



**2008-09
UC Davis
Student-Athlete Handbook
Student-Athlete Academic Services**

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UC DAVIS PRINCIPLES OF COMMUNITY

The University of California, Davis, is first and foremost an institution of learning and teaching, committed to serving the needs of society. Our campus community reflects and is a part of a society comprising all races, creeds, and social circumstances. The successful conduct of the university's affairs requires that every member of the university community acknowledge and practice the following basic principles:

We affirm the inherent dignity in all of us, and we strive to maintain a climate of justice marked by respect for each other. We acknowledge that our society carries within it historical and deep-rooted misunderstandings and biases, and therefore we will endeavor to foster mutual understanding among the many parts of our whole.

We affirm the right of freedom of expression within our community and also affirm our commitment to the highest standards of civility and decency toward all. We recognize the right of every individual to think and speak as dictated by personal belief, to express any idea, and to disagree with or counter another's point of view, limited only by university regulations governing time, place, and manner. We promote open expression of our individuality and our diversity within the bounds of courtesy, sensitivity, and respect.

We confront and reject all manifestations of discrimination, including those based on race, ethnicity, gender, age, disability, sexual orientation, religious or political beliefs, status within or outside the university, or any of the other differences among people which have been excuses for misunderstanding, dissension, or hatred. We recognize and cherish the richness contributed to our lives by our diversity. We take pride in our various achievements and we celebrate our differences.

We recognize that each of us has an obligation to the community of which we have chosen to be a part. We will strive to build a true community of spirit and purpose based on mutual respect and caring.

STUDENT-ATHLETE ACADEMIC SERVICES

On behalf of the Student-Athlete Academic Services staff, welcome to the 2008-09 academic year! Whether you're a freshman, a transfer, or a returning student-athlete, we look forward to working with you as you pursue your academic and athletic goals at UC Davis.

Student-Athlete Academic Services, located in 204 Hickey Gym, is an important resource for intercollegiate student-athletes. The office is open 8:00-5:00 Monday through Friday including over the lunch hour. The main phone is (530) 752-3259 and fax is (530) 752-5099.

Student-athletes at UC Davis typically have a minimum of three academic advisors: an athletic academic advisor assigned by sport, a college advisor, and a major advisor (if the student has a declared major). The athletic academic advisors work with the student-athletes on their assigned teams from the time that they arrive on campus until they graduate from UC Davis.

Appointments

Meeting regularly **in appointments** with your athletic academic advisor is the best way to maximize your academic experience while also meeting all NCAA, Big West Conference, and UC Davis rules for athletic eligibility and academic progress. **Appointments must be scheduled in person at the front counter in 204 Hickey Gym at least one day in advance. We cannot schedule appointments by phone or e-mail.** During a 60-minute appointment, we might discuss choosing a major or minor, adjustment to college, scheduling classes, calculating the number of allowable electives for athletic eligibility, preparation for graduate programs, study abroad, taking summer classes at a community college near home, mentoring for national awards and scholarships, and other athletic eligibility rules specific to the individual student-athlete's academic history.

New freshmen and transfers are strongly encouraged to do one appointment per quarter during their first year at UC Davis. New student-athletes may especially want to do an appointment in early October for assistance preparing the first Academic Plan Form (APF). **Returning student-athletes are encouraged to do appointments as necessary with a minimum of one appointment per year.**

Walk-in hours

Each athletic academic advisor has walk-in hours daily for brief questions or concerns. Walk-in is limited to 10-15 minutes on a first-come first-served basis.

On-call advisor

During 2008-09 we are trying a pilot program with one athletic academic advisor "on call" each weekday from 12:00-1:00. Student-athletes from any team who need immediate assistance may see the on-call advisor for 10-15 minutes.

Other ways to contact your advisor

If you need assistance and are unable to reach your athletic academic advisor in person, remember that you may also leave a voice mail message, send an e-mail, or drop off a note for your athletic academic advisor in 204 Hickey.

The athletic academic advisors include:

<p>Michelle Roppeau Director of Athletic Academic Advising maroppeau@ucdavis.edu 530-752-0714</p> <p><i>Sport assignments:</i> Basketball (M&W) Field Hockey (W) Golf (W) Wrestling</p>	<p>2008-09 walk-in hours: Monday 1:30-3:00 p.m. Tuesday 9:30-11:00 a.m. Wednesday 1:00-2:30 p.m. Thursday 10:00-11:30 a.m. Friday 9:30-11:00 a.m.</p>
<p>Laura Goldhammer Athletic Academic Advisor lgoldhammer@ucdavis.edu 530-754-6762</p> <p><i>Sport assignments:</i> Baseball Football Softball Volleyball (W)</p>	<p>2008-09 walk-in hours: Monday 10:00-11:30 a.m. Tuesday 1:00-2:30 p.m. Wednesday 1:00-2:30 p.m. Thursday 10:00-11:30 a.m. Friday 9:30-11:00 a.m.</p>
<p>Amy Soud Athletic Academic Advisor aasoud@ucdavis.edu 530-754-0157</p> <p><i>Sport assignments:</i> Lacrosse (W) Rowing, Varsity & Novice (W) Soccer (M&W) Swimming & Diving (M) Tennis (W) Water Polo (M)</p>	<p>2008-09 walk-in hours: Monday 9:00-10:30 a.m. Tuesday 1:00-2:30 p.m. Wednesday 9:00-10:30a.m. Thursday 1:00-2:30 p.m. Friday 9:30-11:00 a.m.</p>
<p>Juan Vazquez Athletic Academic Advisor jvazquez@ucdavis.edu 530-754-0160</p> <p><i>Sport assignments:</i> Cross Country (M&W) Golf (M) Gymnastics (W) Swimming (W) Tennis (M) Track & Field (M&W) Water Polo (W)</p>	<p>2008-09 walk-in hours: Monday 1:00-2:30 p.m. Tuesday 9:00 a.m.-10:30 a.m. Wednesday 10:30-12:00 p.m. Thursday 1:00-2:30 p.m. Friday 1:00-2:30 p.m.</p>

SPORT SUPERVISORS

Greg Warzecka
Athletic Director
264 Hickey Gym
gwoags@ucdavis.edu
530-752-4557

Bob Bullis
Associate Athletic Director
264 Hickey Gym
rebullis@ucdavis.edu
752-4806

Cindy Spiro
Senior Associate Athletic Director
283 Hickey Gym
ccspiro@ucdavis.edu
530-752-5097

Nona Richardson
Senior Associate Athletic Director
204 Hickey Gym
nerichardson@ucdavis.edu
530-752-8669

Josh Flushman
Assistant Athletic Director
5 Hickey Annex
jeflushman@ucdavis.edu
530-752-3525

Jennifer Cardone
Assistant Athletic Director
208 Hickey Gym
jacardone@ucdavis.edu
530-754-7552

SPORT

Baseball
Basketball (M)
Basketball (W)
Cross Country (M&W)
Field Hockey (W)
Football
Golf (M&W)
Gymnastics (W)
Lacrosse (W)
Rowing (W)
Soccer (M)
Soccer (W)
Softball
Swimming & Diving (M&W)
Tennis (M&W)
Track & Field (M&W)
Wrestling
Volleyball (W)
Water Polo (M&W)

SUPERVISOR

Greg Warzecka
Greg Warzecka
Nona Richardson
Nona Richardson
Jennifer Cardone
Greg Warzecka
Bob Bullis
Cindy Spiro
Bob Bullis
Nona Richardson
Jennifer Cardone
Cindy Spiro
Cindy Spiro
Bob Bullis
Josh Flushman
Nona Richardson
Cindy Spiro
Nona Richardson
Bob Bullis

OTHER IMPORTANT CONTACTS:

Dr. Kim Elsbach, Faculty Athletic Representative & Professor,
Graduate School of Management,
154 AOB 4, 530-752-0910, kdelsbach@ucdavis.edu

Tracy Cumming, Compliance Coordinator
208 Hickey Gym, 530-752-6146, trcumming@ucdavis.edu

Miriam Childs, Compliance Asst., NCAA Clearinghouse Coordinator
208 Hickey Gym, 530-752-2688, mcchilds@ucdavis.edu

IMPORTANT PHONE NUMBERS/WEB SITE

In addition to your athletic academic advisor, your college advisor, and your major advisor, these campus resources and phone numbers may be especially helpful during your college career. All phone numbers are 530 area code:

Advising Services (pre-teaching and general grad school).....	752-3000
Advising Services (pre-health, pre-law, and pre-business).....	752-4475
Aggie Sports Web Site.....	http://ucdavisaggies.com
Athletic Insurance Rep.....	752-9200
Athletic Training Room (Pavilion).....	752-7515
Athletic Training Room (Hickey Gym).....	752-0647
Bookstore.....	752-6846
Counseling & Psychological Services.....	752-0871
Cross-Cultural Center.....	752-4287
Davis Honors Challenge.....	752-9797
Education Abroad Center.....	297-4633
E-Mail Account Help Line.....	754-4357
Financial Aid Office Help Line.....	752-2390
Housing Office.....	752-2033
Information (for campus phone numbers).....	752-1011
Internship & Career Center.....	752-2855
Intramural Sports/Sports Club Office.....	752-3500
Intercollegiate Athletics (main office).....	752-1111
Learning Skills Center.....	752-2013
LGBT Resource Center.....	752-2452
Men's Equipment/Locker Room.....	752-0259
Pavilion Equipment Room.....	754-2167
Registrar's Office.....	752-2973
SISWEB Help Line.....	752-3639
Sports Psychologist, Liz Boyer.....	752-0871 x13
Sports Nutrition (Dr. Liz Applegate).....	752-6682
Student Accounting (fee payment).....	752-3646
Student-Athlete Academic Services.....	752-3259
Student Disability Center.....	752-3184
Student Employment Center.....	752-0520
Student Health Center.....	752-2300
Student Leadership Development Program.....	752-4475
Transportation & Parking Services (TAPS).....	752-8277
Undergraduate Scholarship Office.....	752-2804
Women's Equipment/Locker Room.....	752-0635
Women's Resources & Research Center.....	752-3372

CAMPUS RESOURCES

These campus resources are especially useful for intercollegiate student-athletes:

Advising Services, <http://advisingservices.ucdavis.edu>

111 South Hall, 752-3000 (pre-graduate & pre-teaching)

160 South Silo, 752-4475 (pre-health, pre-law, & pre-business)

- Offers advising for students interested in graduate school, teaching credential programs and professional health science programs (e.g. medicine, dentistry, veterinary medicine, physical therapy, etc.).
- Coordinates e-mail listserves for pre-health science students and pre-law students.
- Coordinates graduate letter of recommendation service.

