to whom the information is released. The athletic training staff will not release information to the media as to condition or availability/extent of any injury.

#### Athletic Training Staff

James Mays

Tyann Thomson

Ben Heimos

#### Strength & Conditioning

##### Staff

Eileen McAllister

Rich Compton



Gerry Schlemer  
Assistant Athletic Director  
for Student Welfare/  
Head Athletic Trainer



## Athletic Training/ Strength and Conditioning

### Athletic Insurance

Each student-athlete is covered by a secondary health insurance policy provided by the Department of Intercollegiate Athletics. This policy is limited to secondary coverage for athletic injuries that occur during an officially-scheduled practice, game or during team travel to and from a scheduled event. Injuries occurring to a student-athlete while participating in unofficial activities (class, open recreation, intramurals) are not covered by our athletic insurance policy. If your primary coverage is through an HMO or PPO, you must follow the procedures required by your plan. This is extremely important if your primary plan requires preauthorization for treatment outside of the service area. Student-athletes are encouraged to educate themselves on the rules that must be followed according to their primary policy when they need medical attention. The Department of Intercollegiate Athletics strongly encourages student-athletes who are not covered by a parental policy or their own policy to consider purchasing student health insurance. Each student-athlete is required to complete an insurance information form and submit a copy of their primary insurance card to the athletic training staff before he or she is allowed to begin training. Student-athletes who fail to follow this requirement will be held from practice until this requirement is fulfilled.

### Drug and Alcohol Statement

The NCAA does not tolerate student-athletes using, possessing or selling non-therapeutic drugs. As a member institution of the NCAA, we strongly support and enforce this policy. Because of this, it is important that you provide the Head Athletic Trainer with a list of medications you are currently prescribed. The NCAA will randomly test for drugs on teams competing in post-season championships. In addition, the SIUE Department of Intercollegiate Athletics will also conduct random testing for drugs. Participation in the drug-testing program is a condition of eligibility. Student-athletes must sign a consent form allowing for testing and limited release of test results. Student-athletes must also adhere to the SIUE policy on non-therapeutic drugs and alcohol as defined in the SIUE Student Conduct Code. Any criminal conviction or University sanction related to the involvement with non-therapeutic drugs or alcoholic beverages could result in suspension of athletic aid and/or suspension from the team and/or disciplinary action from higher authorities. The Department of Intercollegiate Athletics has the specific policies and procedures for alcohol/drug use. A copy of the drug testing policy and the NCAA banned drug list is available on the Sports Medicine home page at [www.siuecougars.com/sports-med/siue-sports-med.html](http://www.siuecougars.com/sports-med/siue-sports-med.html).

### Strength & Conditioning

#### • Objectives

The objectives of the strength and conditioning staff include: designing and implementing training programs to improve sport performance, speed, agility, strength, power and fitness levels of student-athletes, establishing a professional strength and conditioning culture and expose athletes to the type of training required to perform at the highest levels of NCAA Division I sport, decreasing injury rates through individualized programs, balanced strength development and preventative rehabilitation, helping provide educational support to athletes and coaches covering all areas of peak performance (nutrition, psychology, health and wellness, life balance, current research, etc...).

#### • Student-Athlete Responsibilities

It is the responsibility of all student athletes to follow the instructions of the strength and conditioning staff and adhere to all facility rules. There is no magic pill or formula. It takes hard work and dedication both during your training sessions and after you leave. Bring intensity, concentration, and effort (ICE) to every session. You are the only one responsible for your progress and performance.

#### • Strength and Conditioning Facility Location

The main strength and conditioning weight room is located in the Vadababene Center, Room 1304A. Times are specified with sport coaches prior to the start of each season.

**Train GREAT to be GREAT!**



# Strength and Conditioning

## Strength and Conditioning Facility Equipment/Supplies

No unsupervised workouts are permitted. A strength and conditioning staff member must be present. This is for your safety. Only current student-athletes may use the facilities for insurance purposes. Everyone shares responsibility for the upkeep of the strength and conditioning equipment. Excessive damage to the equipment due to inappropriate conduct or negligence could result in a charge to the student-athlete's account through the Bursar's office. Do not remove any training equipment or towels from the training facilities without FIRST getting the permission of the strength and conditioning staff. Student-athletes found to be doing such actions will be reported to the Director of Intercollegiate Athletics for appropriate action.

## Strength and Conditioning Facility Attire

Appropriate attire is mandatory. Attire should allow freedom of movement typically associated with exercise. Shirts and closed toed shoes must be worn. The practice of wearing only a sports bra is not permitted. Shoes with cleats and spikes are not acceptable. The only collegiate logo that can be worn is the SIUE logo.

## Strength and Conditioning Facility Behavior

All student-athletes are expected to follow the weight room rules which are posted and any additional instructions of the strength and conditioning staff.

The general weight room rules are:

- Athletic training facilities are co-educational. Proper attire must be worn at all times.
- No unsupervised workouts.
- Student-athletes should be on time and ready to begin at designated time.
- Student-athletes should refrain from bringing personal items such as bags, backpacks, or sports equipment into the facility. If they must, please keep it in the designated areas.
- Safety collars must be used.
- NO headphones.
- Use a spotter as designated by the strength and conditioning staff.
- Rack all weights in proper place between sets to avoid clutter and safety hazards.
- Avoid throwing weights on the ground.
- Wipe off excess sweat and use a towel when necessary during a workout.
- Always be alert and aware of surroundings.
- Student athletes should get permission from the staff before they utilize the stereo equipment. Appropriate song content and volume levels are determined by the staff.
- Keep hands and feet off walls. Wipe down the walls if you leave a mark.
- No complaining.
- Student athletes shall maintain respect for others including other student-athletes and the strength and conditioning staff. Negative comments about members of the administration, coaching staff, other programs, the Department or the University will not be allowed.
- Foul language and inappropriate music are prohibited.
- Communicate with the strength and conditioning staff about injuries and training issues.
- Follow additional instructions of strength and conditioning staff.
- The strength and conditioning staff reserves the right to ask any student-athlete that does not comply with these rules to leave until they can comply.

After your training session, the following should be checked:

- No weights left on bars, floor, platforms, or benches.
- All weights racked in proper places.
- All miscellaneous equipment is put away in designated areas (benches, balls, boxes, bands, etc...).
- Wipe down all benches and mats with cleaner.
- Benches are docked properly in racks.
- Safety catches and hooks are attached to racks, not left on floor.
- Safety collars are returned to appropriate places.
- Discard or take with you all drink bottles.
- Be sure to take all personal belongings with you.
- Additional duties assigned by the strength and conditioning staff.