



The College at  
**BROCKPORT**  
STATE UNIVERSITY OF NEW YORK

**STUDENT-ATHLETE  
HANDBOOK  
2008-2009**



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## **INTRODUCTION**

To The College at Brockport Student-Athletes:

It gives me great pleasure to extend greetings to all the new athletes and returning student-athletes of The College at Brockport. It is the hope of the Athletic Department Staff that this "Student-Athlete Handbook" will provide you with meaningful information to make your experiences and contributions at The College at Brockport more rewarding.

I would like to take the opportunity on behalf of the Administration, Intercollegiate Athletic Board, Golden Eagle Society, coaching staff, and all supporters of athletics at The College at Brockport to wish you a successful year.

**Linda J. Case**

Director of Athletics

## **PURPOSE OF INTERCOLLEGIATE ATHLETICS**

The College at Brockport, through its intercollegiate athletic program, strives to accept the responsibility of creating an environment which provides the individual student-athlete with an opportunity to achieve personal, educational, and moral values. The institution strives to develop intellectual, social, moral, emotional, cultural and vocational growth and development.

## **MISSION STATEMENT OF THE INTERCOLLEGIATE ATHLETIC PROGRAM**

The College at Brockport athletics...

Is committed to creating a safe and healthy environment, which provides student-athletes with an opportunity to achieve individual and team goals, as well as educational and moral values;

Is committed to offering quality, competitive athletic experiences to student-athletes, which promotes pride and spirit throughout the College and community; and

Is committed to recruiting and retaining quality, well-motivated student-athletes and coaches who contribute to student success.

## **OBJECTIVES OF INTERCOLLEGIATE ATHLETICS**

1. To provide a form of student educational activity which is an accepted part of collegiate life.
2. To provide an athletic program which demonstrates the positive values of good physical condition, learned skills and sportsmanship acquired by the participants.
3. To provide as broad and varied a program of intercollegiate sports as is feasible in light of available resources (time, money, staff, facilities, equipment, supplies, etc.).
4. To provide a vehicle which is a recognized builder of morale among college students, staff, faculty, administration, alumni/ae and community.
5. To create among the total College community an increased interest in loyalty to the institution and to the goals and objectives of the College community.
6. To create an atmosphere of pride, enjoyment and satisfaction surrounding intercollegiate athletic activities.

## **STUDENT-ATHLETE CODE OF CONDUCT**

Participation in intercollegiate athletics can be an important facet of a young person's college career. Athletics is unique in that success in sports is based upon cooperation, loyalty, discipline, and close relationships between players and coaches.

To benefit completely and contribute extensively to that success, a player must be willing to make personal sacrifices for the betterment of the team. Although a coach at Brockport should always be interested and concerned with the academic and athletic progress of each student-athlete, the coach must at times place the welfare of the entire team before the personal interests of a single team member. It is within this framework that standards for athletic competition have been established.

## **SPORTSMANSHIP AND ETHICAL CONDUCT**

Members of Brockport athletic teams are expected to conduct themselves as mature adults and upstanding citizens, displaying all of the characteristics of what one might consider a "positive role model." Any incidents which take place on campus (academic-related or otherwise) or in the community which might lead to an unfavorable impression of the Brockport athletic program will result in disciplinary measures as decided upon by the athletic administration and coaching staff. This could range from probation to suspension or dismissal.

## **HAZING**

The College at Brockport specifically prohibits any recognized student organization from engaging collectively or individually in the practices listed below as part of initiation into or affiliation with an organization.

The College endorses the definition of hazing to include: Any mental or physical requirements, request, or obligation placed upon any person which could cause discomfort, pain, fright, disgrace, injury, or which is personally degrading or which violates any federal, state, local statute, or university policy.

NY State law states that a person is guilty of hazing when, in the course of another person's initiation into or affiliation with any organization, she or he intentionally or recklessly engages in conduct which creates a substantial risk of physical injury to such other person or a third person and thereby causes such injury.