Counseling and Psychological Services, <http://www.caps.ucdavis.edu/>

219 North Hall, 752-0871

- Offers free confidential individual and group counseling.
- Walk-in service available for crisis situations.

Internship & Career Center, <http://icc.ucdavis.edu>

215 South Hall, 752-2855

- Coordinates paid and unpaid internships.
- Processes transcript notation forms (to have internships appear on your transcript).
- Offers free workshops on resume writing, job search strategies, interviewing skills, etc.
- Sponsors internship and career fairs.

Learning Skills Center, <http://lsc.ucdavis.edu>

2205 Dutton Hall, 752-2013

- Offers free workshops on study skills, time management, efficient reading, notetaking and test taking.
- Free group tutoring in chemistry, biology, statistics and math.
- Maintains resource copies of midterms and final exams.
- Offers review and study materials for the GRE, LSAT, MCAT and GMAT.

ADDITIONAL RESOURCES

Sport Psychology

Consulting with a counseling psychologist/sport consultant can assist student-athletes with achieving optimal mental health to improve performance and help student-athletes understand how participation in sport, exercise and physical activity enhance personal development, health and well-being throughout life.

Why do student-athletes contact a sport consultant?

- To improve performance
- To deal with pressures of competition
- To enhance the experience of sport participation
- To get psychological assistance with injury rehabilitation
- To assist with an exercise program
- To address personal challenges with school, athletics, and/or life

If you would like to speak with a sport consultant please contact Dr. Liz Boyer in Counseling & Psychological Services (CAPS), 219 North Hall, at emboyer@ucdavis.edu or (530) 752-0871 x13.

Dr. Liz Boyer is the director of sport psychology services for intercollegiate student-athletes. She earned her master's degree from Boston University in counseling with an emphasis in sport psychology, and pursued her doctoral work at the University of North Texas in counseling psychology with an emphasis in sport psychology.

Liz consults with individual athletes, university teams, and coaches to help optimize practice and performance, manage anxiety during competitions, and facilitate greater team cohesion. In addition, she has provided individual counseling to student-athletes with athletic, academic, social, and personal concerns. Liz has a particular interest in the female athletic experience, and educating athletes on the dangers of unhealthy weight management practices. With the goal of enhancing both performance and overall well being, Liz uses an integrative approach when working with athletes, taking into consideration their different contextual and cultural experiences as well as the unique demands of the sport environment.

Sports Nutrition

UCD intercollegiate student-athletes have the opportunity to work directly with nationally renowned sports nutritionist Dr. Liz Applegate. Dr. Applegate offers drop-in hours each quarter for student-athletes with questions or concerns about athletic performance and nutrition. You will receive an e-mail each quarter with Dr. Applegate's office hours for intercollegiate student-athletes.

Dr. Applegate is a senior faculty member in the Department of Nutrition who has won both the Excellence in Education Award and the Academic Federation Excellence in Teaching Award; her Nutrition 10 class (Discoveries & Concepts in Nutrition) is a perennial favorite among UCD student-athletes. A nationally renowned expert on nutrition and fitness who writes a monthly column for *Runners World* magazine and serves as a consultant to athletes in the NFL, the

NBA, and the Olympic Games, Dr. Applegate is currently the team nutritionist for the Oakland Raiders. She has been a guest on more than 200 international, national, and local radio and TV shows (including "Good Morning America") and written more than 300 articles and a variety of books. Her book *Eat Smart Play Hard* (Rodale Press, 2001) focuses on nutrition for athletes in different sports.

For more information please contact Dr. Applegate in the Department of Nutrition, 3215 Meyer Hall, eaapplegate@ucdavis.edu, (530) 752-6682 or visit her web site at <http://nutrition.ucdavis.edu/faculty/applegate.html>.

NCAA

The NCAA's website (<http://www.ncaa.org>) is an excellent resource for student-athletes.

For information on rankings, championships, and other sport-specific information, choose a sport from the "fall sports", "winter sports", or "spring sports" menu option.

For information on nutrition and performance, eligibility, drug testing, sports wagering (gambling), scholarships and internships, leadership programs, and other important topics, click on "academics and athletes".

For employment opportunities in athletic departments across the U.S., go to the NCAA main page and click on "employment" in the left column.

TITLE IX INFORMATION

If you need information on Title IX compliance or have questions or complaints regarding Title IX issues, please contact:

Intercollegiate Athletics

Greg Warzecka
Athletic Director
Phone: 530-752-4557
E-mail: gwgoags@ucdavis.edu

Nona Richardson
Senior Associate Athletic Director
Phone: 530-752-8669
E-mail: nerichardson@ucdavis.edu

UC Davis Campus Title IX Compliance

Matilda Aidam
Director, Mediation Services
Phone: 530-297-4478
E-mail: maidam@ucdavis.edu

Title IX program information is available in the main office of Intercollegiate Athletics in 264 Hickey Gym. A copy of the UC Davis Equity in Athletics Disclosure Act may be reviewed in 204 Hickey Gym.

ELIGIBILITY TO PARTICIPATE IN EXTRACURRICULAR ACTIVITIES AT UCD

By participating in extracurricular activities on the UC Davis campus, you can benefit from numerous opportunities for educational, personal, cultural, and social enrichment. In general, UC Davis students who are registered and enrolled may participate in extracurricular activities sponsored by the campus. Some extracurricular activities have additional eligibility criteria, so you are encouraged to inquire about the particular eligibility requirements of the groups and programs that interest you.

- *UCD Catalog 2008 – 2010*

STUDENT-ATHLETE CONDUCT POLICY AND DUE PROCESS PROCEDURES

Participation in Intercollegiate Athletics at UC Davis is a privilege, not a right. This privilege brings with it certain obligations both on and off the field of play. Student-athletes are obligated to conduct themselves in a manner that is a credit to themselves, their team members, coaches and the University. Student-athletes must recognize that their behavior will be scrutinized because of the community's involvement and association with athletics and the University.

Failure to fulfill these obligations on or off the field shall be considered an act of misconduct. Misconduct shall be defined as an act of dishonesty, breach of law or University regulation, or any public or private act that discredits, demeans or embarrasses the athletic program or University.

1. UC Davis Intercollegiate Athletics will consider alleged legal infractions (state, federal, county or local) and misconduct allegations of university policy in conjunction with other affected campus units.
2. Upon notification of any alleged violation of misconduct or legal violations, the coach must report the allegations to the athletic director and/or sport supervisor immediately. The athletic director and/or sport supervisor will meet with the coach and the student-athlete to determine the facts of the case. The Intercollegiate Athletics program will report any alleged violation of campus policy or alleged legal allegations to Student Judicial Affairs.
3. Upon Judicial Affairs' resolution of the issue, the Intercollegiate Athletics program will conduct a hearing with the affected student-athlete, the athletic director, the student's coach, the faculty athletics representative, and other athletic administrators as needed.
4. The Intercollegiate Athletics program reserves the right to impose penalties for alleged legal infractions, misconduct, and violations of UC Davis and/or Intercollegiate Athletics policies.
5. The Intercollegiate Athletics program may impose penalties in addition to those imposed by Judicial Affairs as deemed appropriate by the athletic director. Penalties may include but are not limited to suspension or dismissal from the team. Any student-athlete charged with a felony will be immediately suspended from the team pending the outcome of the charges.
6. This process will be reviewed and evaluated annually by the Athletic Administrative Advisory Committee.

Updated 5/04

APPEALS PROCESS FOR ATHLETICALLY-RELATED FINANCIAL AID ACTIONS

Policy

In accordance with National Collegiate Athletic Association (NCAA) regulations, a student whose athletic grant-in-aid award is not renewed, is reduced, or is cancelled by Intercollegiate Athletics (ICA) is entitled to an appeal. A committee in the UC Davis Financial Aid Office (FAO) appointed by the director of financial aid or his/her designee will review the appeal.

The student whose athletic grant-in-aid is not renewed, is reduced or is cancelled by ICA will be notified in a letter sent by the director of financial aid or his/her designee.

Committee

The Financial Aid Appeals Committee (FAAC) shall consist of three staff members, two financial aid office staff (one of whom will be the director or associate director who will serve as chair of the committee), and one staff member from the Athletics Administrative Advisory Committee (AAAC).

Appeal Procedures

Upon receipt of a student appeal, the FAO will request a written statement and appropriate documentation from the head coach. The head coach will have seven days to submit documentation to the FAAC.

A student who wishes to appeal any decision related to their athletic grant-in-aid award shall submit the appeal form, along with appropriate documentation to the director or associate director of financial aid. The appeal must include the following:

- student's name, student ID number, year in school, sport, local address, and local telephone number;
- statement of preference for an administrative review (paper) or an in-person hearing (a student cannot have both);
- reason for believing the decision to be 1) in violation of NCAA, Conference or UC Davis rules and regulations, or 2) unfair, including names of institutional staff members (e.g., coach, financial aid officer) with whom the student has discussed the award;
- descriptions of extenuating circumstance (if applicable); and
- copies of any relevant supporting documents (e.g., initial award letter, financial aid contract); and type and amount of previous athletic aid.

Administrative Review

The student, head coach, and assistant athletic director in charge of athletic financial aid administration will be notified of the date, time and place of the FAAC meeting. The assistant athletic director in charge of Compliance Services

shall be provided with a copy of the student's request for an appeal and the coach's documentation.

In-Person Hearing

Participants at the hearing will be the student, the head coach, and the FAAC. The student may, however, elect to bring a representative to the hearing. The FAAC chair must be informed at least seven days prior to the scheduled hearing if the student will have representation and whether the representation has legal training. ICA or another UC Davis department will provide a representative for the coach, if there is a student representative.