## **SOCIAL NETWORKING WEBSITES**

Social networking sites such as facebook.com, myspace.com, etc., have developed into powerful tools for communication in our technology-savvy population. While there are many positive uses for this technology, one must consider some of the potential negative consequences that may occur when these sites are used irresponsibly. Please keep the following guidelines in mind as you participate on social networking web sites:

- Before participating in any online community, understand that anything you posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.
- For your safety, do not post information, photos, or other items online that could embarrass you, your team, or The College at Brockport. This includes information, photos, and items that may be posted by others to your page.
- Do not post your home address, local address, phone numbers, birth date, social security number, class schedules, details about your daily routine or other personal information.
- Exercise caution as to what information you post on your website about your whereabouts or plans. You could be opening yourself up to predators.
- Be aware that current and potential future employers often access information you place on online social networking sites.
- Information you post or depict through pictures can be used by campus officials or police for disciplinary proceedings in the event a crime has been committed, i.e. underage drinking, harassment, threats.

## INTERCOLLEGIATE ATHLETIC ELIGIBILITY POLICIES

It is intended that the policies outlined below will assist student-athletes enrolled at The College at Brockport to earn a degree as well as to enjoy the benefits of intercollegiate athletic competition. These ACADEMIC ASSISTANCE and ACADEMIC ELIGIBILITY policies have been developed through the cooperative efforts of the coaching staff, the Athletic Director and staff, and the Vice President of Enrollment Management and Student Affairs, with the expressed understanding that the student-athlete's prime purpose for attending The College at Brockport is to earn a college education and, secondarily, to participate in intercollegiate athletics.

1. First-time, full-time students, transfers, or freshmen are eligible to compete in intercollegiate athletics during their first academic year as long as their first semester GPA remains at or above a 1.50.
2. Students must maintain a cumulative 2.0 GPA to be able to compete in intercollegiate athletics.
3. Students who do not have a cumulative 2.0 GPA are eligible to compete only if they have received a 2.0 GPA the semester prior to the start of the season, and their cumulative GPA is 1.50 or above.
4. Students whose traditional season extends over two academic semesters must have a cumulative 2.0 GPA or receive a fall GPA of 1.50 or above to be eligible to compete in the spring semester. The winter mini-sessions can be utilized to improve the cumulative or fall GPA.

### 5. Academic Progress for Athletic Eligibility

A student-athlete can be declared ineligible for failure to achieve satisfactory academic progress. Satisfactory Progress is defined in terms of the number of credit hours earned at the end of a given semester. To remain eligible for intercollegiate athletic competition, the following academic credit hours must be earned toward graduation.

#### **If enrolled as a student prior to the Fall of 2007:**

64 credit hours after 8 semesters  
90 credit hours after 9 semesters

#### **If enrolled starting in the Fall of 2007:**

After semester	Credits earned towards graduation (once enrolled at Brockport)
2	20
4	40
6	60
8	80

Developmental credits do not count towards graduation and are not counted in satisfactory progress starting in the junior year.

Overall hours including non-indexable hours are used for freshman and sophomore years. Starting junior year, only degree-bearing hours will be included in the formula. Transfer students will be held accountable to the satisfactory progress hours based on admit term to Brockport. Transfer credits at previous institutions will not be included in this process. Once a student is enrolled at Brockport, summer and winter session classes at Brockport or another institution can be used to attain these requirements as long as they are degree-bearing credits and have prior approval by academic advisement. Part-time enrollment will not be included in the total semester count.

6. Students who are "dismissed/reinstated" are ineligible for intercollegiate participation until they obtain a semester GPA of 2.0 or higher in a semester following reinstatement at Brockport. Dismissed/reinstated students can use the summer semester to raise their GPA to an acceptable level and regain eligibility. The question of whether or not the student can continue to practice with the team, if reinstated academically, is left up to the head coach of each sport.
7. Students who attend The College at Brockport summer sessions and raise either their spring semester or cumulative GPA to a 2.0 or above are eligible to compete in the fall semester, as long as their cumulative GPA is a 1.50 or above.
8. Per NCAA transfer rules, students who are dismissed and attend a junior college must successfully complete 24 hours of transferable-degree credit and attend at least two semesters at the two-year college in order to be eligible at a four-year institution.
9. During the nontraditional season, a returning student-athlete must have a cumulative 1.50 GPA or greater to practice and a cumulative 2.0 GPA or greater to compete. Any new student trying out for a team must have a cumulative 2.0 GPA to participate in the nontraditional season.

NOTE: In all cases where students receive an "I" in their course work, the Vice President for Enrollment Management, the Athletic Director, and the eligibility officer will review each case and make a determination regarding participation. If at all possible, students will be expected to complete work prior to participation in intercollegiate athletics.