Appeal Guidelines

The scope of the administrative review or in-person hearing shall be limited to the following issues:

- Was there a violation of NCAA or conference rules and regulations?
- Was there a violation of UC Davis policy, guidelines, or practice?
- Was there a lack of good faith on the part of either party?

The FAAC shall reach a decision and notify both parties in writing within seven days of the date of the administrative review or in-person hearing.

One of two actions is taken:

- If the FAAC finds that the decision to not renew, reduce or withdraw aid is not a violation of NCAA regulations or institutional policies, and that no extenuating circumstances are present, the appeal is immediately denied.
- If the FAAC finds that the decision to not renew, reduce or withdraw aid is a violation of NCAA regulations or institutional policies, or that there are extenuating circumstances, the appeal is immediately approved. The athletic grant-in-aid award will be reinstated as soon as possible. Reinstatement of the athletic grant-in-aid award has no effect on the athlete's status as a member of the relevant athletic team.

The decision of the FAAC shall be binding to ICA. A student who wishes to appeal the decision of the FAAC shall be entitled to do so in accordance with the UC Davis student grievance policy.

Updated: 9/17/08

UC DAVIS INTERCOLLEGIATE ATHLETICS INSURANCE SUMMARY*

WHO IS ELIGIBLE FOR COVERAGE?

Medical insurance coverage is provided for students who are injured while participating in scheduled, supervised and sponsored intercollegiate athletics competitions or authorized practice sessions as a player or trainer. **COVERAGE IS NOT PROVIDED FOR AN ILLNESS OR DISEASE** unless it results directly from an ICA injury.

THIS IS AN EXCESS ONLY POLICY

The medical insurance provided at UCD is **EXCESS** coverage. This means it responds after your collectible health benefits have been utilized. All registered students are required by the University to have medical insurance coverage. You should check with your parents / guardians about obtaining an insurance card to keep in your possession.

STUDENT-ATHLETES WITH MANAGED CARE NETWORKS

Many students carry private insurance coverage through a Health Maintenance Organization (HMO), Preferred Provider Organization (PPO), Exclusive Provider Organization (EPO), Point-of-Service, or other managed care plan which requires members to utilize specific network physicians and facilities in order to receive the maximum benefit coverage from their plan. **PLEASE NOTE:** If for any reason an athlete chooses not to utilize his / her HMO, PPO, EPO coverage and / or network providers, the athlete shall be responsible for any medical expenses incurred as a result of the injury.

STUDENT-ATHLETES WITH STUDENT HEALTH INSURANCE PLAN (SHIP)

SHIP does not provide coverage for injuries incurred while participating in an intercollegiate athletics competition or practice. Please refer to the “medical care that is not covered” section of the SHIP booklet.

UCD EXCESS INSURANCE COVERAGE DETAILS

The UCD medical insurance includes the following:

Policy Limit:.....	\$75,000 (combined benefits)
Coverage Period:.....	2 years from the date of injury

When a student-athlete is injured while participating in UCD intercollegiate athletics in actual play or authorized practice, the limit for medical expenses is \$75,000. For coverage to apply, the injured student-athlete **MUST**:

1. **NOTIFY THE ATHLETIC TRAINER OF THE INJURY WITHIN 30 DAYS FROM THE DATE IT OCCURRED.** Documentation of the injury by our certified athletic trainer is required in order to complete an Injury Report form. The information provided on the Injury Report form is necessary in order to obtain medical care for the injury.
2. **SUBMIT THE CLAIM TO YOUR PRIVATE INSURANCE CARRIER(S).** UC Davis is not responsible for processing a claim through an athlete’s private insurance. Once all available benefits have been exhausted and claim documentation has been received, the UC Davis coverage will take effect.

3. BE AWARE THAT TREATMENT MUST BEGIN AND MEDICAL EXPENSES MUST BE INCURRED WITHIN 180 DAYS OF THE INJURY.

PRESCRIPTION MEDICATION

You are required to utilize your prescription drug benefit through your primary insurance plan for any medication prescribed for an athletic injury.

UCD CATASTROPHIC INSURANCE COVERAGE (over \$75,000 in expenses)

If medical bills for a covered injury exceed \$75,000 within two years from date of injury, catastrophic insurance will apply if the student has no other medical coverage.

ACCIDENTAL DEATH AND DISMEMBERMENT

There is a \$50,000 accidental death & dismemberment benefit for all qualified student-athletes.

**This is intended as a summary or an explanation of benefits. It does not in any way serve to change or supersede the master policies. Please contact the athletic insurance representative at (530) 752-9200 for more information.*

(effective 7/06 through policy year 2008-09)

ATHLETIC TRAINING & REHABILITATION POLICIES AND PROCEDURES

The Intercollegiate Athletics training staff at UC Davis is comprised of certified athletic trainers (ATC's), student athletic trainers, a physical therapist, and team physicians. Please know that your health is of the utmost importance to us. Our goal is to keep you playing, but safely.

There are two athletic training rooms on campus, the Dick Lewis Athletic Training Room in Hickey Gym, and the Pavilion Athletic Training Room in the ARC/Pavilion. These are co-ed facilities so please arrive dressed appropriately. The Pavilion Athletic Training Room is where ALL rehabilitation takes place Monday through Friday.

Team Physicians:

Intercollegiate Athletics has several team physicians with a variety of sports medicine specialties available for the care of its student-athletes. There is a team physician clinic offered in the evenings Monday – Friday in one of the athletic training rooms. We encourage you to request to see a team physician at any time you feel it is necessary. This request must be made to an ATC who will facilitate the most efficient time and location to fulfill your needs.

General Athletic Training Policies (Hickey Gym/Pavilion):

1. Report ALL injuries, skin irregularities and illnesses to a staff certified athletic trainer IMMEDIATELY.
2. All athletes MUST shower before coming to the athletic training room unless urgent care is needed.
3. NO food in the athletic training rooms.
4. NO cleats in the athletic training rooms.
5. NO foul language.
6. NO shoes on tables.
7. NO BIKES in the buildings.
8. It is YOUR responsibility to communicate with us if your needs are not being addressed.

General Rehabilitation Policies (Pavilion)

1. Rehab/evaluation hours (during academic year): Monday through Friday from 8:00 am to 11:30 am
2. Sign in for all services on the provided computer each time you enter for rehabilitation.
3. If classes prevent you from getting to rehabilitation, contact us at (530) 752-7515 to arrange for another treatment time.

Practice Preparation (Hickey Gym/Pavilion)

If you need pre-practice assistance, the athletic training room servicing your team should be open at least 45–60 minutes before your practice begins. Budget your time accordingly.

Taping requirements:

1. Area to be taped must be clean shaven. A shaver is available.
2. Arrive early, especially during the academic year.

3. Ankle braces are available upon request.
4. Throw tape away in proper containers.

Training Room Assistance After Practice/Games

The athletic training rooms are open generally 30 minutes after the last practice of the day or end of the game for ice and any injury evaluation needs.

Please contact Jeff Hogan, head athletic trainer (jbhogan@ucdavis.edu) if you have additional questions or concerns regarding athletic training hours, policies, or procedures.

ALCOHOL & DRUG POLICY

No alcohol or drugs are allowed at team functions sponsored or endorsed by UC Davis Intercollegiate Athletics. A team function is any event in which team members are requested to participate and/or the coach is present. Coaches who host or attend functions attended by student-athletes must adhere to this policy. If there are any doubts about the applicability of this policy, the athletic director should be consulted. The only exception to this policy is when alcoholic beverages are served during UC Davis Intercollegiate Athletics special events where consumption of alcoholic beverages is governed by campus policy.

Consumption of alcohol, drugs or tobacco products while participating as a member of a UC Davis team is a violation. At away contests, student-athletes and coaches are considered representatives of the university from the time they leave campus until they return. UC Davis is a member of the NCAA and will adhere to all drug policies as established and published in the NCAA manual and on the current NCAA website. A partial list of banned substances is available in the Student-Athlete Academic Services office, in this student-athlete handbook, and in the information packet provided to all student-athletes. The list is subject to change and the institution and student-athlete shall be held accountable for all banned drug classes on the current list.

The most current list of banned substances is located on the NCAA website at <http://www.ncaa.org>. All tobacco products are banned by the NCAA and the Big West Conference at all practices, contests, and team functions. Any student-athlete who violates the UC Davis campus drug and alcohol policy for all students will be treated like any other student. Violators of the NCAA and/or the UC Davis Intercollegiate Athletics alcohol and drug policy will be required to meet with the athletic director and head coach where appropriate disciplinary action may be assessed. In addition, the student-athlete may be referred to Student Judicial Affairs for review. Punitive actions will be determined on a case-by-case basis under the guidance of the NCAA and UC Davis policies. Violations of the NCAA drug policy automatically result in loss of one year of eligibility and suspension from the rest of the current sport season.

**MANDATORY
DRUG & ALCOHOL AWARENESS PRESENTATIONS**

NCAA rules require that all student-athletes, even those who are injured and/or redshirting, attend two mandatory drug and alcohol education programs per year. At UC Davis, there is one program in the fall and one in the spring. It is your responsibility to attend these programs.

If you skip the program, or fail to complete the alternative assignment, you will be declared INELIGIBLE for AT LEAST the next regular season competition for which you would otherwise have been eligible. (That next competition could be the following year or more than a year later if you are injured or redshirting.) There could also be practice consequences for failure to attend the program or complete the alternative assignment. The drug and alcohol education programs are coordinated by Nona Richardson, Senior Associate Athletic Director (nerichardson@ucdavis.edu, 530-752-8669).

YEAR-ROUND DRUG TESTING

The NCAA has approved year-round drug testing in every sport. **This includes summer.** Before you leave campus in spring, make sure your coach has your contact information. You may be selected for drug testing even if you are in another state (or another country) during the summer; the NCAA has made arrangements for testing sites around the world and will require you to report to a site in a city near you.

Drug testing happens very quickly. You will be contacted by phone by a staff member in UC Davis Intercollegiate Athletics and given instructions. Typically you will report for drug testing 24-36 hours later. Failure to report for drug testing is considered the same as testing positive. Student-athletes who test positive are deemed ineligible for one year; that year is also counted as one of your four seasons of eligibility.

NCAA BANNED DRUG CLASSES 2008-09

The NCAA list of banned drug classes is regularly updated and can be found at <http://www.ncaa.org>. The list is subject to change by the NCAA Executive Committee. Prohibited classes of banned drugs include (but are not limited to) stimulants, anabolic agents, diuretics, street drugs, and peptide hormones and analogues. Related substances (substances which simulate the banned drugs by their pharmacological action and/or chemical structure) are also banned. No substance belonging to the prohibited class may be used regardless of whether it is specifically listed as an example. Updates to the list of banned substances and related substances can be found at <http://www.drugfreesport.com>.

Examples of Banned Drug Classes:

- Stimulants (amphetamine-based, cocaine, ecstasy, ephedrine, caffeine at certain level, etc.)
- Anabolic agents (testosterone derivatives)
- Diuretics
- Street drugs (marijuana, heroin, etc.)
- Hormone-related drugs (growth hormones, etc.)
- Drug "procedures" (blood doping, etc.)

NOTE: The above list is NOT exhaustive! For more information please visit the NCAA website at <http://www.ncaa.org>.

Consult the UC Davis athletic trainers if you have any questions about banned substances. Be sure to also discuss any medications you're required to take with the athletic trainers. (If your medication is on the banned substance list, the athletic trainers and/or team physicians can suggest alternatives that would not trigger a positive drug test with the NCAA.)

NUTRITIONAL SUPPLEMENT/ERGOGENIC AIDS/ CREATINE POLICY STATEMENT

UC Davis student-athletes depend on the coaches and sports medicine staff to supply them with accurate and sound information on sports nutrition and help them discern media hype from fact in reference to supplements. With input from our sports medicine staff the athletic administration has decided **it is not appropriate for any athletic department staff members to distribute or endorse any supplements.** The environment for today's student-athlete is filled with easy access to products which are legal but which contain substances banned by the NCAA. **Many student-athletes assume incorrectly that if these products can be purchased at a health food store they must be allowed under NCAA rules.** Reliance on the advice of the clerk at the store or the distributor at the gym or anyone who is not with the student-athlete's athletic program has resulted in erroneous information about whether the product contains an NCAA banned substance. Appeals based on this argument have not been successful in overturning a positive drug test penalty.

Some common nutritional supplements are creatine, DHEA, androstenedione, 19-norandrostenedione, glucosamine, ma huang (ephedrine), amino acids and ginseng. Many fat burners and weight gain products contain nutritional supplements. Nutritional supplements can come in pills, powders, liquids, and bars. Some are NCAA banned substances and some are not. They are all legal and may be obtained at grocery stores, pharmacies, health food stores, on the internet, and many other locations.

Nutritional supplements are marketed to athletes to improve performance. Many athletes use nutritional supplements despite proof that the supplements are ineffective. In addition, such substances are expensive and may be harmful to health or performance. Creatine, for example, has been found in some laboratory studies to enhance short-term high intensity exercise capability, delay fatigue on repeated bouts of exercise and increase strength. Several studies have contradicted these claims and, moreover, the safety of creatine supplements has not been verified. Many compounds obtained from nutrition stores and mail order companies may not be subject to strict regulations set by the United States Food and Drug Administration. Therefore, many of these supplements do not accurately list all their ingredients and may contain impurities or banned substances. In fact, many athletes have tested positive while taking these "supplements" and have lost at least a year of athletic eligibility, even after appeals.

It is not permissible for an institution to provide nutritional supplements to its student-athletes, unless the supplement is a non-muscle-building supplement and is included in one of the four classes identified in NCAA Bylaw 16.5.2.2. Additionally, it is not permissible for an institution or an institutional staff member to sell or arrange the sale of muscle-building supplements to student-athletes.

If you have questions regarding banned substances or nutritional supplements please consult with a UC Davis athletic trainer or contact the Center for Drug Free Sport, at <http://www.drugfreesport.com> or (816) 474-8655.

ENSURING COMPLIANCE WITH NCAA RULES

UC Davis is responsible for ensuring that its coaches, student-athletes, faculty, staff, alumni, donors, boosters and friends adhere to governing legislation of its member conferences and the NCAA. As an NCAA student-athlete, you have an obligation to report information concerning potential or known violations of NCAA rules. You should report any potential or known violations to Jennifer Cardone, Assistant Athletic Director for Compliance, in 208 Hickey Gym. You may contact Jennifer by phone at (530) 754-7552 or by email at jacardone@ucdavis.edu.

AUTOMATED ELIGIBILITY PROCESS INSTRUCTIONS

UC Davis Intercollegiate Athletics has converted the entire eligibility process to an online system. All forms needed for completing the eligibility process are now online and hard copies will only be used in emergency situations. Please follow the directions listed below.

1. You must have a UC Davis e-mail address to access the system. If you do not have a UC Davis e-mail account, you can get one by accessing <http://computingaccounts.ucdavis.edu>. Within 24 hours you should receive an e-mail with your new address.
2. Once you have a UC Davis e-mail address, access the web site at: <http://ica.ucdavis.edu/student.htm>
3. The "Student-Athlete Main Page" will appear. You may begin your automated login from here. Once your identity has been verified you will be able to search for your profile. Once your profile is found you will be brought to a page with a variety of options, including one to complete your online eligibility forms. Click on the icon associated with the online forms, and follow the directions listed. *If your profile is not found, please contact the head coach of your sport since you will need to be added to the system.*
4. Please note that there are many forms for you to complete and much information to read. All forms highlighted in GOLD are required prior to participation. NCAA rules specifically require that you read the summary of NCAA regulations prior to signing the student-athlete statement. **Both the NCAA and UC Davis consider your digital signature, attached to the forms where a written signature would normally be required, a valid substitution.**
5. The forms do not have to be completed in one trip to the web site. In order to practice and compete, however, the forms highlighted in gold (other than the medical clearance forms) must be completed at least one week prior to your sport's first practice or by September 22, 2008, whichever is earlier. First practice dates can be found on the Student-Athlete Main Page.
6. A physical examination by a physician is required for all new student-athletes. The physician must sign and date the UC Davis physical form, which can be downloaded from the web site. New student-athletes must also complete the medical history form, the insurance questionnaire, and the supplements/medications form on the web site. Returning student-athletes must complete the medical history form, the insurance questionnaire, and the supplements/medications form on the web but do not need an appointment with a physician. **Each sport has specific due dates for completion of these forms. These dates can be found on the Student-Athlete Main Page.**
7. If you have technical difficulties during the process, please contact José Ortigas, Computer Programmer, at jortigas@ucdavis.edu.

BIG WEST CONFERENCE AND UC DAVIS POLICY ON SPORTSMANSHIP

All student-athletes at UC Davis and in the Big West Conference are expected to conduct themselves in the arena of athletic competition with fairness, honesty, and responsibility and treat their opponents with civility and respect.

Unfavorable conduct will be handled in accordance with the policies set forth by the Athletic Department, UC Davis and the Big West Conference.

Unsportsmanlike conduct includes but is not limited to:

- "Trash talking"
- Finger pointing
- Unprovoked acts of physical violence towards other student-athletes, coaches, officials, school representatives, and fans.
- Fighting as defined by the NCAA (i.e., "an attempt to strike an opponent with the arms, hands, legs, or feet, or a combative action by one or more players, a coach, or other team personnel").

SOCIAL NETWORKING WEBSITES POLICY

Student-athletes, as members of the UC Davis community, are permitted to have profiles on social networking websites such as MySpace and Facebook provided that:

- a) No offensive or inappropriate pictures are posted.
- b) No offensive or inappropriate comments are posted.
- c) Any information placed on the website(s) does not violate the ethics and intent behind both the student code of conduct AND the student-athlete code of conduct.

Student-athletes should remember that they are ambassadors of the University of California and always in the public eye. Content posted by student-athletes at other institutions or even other students on campus may not be acceptable on the profile. Questions regarding acceptable content per Intercollegiate Athletics policy should be directed to Jennifer Cardone, Assistant Athletic Director for Compliance (208 Hickey Gym, 754-7552, jacardone@ucdavis.edu) or to the head coach, sport supervisor, or athletic director.

NOTE: The UC Davis Police Department, Student Judicial Affairs, and other local police and sheriff's offices check these websites daily. In addition to the unfortunate reality of online predators, potential employers and internship supervisors also use these sites to screen candidates. Many graduate programs and scholarship committees now search these sites to screen applicants. We advise UC Davis student-athletes to exercise extreme caution in their use of social networking websites.

HAZING POLICY

UC Davis Intercollegiate Athletics supports only those activities which are constructive, educational, and inspirational and that contribute to the intellectual and personal development of students. UC Davis Intercollegiate Athletics unequivocally opposes any situation created intentionally to produce mental or physical discomfort, embarrassment, harassment or ridicule.

UC Davis interprets hazing as any act whether physical, mental, emotional or psychological, which subjects another person, voluntarily or involuntarily, to anything that may abuse, mistreat, degrade, humiliate, harass or intimidate the person, or which may in any fashion compromise the inherent dignity of the person. In addition, any requirements by a member which compels another member to participate in any activity which is against university policy or state/federal law will be defined as hazing.

Actions and activities that are prohibited include, but are not limited to, the following:

- Any type of initiation or other activity where there is an expectation of individuals joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them regardless of the person's willingness to participate.
- Forcing, requiring or pressuring an individual to consume alcohol or any other substance.
- Forcing, requiring, or pressuring an individual to shave any part of the body, including hair on the head.
- Any requirement or pressure put on an individual to participate in any activity that is illegal, perverse, publicly indecent, contrary to genuine morals and/or beliefs, e.g., public profanity, indecent or lewd conduct or sexual gestures in public.
- Required eating of anything an individual would refuse to eat otherwise.
- Any activity or action that creates a risk to the health, safety or property of the University or any member of its community.
- Forcing or requiring calisthenics, such as push-ups, sit-ups and runs.
- Assigning or endorsing pranks such as stealing or harassment of another organization.
- Awakenings or disturbing individuals during normal sleeping hours.
- Expecting or pressuring individuals to participate in an activity in which the full membership is not willing to participate.
- Physical abuse of any kind.
- Forcing, encouraging or pressuring someone to wear in public apparel which is conspicuous and not within the norm of what is considered to be in good taste.
- Engaging in public stunts and foolery.
- Nudity at any time or forced reading of pornographic material.
- Paddling, beating or otherwise permitting a member to hit other members.
- Having substances such as eggs, mud, paint and honey thrown at, poured on or otherwise applied to the body of a member.
- Morally degrading/humiliating games or other activity that makes a member the object of amusement, ridicule or intimidation.
- Subjecting a member to cruel and unusual psychological conditions.

GAMBLING POLICY

As a student-athlete at UC Davis, you must follow NCAA rules. NCAA Bylaw 10.3 specifically prohibits sports gambling. In simple terms, you may not place a bet of any sort on any college, professional, or amateur sports event. Additionally, you may not give information to anyone who does place bets on college or professional sports.

That means...

- NO wagers for any tangible item (e.g., cash, shirt, dinner) on ANY professional, college, or amateur sports event, even those that don't involve UC Davis.
- NO sports "pools" even those run by your friends in the dorm.
- NO internet gambling on sports events.
- NO fantasy leagues that award a prize and require a fee to participate.
- NO sports wagering using "800" numbers.
- NO exchange of information about your team with ANYONE who gambles. In other words, no information about injuries, new plays, team morale, discipline problems, or anything else.

Once it is discovered that you have made a bet of any kind on any college or professional sport or have given information to someone who does gamble, **you will be declared ineligible to compete in college sports.** You will be suspended from your UCD team. If you accept or place a bet on any college or professional team other than UC Davis, you will automatically be suspended for a minimum of one year and be charged with a season of competition. If you accept or place a bet on any team at UC Davis, you will be permanently ineligible. You also risk losing your athletic scholarship, being expelled from UC Davis and/or being banned from other college and professional sports. Additionally, you run the risk of being arrested and charged with a crime. Sports wagering is illegal in every state except Nevada. Sports bribery is illegal in every state. Even in Nevada, it is against NCAA rules for a student-athlete to make any wager on a sport event.

NOTE: The FBI met with our coaches in May 2006. Did you know that all internet gambling is ILLEGAL and linked to organized crime? FBI agents accept and investigate tips on college student-athletes who are gambling. High profile student-athletes may especially be targeted. The penalty, if convicted, is two years in federal prison.

AMATEURISM

To ensure an equitable playing field for all student-athletes, the NCAA says that professional athletes may not compete in collegiate competition. This means that you are ineligible to play once you lose "amateur status". A student-athlete loses his/her amateur status the minute the individual engages in ANY of the following activities:

1. Negotiates, signs or enters into any written or oral agreement with an agent or signs a contract or commitment to play professional sports.
2. Accepts or receives any extra benefits (also applies to family members) from an agent or anyone who wishes to represent the student-athlete.
3. Accepts a promise of pay even if such pay is to be received following completion of intercollegiate athletics' eligibility.
4. Takes pay or compensation for competing in his/her sport (i.e., prize money or other prizes).
5. Uses their athletic reputation or skills for pay, or promise of pay.
6. Accepts any pay for promoting a commercial product or service.
7. Allows their name or picture to be used to promote a commercial product or service.
8. Competes with a professional sports team or receives any compensation from a professional sports team.
9. Participates in a tryout with a professional team and receives expenses for more than a 48-hour period and/or misses class. ****IMPORTANT NOTE:** see Compliance Services, 208 Hickey Gym, **PRIOR** to tryout.
10. Enters into a professional draft.
11. Receives an extra benefit that is not available to the general student population.

An extra benefit can include, but is not limited to: transportation, meals, clothes, entertainment, preferential loan terms, and cash.

EXTRA BENEFITS & BOOSTERS

A student-athlete may not receive any extra benefits. Receipt of an award, benefit or expense allowance not authorized by NCAA legislation will render you ineligible for competition. The NCAA defines an "extra benefit" as any special arrangement by a UC Davis employee or a representative of UC Davis' athletics interest ("booster") to provide a student-athlete (or a student-athlete's relative or friend) a benefit that is not generally available to other UC Davis students or their relatives or friends or to a segment of the student-body determined on a basis unrelated to athletics ability.

A UC Davis employee or UC Davis booster MAY NOT provide you with extra benefits or services, including but not limited to:

- Special discounts, payment arrangement or credit on a purchase (airline ticket, clothes) or service (laundry, dry cleaning).
- Free or reduced-cost professional services not available on the same basis to the general student body.
- Use of a telephone, pager or credit card for personal reasons without charge or at a reduced rate.
- Entertainment services (movie tickets, dinners, use of car) from commercial agencies (theaters, restaurants, car dealers) without charge or at reduced rates, or free or reduced-cost admission to professional athletics contests from professional sports organizations, unless such services are available to the student body in general.
- Free or reduced-cost athletic equipment, supplies or clothing directly from a manufacturer or commercial enterprise.
- Free or reduced cost room and/or board. This includes in Davis, in the student-athlete's home city or any other location.
- Money or a loan of money or a guarantee of bond.
- Signing or cosigning a note with an outside agency to arrange a loan.
- Payment or other compensation for work not performed or at unreasonable levels for the work performed.
- Preferential treatment, benefits or services based on your athletics reputation or skill or payback potential as a future professional.
- Typing costs.
- Course supplies.
- Use of copy machine only for student-athletes.
- Use of personal property (boats, summer homes, cars, computers, stereos).
- Promise of employment after college graduation.
- An automobile or the use of an automobile.
- Payment or arrangements for payment of transportation costs that you incur.

PARTICIPATION ON AN OUTSIDE TEAM

In all sports except basketball, a student-athlete may not participate on any outside team during the academic year, except during the time that your sport is not in season and only if it occurs during a UC Davis official vacation period (e.g., summer, Thanksgiving break, winter break, spring break). Official vacation periods must be published in the *UC Davis Catalog*. A student-athlete is permitted to practice on such a team at any time as long as s/he does not compete.

In basketball, a student-athlete may not practice or compete on any outside team at any time after s/he has become a member of the UC Davis team (there are limited exceptions to this during the summer). For all sports, please Compliance Services in 208 Hickey Gym if you will be participating on an outside team during the academic year or during the summer. There are some exceptions to this rule and prior approval must be obtained from Compliance Services.

STUDENT-ATHLETE EMPLOYMENT

Employment

Student-athletes may work during the academic year provided:

- a) Compensation paid is only for work actually performed and
- b) Compensation is at a rate commensurate with the going rate in that locality for similar services.

Compensation for work performed may 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 s/he has obtained because of athletics ability.

All jobs you hold either during the academic year or during the summer must be documented in the online eligibility system, Gunrock, in the section on eligibility paperwork.

Fee-for-Lesson Instruction

You may receive compensation for teaching or coaching sport skills or techniques in your sport on a fee-for-lesson basis provided ALL of the following conditions are met:

- a) Institutional facilities are not used.
- b) Playing lessons are NOT permitted – you may not be paid to simply play with the lesson recipient. Specific sport skills and/or techniques must be taught.
- c) 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.
- d) The compensation is paid by the lesson recipient (or the recipient's family) and not another individual or entity.
- e) Instruction to each individual is comparable to the instruction that would be provided during a private lesson when the instruction involves more than one individual at a time.
- f) You do not use your name, picture or appearance to promote or advertise the availability of fee-for-lesson sessions.

If you would like to provide a fee-for-lesson instruction please see your coach or contact Compliance Services in 208 Hickey Gym. You must complete a Fee-for-Lesson Form and obtain all required signatures PRIOR to the lesson.

PLAYING AND PRACTICE RULES

There are a number of NCAA regulations regarding how many hours a student-athlete may participate in athletically-related activities (e.g., practice, competition, weight training and conditioning, discussion or review of game films, required participation in camps/clinics, etc.). Examples of non-countable activities that do not have any hourly or weekly restrictions include eligibility meetings, drug and alcohol educational meetings, study hall, academic meetings, rehab, team travel, hosting recruits and attending banquets. If you feel that this rule is being violated by your coaches please notify the athletic director or the sport supervisor for your sport. In general, the limits are as follows:

During your sport's declared playing season

A maximum of 20 hours per week with four hours per day is permissible. You must be given one day off per week. Competition always counts as three hours regardless of how long it lasts. In the sport of basketball, if there are three games in a given week, your coach does not have to give you one day off provided the prior week or following week you are given two days off.

Outside of your sport's declared playing season (conditioning and weight training)

A maximum of 8 hours per week of weight training and conditioning is permissible and you must be given two days off per week. In sports other than football, of those 8 hours per week, participation in a maximum of two hours of required or individual skill instruction is permissible. Outside of your playing season from September 15–April 15, the two hours of skill instruction may be with the entire team. Outside of this time period, individual skill instruction is limited to no more than four student-athletes at one time in any facility. In football, of the 8 hours per week, you are permitted to review game film for no more than two hours per week. All athletically-related activities outside of your sport's playing season may not occur during official vacations periods, and in sports other than football, during final exam periods and one week prior to final exam periods.

Definition of a Week

A week is defined as Sunday through Saturday.

Multi-Sport Student-Athletes

Student-athletes who compete in two or more intercollegiate sports are limited to 20 total hours of practice and competition per week and a maximum of four hours per day in all sports combined. (You may not practice 20 hours in one sport and 20 hours in the second sport each week.) Additionally, multi-sport student-athletes must have one day off per week. If both sports are outside the playing season (8-hour segment), a multi-sport student-athlete is limited to a total of eight hours of weight training and conditioning with no more than two hours total of skill instruction per week with two days off per week required.

Pre-Season and Official UCD Vacation Periods (e.g., Thanksgiving break, winter holiday, etc.)

Weekly and hourly limitations do not apply during these periods. For fall sports, after your first competition, weekly and hourly limitations apply even if classes have not started.

COMPLIMENTARY ADMISSIONS PROCEDURE

Complimentary admissions to intercollegiate athletic events at UC Davis are governed by NCAA, conference, and institutional rules.

All active student-athletes for admission sports (baseball, men's basketball, women's basketball, women's field hockey, football, gymnastics, lacrosse, men's soccer, women's soccer, softball, volleyball, men's water polo, women's water polo and wrestling) can receive 4 complimentary admissions to events in their sport. All complimentary admissions are General Admission.

To receive your complimentary admissions:

1. Submit requests for home games no later than 8:00 a.m. on the day of the contest.
2. Submit requests for away games (if applicable) no later than 6 a.m. the day of departure (unless otherwise noted by your coach).
3. Log on to the "Student-Athlete Main Portal" page at <http://ica.ucdavis.edu/student.htm>
4. Select the "Login" button.
5. Enter your UC Davis username and password as directed.
6. Select the "Complimentary Admissions" icon.
7. Select your sport from the pull-down menu.
8. Select the appropriate contest from those listed.
9. Follow the prompts to individually add the names of each person you wish to give a complimentary admission.
10. List your guests for any given contest. You must provide first and last names for ALL guests. Multiple tickets MAY NOT be given to one individual.

When your guests arrive, they MUST present a photo ID and sign for their tickets. Without a photo ID, they will not be admitted. Once they check in, they will receive a hand stamp and/or a ticket stub.

Notes

1. The system may accept names after the deadline but only entries made prior to the deadline are guaranteed to receive complimentary admissions.
2. Any technical difficulties must be brought to the attention of the following person, prior to the deadline for ticket requests: Matt Blankenheim, 530-752-3673, mdblankenheim@ucdavis.edu

STUDENT HOST OFFICIAL VISIT GUIDELINES

Current student-athletes may be asked to serve as hosts for prospective student-athletes. Intercollegiate Athletics strongly encourages your participation as a host. As a host you will be considered a representative of UC Davis and carry a great responsibility in hosting prospects. Failure to abide by UC Davis, NCAA, and State of California rules could result in disciplinary action to the host, and/or subsequent loss of eligibility for the prospect. **THE DRINKING AGE IN THE STATE OF CALIFORNIA IS 21.** Therefore, no alcohol should be served to an underage recruit at any time. Each host should have emergency information (coach's home and office phone numbers as well as parental information).

Friends or roommates who entertain the prospect should also have this information. The following conditions must be met if you are asked to host a prospective student-athlete:

- a) You must be a student-athlete enrolled full-time (seniors in their final quarter who are certified eligible to go part-time are also permitted to host) at this institution. If you are a freshman student you **MUST** be an NCAA qualifier.
- b) Only you shall be provided money with which to entertain only yourself, the prospect, the prospect's parents (or legal guardians) or spouse. Other students may assist with hosting the prospect but shall pay for their own entertainment.
- c) A maximum of \$30 per day may be provided to cover the entertainment expenses for you and the prospect. You may be provided with an additional \$15 per day for each additional prospect you entertain.
- d) No cash may be given to the visiting prospect or anyone else. Receipts must be kept and submitted for all expenses.
- e) You may not use entertainment funds to purchase, or otherwise provide, the prospect with gifts of value (e.g., souvenirs, clothing, etc.).
- f) You may not use vehicles provided or arranged for by an institutional staff member or booster with athletics interest.
- g) You may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
- h) You should not allow recruiting conversations to occur, on or off campus, between the prospect and a booster of the athletics program. (If an unplanned meeting occurs, only an exchange of greetings is permissible).
- i) You may receive a complimentary admission (no hard tickets) when accompanying a prospect to a campus athletics event.
- j) In regard to alcohol and other drugs, you may not: 1) purchase, provide or supply alcohol or drugs in any fashion to a prospect or 2) personally consume while acting in the role of student host.

If you have any questions, please contact Compliance Services in 208 Hickey Gym.

TRANSFER INFORMATION FOR UC DAVIS STUDENT-ATHLETES

If you decide at any point during your athletic career that you would like to transfer from UC Davis to participate in intercollegiate athletics at another 4-year school, the following information may be helpful.

Before you can talk to anyone in the athletic department at another 4-year school (even an athletic academic advisor), NCAA rules require that UC Davis send a "permission to talk" letter to the athletic department at the other school. This permission to talk letter is required even if you have been cut from or quit a UC Davis team. To request a permission to talk letter:

- A. Go to 208 Hickey and fill out the request form. Although NCAA rules allow UC Davis to deny permission to talk, our general Intercollegiate Athletics policy is to grant these requests.
- B. Your head coach at UC Davis will be notified that you have filled out the request form.
- C. If you do not want your coach to be notified, Dr. Kim Elsbach, Faculty Athletic Representative, must approve your request. You will be given her contact information when you request permission to speak to another school. She will determine whether or not your coach will be notified regarding your request to speak to another institution.
- D. The request form will be processed and faxed to the other institution within one week of the request.

NCAA Bylaw 14.5.5 details the regulations for 4-year college transfers, including the conditions under which the one time transfer exception may be applied. To read Bylaw 14.5.5, please see the current NCAA Division I Manual in 204 Hickey or go to <http://www.ncaa.org>.

Once you have transferred to another 4-year school, NCAA rules require the athletic department at that school to request, in writing, information from UC Davis regarding your academic standing and whether you would have been eligible had you returned to UC Davis. This information impacts your eligibility at the new school. At UC Davis, requests for academic information on student-athletes transferring away from UC Davis are received by Intercollegiate Athletics and completed by athletic certification personnel in the Registrar's Office.

The Big West Conference also has additional regulations for student-athletes who transfer from one Big West institution to another. If you participate in a Big West sport and transfer to another Big West institution, you must sit out one academic year and lose one season of competition. Additionally, you may not receive athletically-related aid during your first year at the new Big West institution. If you have questions about transferring to another Big West school, see your athletic academic advisor and ask to review the current Big West Conference transfer eligibility rules.

Note that there are separate NCAA regulations for student-athletes who transfer from UC Davis to a 2-year school. See NCAA Bylaw 14.5.4 for more information.

UC Davis regulations require that a student officially withdraw before transferring to another school or risk being responsible for additional fees at UC Davis. See page 81 in the 2008-10 UCD Catalog for information on withdrawal from UC Davis.

Updated: 9-15-08

SUMMARY OF NCAA, CONFERENCE, & UC DAVIS ACADEMIC ELIGIBILITY RULES

The list below is a summary of NCAA, Big West Conference, and UC Davis academic eligibility rules. A complete list of rules and regulations can be found on the web at <http://www.ncaa.org> or in Student-Athlete Academic Services, 204 Hickey Gym. If you have a question about NCAA rules or your eligibility ask your coach, the faculty athletic representative, or your athletic academic advisor.

Please pay attention to updates from your coaches and your athletic academic advisor. Updates may be sent to your UC Davis e-mail account – please check your campus e-mail frequently.

All UC Davis student-athletes are required to:

- Know their eligibility status and the NCAA rules.
- Be enrolled in 12 units in order to practice or compete. Waitlist units do not count toward full-time enrollment.
- Have a cumulative UC Davis GPA of 2.00 or higher.
- Declare a major before the 7th term of attendance. (If you're thinking about changing your major, please meet with your athletic academic advisor to determine how this will affect your eligibility.)
- Pass a minimum of 6 degree units during each academic quarter.
- Pass a total of 39+ units each academic year (fall/winter/spring).
- Complete an academic plan form (APF) each year.
- Have a physical exam or medical history form approved each year by the athletic training staff.

In addition to the general eligibility rules above, students who first enter college full-time in fall 2003 or later must:

- Pass a minimum of 27 degree units during fall/winter/spring combined.
- Complete 40% of degree requirements before the start of the 3rd year in school.
- Complete 60% of degree requirements before the start of the 4th year in school.
- Complete 80% of degree requirements before the start of the 5th year in school.

In general, all student-athletes should understand that the following can result in loss of eligibility:

- Participation on an outside team during the season.
- Gambling on sports of any kind.
- Use of drugs on the banned substance list.
- Modeling without prior approval of the athletic compliance coordinator.
- Commercial advertisement with use of the student-athlete's name, picture, appearance, or sport.
- Receipt of an ENWS grade as part of the 12 units taken in any quarter.
- Association with any professional sports organization or agent.
- Practice or competition while enrolled in less than 12 units.
- Practice or competition after the 10th day of instruction without fees paid.

ACADEMIC PLAN FORM (APF)

NCAA rules require that all student-athletes complete an academic plan form (APF) signed by a college or major advisor each year to verify progress toward their major and degree. Returning student-athletes must complete an APF each spring.

The APF is an educational tool that helps you plan a balanced program during your quarter(s) of competition, think about what major and career you hope to pursue, and prepare for registration. You can do the APF on your own, in a scheduled appointment with your athletic academic advisor, or directly with your college or major advisor. Your college or major advisor will have to approve and sign the APF each year.

Blank copies of the APF are available in the Student-Athlete Academic Services office in 204 Hickey Gym.

*The deadline for new student-athletes to turn in an APF this fall is
MONDAY, OCTOBER 27th, 2008 by 5:00 pm.*

*New student-athletes who don't turn in an APF by October 27th
will be ineligible for practice and competition starting
Tuesday, October 28th.*

Since the APF must be signed by a college or major advisor, please do not wait until the last minute to schedule an appointment with your college or major advisor. Your athletic academic advisor's appointments will also book up several weeks in advance. New freshmen and transfer should plan to do the APF early in October to avoid any potential eligibility problems.

ENROLLED NO WORK SUBMITTED GRADE

Overview

The ENWS grade (which stands for “enrolled, no work submitted”) can be given at UC Davis when a student signs up for a class but never attends the class or submits any work. Receiving an ENWS grade can jeopardize an individual student-athlete’s eligibility and affect that team’s NCAA Academic Progress Rate (APR), a statistic that is reported nationally.

Per UC Davis Intercollegiate Athletics policy, student-athletes must be enrolled in, attend, and receive grades in at least 12 units each quarter (see exception for graduating seniors listed below in “Notes”). Although student-athletes commit a UC Davis Intercollegiate Athletics policy violation when they receive an ENWS as part of their 12 units, receiving an ENWS in addition to earning grades in 12 other units is not a rule violation and will not jeopardize eligibility. **DO NOT TAKE AN ENWS GRADE AS PART OF YOUR 12 UNITS!**

Penalties

If you take an ENWS grade as part of your 12 units in any quarter, the following penalties will apply:

1. You will be ineligible for all competition for the next quarter in which you could have competed in a championship segment. If you are redshirting, injured, academically ineligible for competition, on study abroad, on PELP, on part-time status, or have other special circumstances, you will be required to sit out the next quarter of competition in which you are in residence at UC Davis and are healthy or eligible to compete.

Examples:

- a) A football student-athlete earns an ENWS in fall 2008 as part of his 12 units. The student-athlete would be ineligible for competition in fall 2009 due to an ENWS violation.
 - b) A swimming student-athlete earns an ENWS in fall 2008 but is academically ineligible for winter 2009. The student-athlete would be ineligible for competition in fall 2009 due to an ENWS violation.
 - c) A softball student-athlete earns an ENWS in spring 2009. The student-athlete becomes injured and redshirts in 2009-10. She would then be ineligible for competition in winter 2011 due to an ENWS violation.
2. If you are receiving an athletic scholarship, you will face a potential cancellation of your athletic scholarship based on the recommendation of your head coach and the athletic director.
 3. If you earn an ENWS in your final year of competition, your ability to apply for and receive reserve fund aid in your 5th year may be jeopardized. (The reserve fund is available by application to student-athletes who received an athletic scholarship during their 4th year, completed their eligibility, and need part or all of the 5th year to complete their degree.)

4. If you violate the ENWS policy more than once, you may be subject to additional penalties including, but not limited to, the permanent cancellation of your athletic scholarship and dismissal from the team. Student-athletes who commit an ENWS violation in more than one quarter will be reviewed on a case-by-case basis by the NCAA faculty athletics representative and the athletic director.

If you have any questions about the ENWS policy, please see your athletic academic advisor.

Notes

1. NCAA Bylaw 14.1.8.2.1.3 allows seniors in their final quarter to go part-time provided they have filed for part-time status with the Registrar's Office, filed for graduation with the Registrar's Office, and are enrolled in the final required courses remaining in their degree. A senior student-athlete who is going part-time and receives an ENWS in a required final class will be subject to the penalties outlined above.
2. All students must meet the UC Davis minimum progress requirement by passing 39 units during each fall, winter, and spring (not summer) to avoid being dismissed from school.
3. In addition to meeting UC Davis minimum progress, all student-athletes must continue to meet all NCAA academic eligibility regulations.

Appeals

If you feel you received an ENWS in error as part of your 12 units, you will need to see your athletic academic advisor, submit a written appeal to the NCAA faculty athletics representative, and meet with the NCAA faculty athletics representative.

POLICY AND PROCEDURES FOR MISSED CLASSES DUE TO COMPETITION ON AN INTERCOLLEGIATE TEAM IN 2008-09

Student-Athlete Responsibilities

1. Student-athletes must speak with each instructor DURING THE FIRST WEEK OF CLASS to discuss all potential missed classes for the quarter due to travel and competition for their sport. DURING THE FIRST WEEK OF CLASS, all student-athletes who might be competing that quarter must receive written confirmation from each of their professors regarding how they may make up, not make up, or take early any quizzes, exams, or labs that will be missed due to scheduled competition. Blank copies of the Intercollegiate Athletics Missed Class Form are available in the Student-Athlete Academic Services office in 204 Hickey Gym.
2. Once the Missed Class Form has been signed, the student-athlete will give one copy of the form to the instructor, one copy to the coach, and will keep the final copy. (The Missed Class Form is in triplicate.)
3. Student-athletes will not miss class other than for competition or extreme extenuating circumstances (e.g., severe illness, death in the family, etc.). Illness of a severity that affects class attendance must be reported to the athletic trainers.
4. Student-athletes are required to attend all classes that end 2 hours or more before travel departure from campus for an away competition.

Scheduling of Competitions and Practice

1. Competitions will be scheduled to minimize missed classes (i.e., minimize competitions during the middle of the week).
2. No competitions will be scheduled during finals week of each quarter (except conference or NCAA championships).
3. Coaches will track all competitions that occur during the final week of the quarter (week 10) and the midterm weeks of the quarter (weeks 4, 5, and 6), and work to minimize away competitions during these weeks.
4. Coaches will work to accommodate student-athletes who must take required courses that conflict with scheduled practice times.

UC DAVIS E-MAIL ACCOUNT

Your UC Davis e-mail account is considered the official means of communication from UC Davis to all students. All students are responsible for activating and managing their UC Davis account and accessing all information sent to that account.

Your professors, campus advisors, college dean's office, the Registrar's Office, coach, athletic academic advisor, and other staff will send messages to your UC Davis e-mail account.

Due to federal privacy regulations, campus staff may not be able to respond to messages that you send from other e-mail accounts. At the end of each quarter, students are notified of probation or dismissal **ONLY** by their UC Davis account. You will also receive information about athletic eligibility from the Registrar's Office via your UC Davis e-mail.

You should read your UC Davis e-mail account daily.

PROCEDURE FOR CHANGING OR DECLARING A MAJOR

Students at UC Davis are prohibited from changing their major during their first quarter of enrollment. New freshmen and transfers must wait until they have completed at least one quarter at UC Davis and earned a 2.00 or higher GPA. Some majors have GPA admission requirements as well as preparatory classes that must be completed prior to entering the major. Consult the current UC Davis *Catalog* for more information.

To change or declare your major at UC Davis:

- Print the petition for change of major off the UC Davis web site. Go to <http://registrar.ucdavis.edu> and click on "Forms". Under "Majors", click on "Petition for Change of Major".
- Get signatures from the major advisor in the new major, the major advisor in the old major, the dean's office for your current college, and the dean's office for your former college (if you're changing colleges within UC Davis).
- If you'd like to declare a double major, you must have already completed two upper level courses in each major with grades posted on your transcript. You must obtain signatures from both major advisors.
- If you're unsure where the major advisors or dean's offices are located, see the staff at the front desk in Student-Athlete Academic Services, 204 Hickey Gym.

GRADE CHANGES

Grades may not be changed once they have been submitted to the Registrar's Office unless 1) a clerical error has been made (e.g., a homework score is missing) or 2) a procedural error has affected the student's grade (e.g., misapplication of grading procedures, arbitrary treatment or prohibited discrimination).

If you believe you received an incorrect grade due to a clerical or procedural error, ask your instructor to file a grade change form with the Registrar's Office. If your instructor does not agree, you may request a change of grade by filing a grade change petition with the Registrar's Office in 12 Mrak Hall. Grade change petition requests must be filed by the fifth week of the following quarter (see the current *Class Schedule* for exact date).

The Academic Senate Committee on Grade Changes reviews requests for grade changes and has no authority to reevaluate student work, but can change the grade if it finds a documented clerical or procedural error. If the alleged procedural error involves arbitrary treatment or discrimination, the Grade Change Committee may refer the case to the Student-Faculty Relationships Committee, or the student may file a formal grievance. See the student Judicial Affairs Web site at <http://sja.ucdavis.edu> for more information. (Click on Student Grievances, then on Grade Grievances.) You may also meet with a staff member in Student Judicial Affairs (3200 Dutton, 752-1128) to discuss a grievance with a faculty member.

PART-TIME STATUS

Seniors in their final quarter may take less than 12 units and be certified eligible to practice, compete, and/or receive an athletic scholarship only if they have filed for graduation with the Registrar's Office and have units remaining that are REQUIRED to complete their degree. If you have completed all the requirements for your major and your degree, NCAA rules will not allow you to stay at UCD and go part-time just to complete your eligibility. (You would, therefore, be required to enroll full-time.)

Seniors who take 10 units or less must also file for part-time status at the Registrar's Office (see class schedule for deadlines) and pay reduced fees for their final quarter. Generally, you should plan to file for part-time status before the quarter begins.

If you plan to take less than 12 units in your final quarter and have athletic eligibility remaining, you must discuss your plan at least 1-2 months before your final quarter begins with your athletic academic advisor to ensure that you will be eligible to compete.

If you receive an athletic scholarship you must also see the Assistant Athletic Director for Compliance (Jennifer Cardone) at least 1-2 months before your final quarter begins to discuss how part-time status will affect your ability to receive your aid.

If you receive other forms of financial aid (loans, grants, etc.), please talk with Financial Aid, 1st floor Dutton Hall, before you file for part-time status.

PROCEDURES FOR TAKING NON-UCD COURSES & STUDY ABROAD

Procedure for Taking a Summer School Course at Another Institution

Student-athletes who choose to take summer school at another institution are encouraged to meet with their college dean's office advisor or major advisor before enrolling in courses at other schools. You will want to know in advance how that course counts toward your major or graduation requirements. In addition, you are encouraged to meet with your athletic academic advisor to discuss how that course affects your eligibility.

To see how California community college courses transfer to UC Davis, use the ASSIST web site at <http://www.assist.org>. First highlight the name of the community college, then highlight UC Davis. You may then look up individual courses at the community college.

Once you complete the course, you must request that the official transcript from that school be sent to UC Davis. Due to campus regulations, it is recommended that all transcripts for summer work be sent to UC Davis **by no later than September 1st**. It is best to send the official transcript directly to the athletic academic advisor for your sport. The address is Michelle Roppeau, Laura Goldhammer, Amy Soud, or Juan Vazquez, Student-Athlete Academic Services, Intercollegiate Athletics, 204 Hickey Gym, One Shields Ave., Davis, CA 95616.

Procedure for Taking a Course at Another Institution During the School Year

In general, students at UC Davis are not allowed to obtain transfer credit for courses taken at a non-University of California campus during the regular academic year. If you are a full-time student at UC Davis (registered in 12+ units) and would like to take a course at another school during that same quarter, **you must do a "concurrent enrollment" petition your college dean's office well in advance (i.e., before you register for the other course)** for an exception to the concurrent enrollment policy. (Summer courses, as described above, are exempt from this regulation.) See page 73 in the *2008-2010 UCD General Catalog* for more information.

Procedure for Study Abroad Programs

Study abroad is highly recommended for all students at UC Davis; many student-athletes study abroad one or more times. Due to NCAA academic eligibility rules, student-athletes who plan to study abroad should meet with their athletic academic advisor in an appointment at least 3 months before the start of the study abroad program. (It is recommended that you meet 6-9 months in advance to allow time to change your current course schedule, if needed, to meet NCAA eligibility requirements.) Visit the UCD study abroad web site at <http://eap.ucop.edu/flash/gen05/ucd/>

You may also be specifically interested in the short-term summer study abroad programs described at <http://summer-abroad.ucdavis.edu/>

FOREIGN LANGUAGE PLACEMENT EXAM

The foreign language placement exam is recommended for all students who have taken foreign language courses in high school. Students who have successfully completed the second or third year of a language in the 10th or higher grade in high school are allowed to take the first level of that language (e.g. Spanish 1, French, 1 etc.), but only on a P/NP grading basis.

The placement exam is administered by the Language Learning Center in 53 Olson Hall. Generally during the school year the office is open from 8:00 a.m. – 8:00 p.m. Monday through Thursday and 8:00 a.m. – 4:00 p.m. on Friday. To schedule an exam, you must call 530-752-1508 at least 48 hours in advance. You may take this exam only once.

Exams are available in Chinese, French, German, Italian, Japanese, Russian, and Spanish. For all other language placement exams, call the Second Language Acquisition Institute at 530-752-2719.

Although the foreign language placement exam is not mandatory, many student-athletes take this exam during their first year on campus. If you test out of the third quarter of any language, you will be DONE with the foreign language graduation requirement in the College of Letters & Science. See page 101 in the *2008-10 UC Davis General Catalog* for more info on the foreign language graduation requirement.

For more information about the foreign language placement exam, visit the Language Learning Center website at <http://llc.ucdavis.edu>

TUTORING

Free Tutoring Resources

Learning Skills Center (LSC), 2205 Dutton Hall, 752-2013,
<http://lsc.ucdavis.edu>

Tutoring in math, chemistry, biology, physics, statistics, Spanish, and writing is available to all students at UC Davis. The LSC also does free workshops on time management, procrastination, effective reading, notetaking, multiple choice exams, study skills, essay exams, test anxiety, and writing skills. Full-time learning specialists can meet individually with students.

Intercollegiate Athletics (ICA) Tutors

ICA provides limited tutoring for student-athletes in conjunction with the Learning Skills Center (LSC). To request a tutor through this program, you must be a current intercollegiate student-athlete. You may go to the LSC in 2205 Dutton Hall, present a photo ID, and complete the tutor request paperwork. If you have any questions about the ICA tutoring program, please see your athletic academic advisor.

Residence Hall Advising Centers in Segundo, Tercero, and Cuarto

http://www.housing.ucdavis.edu/Current/academic_advising_center.htm

Tutors in math, chemistry, and writing are available 6:00-8:30 p.m. Mondays through Thursdays in all three residence hall advising centers. Students who live in a residence hall can go to ANY center. Academic coordinators also help residents establish study groups.

Math Café, Women's Center Library, 114 North Hall, 752-3373

<http://wrrc.ucdavis.edu/mathcafe/>

Tutors are available in every level of math (from workload to upper level). Check web site for updated hours each quarter. Tutoring is usually available Monday nights from 5:00-7:00 p.m. and Thursdays from 6:00-8:00 p.m. (The Thursday evening hours may be held in Surge IV Scholars' Center study room or another location.) The Math Café tutoring is open to men and women.

Calculus Room, Math Sciences Building, Room 3118

http://www.math.ucdavis.edu/courses/learning/calculus-help/calc_room

Web site has helpful information specifically for students taking any of the calculus (Math 16, 17, or 21) series. Tutors are available for students in Math 16A, 16B, and 16C. The calculus room is usually staffed from 11:00 a.m. to 6:00 p.m. Mondays through Fridays. Check web site for hours each quarter.

Tutoring Resources for Hire

Check with each department to see if they have tutors for hire. For department contact information, call UC Davis Information at 530-752-1011 or check <http://www.ucdavis.edu>. The following departments have tutoring information on their web sites:

Paid Math and Statistics Tutors

<http://www.math.ucdavis.edu/courses/learning/calculus-help>

Click on Math Tutors. Gives tutors' hourly fees, GPAs, phone numbers, and e-mail addresses.

Paid Engineering Tutors

<http://engineering.ucdavis.edu/> Click on Current Students, then Advising, then Academic Peer Advisers, then Tutor Listings. Lists specific courses in which tutors are available. Gives tutors' hourly fees, quarters available to tutor, and e-mail addresses. Subjects tutored last year include general engineering, chemistry, civil engineering, electrical engineering, math, and physics.

ACADEMIC SUCCESS

Student-athletes who have graduated from UC Davis offer the following tips for academic success:

1. Attend class. Be on time; don't come in late or leave early. Participate (ask questions, etc.) even if the class is large.
2. Sit near the front of the class to avoid distractions. Pay attention. Turn off your cell phone, take off your ear buds, and put the newspaper away.
3. Plan 18-22+ hours of study time into each week. Treat this time as seriously as you treat practice for your sport. Studying this much on a weekly basis will help you avoid cramming for tests or having a lot to make up if you get sick or travel during the quarter.
4. Use the time that you have between classes to study in a building on campus. If you study 1-2 hours during the day, it will reduce the amount of time you need to study at night. Shorter study periods are often more effective, too.
5. Assume that you will not get a lot accomplished academically during team travel. Try to get your work done before you leave campus. Bring materials for only one class and focus on getting caught up or ahead in that class. Study in the airport, on the plane, in the bus, etc.
6. Meet with your professors during office hours. Ask questions or ask for help. You'll get valuable information (and possibly tips for future tests); your professor will get to know you and see how much effort you're putting into the class. (Most professors will let you schedule appointments if their office hours are during your practice or other classes.)
7. Meet with your teaching assistants (TA's). The TA's are paid to help you understand the material.
8. Form a study group with other students in the class.
9. Use free tutors in the Learning Skills Center (LSC), the residence halls, and other places (like the Math Café or the Calculus Room). Use a free writing tutor in the LSC to review a rough draft of every paper that you write (in any subject) to help you get the highest possible grade.
10. Hire a personal tutor if you can afford it (usually \$15-25/hour). Most departments have a list of tutors for hire; some departments post these tutors on their web sites. (Search for departments at <http://www.ucdavis.edu/>.)
11. Pick up quizzes, midterms, and papers that have been graded. Keep track of how you're doing in each class.

TIPS FOR TALKING WITH PROFESSORS

Faculty members and teaching assistants at UC Davis are reasonable people who enjoy teaching undergraduate students. They are also extremely busy—and often face numerous requests for changes, exceptions, extensions, individual help, etc. from the students in their classes.

If you're talking with a professor about accommodations due to your participation in Intercollegiate Athletics at UC Davis, we have several suggestions.

DO:

- Be respectful, cordial, and courteous. Ask for factual information and use "I" statements (e.g., "I wanted to check my grade on the midterm") rather than becoming emotional and using "you" statements (e.g., "Why did you fail me on that test? You made me ineligible!")
- Go to office hours or schedule an appointment to discuss missing class, turning assignments in late, taking exams at an alternate time, etc. due to team travel. At the beginning of a class, the instructor may be trying to review a lecture or set up equipment for the class. At the end of class, the instructors may need to vacate the room for the next professor and/or rush off to teach another class.
- Go to office hours prepared. If you're asking for an accommodation, bring a copy of the missed class time letter and your athletic competition schedule (both available in 204 Hickey).
- Talk to a professor during the first week of the quarter if you anticipate missing class due to team travel at any point during that quarter.
- Don't expect a response (or an immediate response) via e-mail. Faculty and TA's are responsible for teaching hundreds of students each quarter. They sometimes cannot respond to e-mail messages and/or may prefer to see students in their office.
- Be proactive. Ask for help if you're struggling or have questions in a class. Faculty and TA's want to help students understand and succeed.
- Share personal information as appropriate. Instructors want to know if you have a learning (or other) disability that requires accommodation, a family or medical emergency that requires you to miss class, etc.
- Express your enthusiasm and interest for a lecture, reading, assignment, etc. that you enjoy. Instructors put many hours into preparing for each class; a sincere compliment from a student is a gift.
- Invite your instructors to attend a competition in your sport and share a copy of your team schedule.

DO NOT:

- Approach a professor or TA to discuss a teammate's grade and/or advocate for a teammate who is struggling in class. Instructors can only discuss grades with the student who earns them.

- Ask a professor or TA to change your grade so you can be eligible.
- Approach a professor in the 9th or 10th week of the quarter to ask if they could design an extra credit assignment for you because you're failing.
- Tell a professor that they need to accommodate your travel schedule because you're a student-athlete.
- Ask an instructor if you missed anything on the day(s) you weren't in class. (Assume you missed a lot!)
- Ask for an incomplete just because you're failing. (UC Davis strictly regulates incompletes. See pages 76 in the *2008-10 UC Davis Catalog* for info on incompletes.)
- Intimidate, threaten, or verbally harass an instructor because you got a lower grade than you expected.

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is a leadership group of student-athletes who provide feedback to the athletic director on issues of importance to student-athletes at UC Davis. SAAC also works to promote the welfare of UC Davis intercollegiate student-athletes in general.

SAAC encourages student-athlete participation in community outreach activities and sponsors several charity events for all teams during the academic year. SAAC also serves as a conduit of information from the athletic administration to the teams.

Each team has two representatives to SAAC (typically a freshman/sophomore and a junior/senior) who are chosen by the head coach. SAAC representatives are responsible for attending meetings, serving as a liaison between SAAC and their individual teams, and spearheading any department-wide activities that involve or affect their team. The SAAC officers (chosen through a nomination process) coordinate the agendas for the SAAC meetings, lead SAAC-sponsored community service and social events, and may be asked to serve on campus-wide committees as representatives of intercollegiate athletics.

There are 3-6 SAAC meetings each quarter, which are usually scheduled from 12:00-1:00; meeting times each quarter are based on the class schedules of the SAAC officers. SAAC officers from UC Davis also attend conference-wide SAAC meetings (made up of student-athletes from the other schools in the Big West Conference) and may be asked by the athletic director to represent UC Davis student-athletes in radio and TV interviews, at outreach events, or in other public relations venues.

If you are interested in becoming a SAAC team representative or officer, please talk to your head coach, your current SAAC team representatives, or Michelle Roppeau, director of athletic academic advising.

The 2008-09 SAAC officers are: Kelsey Fischer (women's golf), Grant Hirneise (baseball), Deanna Menapace (softball), and Avreeta Singh (volleyball).