### **ACADEMIC CREDIT**

Student-athletes will receive one academic credit for every sport season they complete during the academic year. Credit can be earned every academic year, with a maximum of four credits per sport. Student-athletes must complete the season to earn the credit. The grade does factor into your semester and overall GPA and does count towards your 120 graduation hours.

### **ACADEMIC HONORS**

Student-athletes who complete the sport season are eligible for academic honors. The following awards are available to the student-athlete:

1. Athletic Honor Roll... 3.0 semester GPA during the traditional playing season.
2. SUNYAC All-Academic Team... minimum GPA of 3.3 for either semester during the traditional playing season.
3. SUNYAC Commissioner's List... minimum cumulative GPA of 3.3 based on three semesters at The College at Brockport. Winter athletes are eligible either semester.

### **STUDENT LEARNING CENTER**

The Student Learning Center (SLC) offers students an opportunity to sharpen their writing and math skills and to learn new skills to meet the challenge of college-level work. The services include: computer-assisted tutoring for writing and math, a computer classroom for software demonstrations and instruction, and a computer room for students to work independently on assignments. A professional staff coordinates the various areas, which are open mornings, afternoons and some evenings. The SLC is located in B-10 Cooper Hall.

## **MANDATORY STUDY HALL**

The Mandatory Study Hall will be in Tuttle North for the academic year from 8:00-9:30 p.m. Mondays-Thursdays. Students must sign in and attend the study hall for that one-and-a-half hour block, three times per week.

The study hall runs every week, except the weeks of Thanksgiving, winter, and spring recesses, and final exam weeks. Study hall will be monitored both fall and spring semesters. The study hall is not a tutoring session. Students must learn to organize their time and complete assignments on their own.

1. Student-athletes who enter the College under the Exceptional Talent admissions category will be required to attend the monitored study hall, three times a week throughout their first academic year. Those students earning a 3.0 GPA or above in the fall semester will be released from the requirement in the spring semester.
2. Student-athletes on academic probation will be required to attend the monitored study hall three times per week throughout the academic probation.
3. Any student-athlete deemed not to be making satisfactory progress in terms of credit hours must attend monitored study halls three times per week. Any athlete may be assigned to study hall by the head coach. This determination will be made by the Athletic Director in consultation with the head coach.
4. The Athletic Director or designee will have access to attendance records on a weekly basis and be responsible for attendance compliance.
5. A student-athlete may only be excused from study hall attendance by the Athletic Director, or the eligibility officer if the athletic director is not on campus. Permission must be granted 24 hours in advance - (including absence for athletic contests) - or the absence will be considered unexcused. The only other permissible excuse would be extreme emergency situations such as a death in the family, a serious family emergency, or an illness that can be documented by the campus health center or off-campus physician. The athlete must contact the Athletic Director as soon as possible after his or her absence. The athlete may not practice or compete until cleared by the Athletic Director.

### **In-Season Athlete Penalty:**

1. First unexcused absence - student-athlete must meet with coach. Student-athlete is ineligible for practice or competition until meeting takes place.
2. Second unexcused absence - student-athlete must meet with Athletic Director. Student-athlete is ineligible for practice or competition until meeting takes place.
3. Third unexcused absence - suspension from one in-season competition. This will be the first competition after absence is verified. Athlete can practice at coach's discretion.
4. Fourth and subsequent occurrences - suspension from two in-season competitions for each occurrence. This will be in the first two competitions after absence is verified.

### **Out-of-Season Athletes Penalty:**

1. Attendance at less than 90% of scheduled study halls - suspension from 10% of following in-season competitions.
2. Attendance at less than 85% - suspension from 20% of following in-season competition.
3. Attendance at less than 80% - suspension from 30% of following in-season competition.
4. Attendance at 75% or less - athlete is ineligible for the following season.

In all instances, the head coach will be notified of suspensions in writing.

**NOTE:** Scrimmages are not considered in-season competition for purposes of this policy.

## **ATHLETIC ELIGIBILITY CHECKLIST**

In order to be eligible to compete in intercollegiate athletics at The College at Brockport, you must do the following:

1. Be enrolled and registered as a full-time matriculated student (minimum 12 credits).
2. Have an overall GPA of 2.00, or 2.00 the semester prior to tryouts and at least a 1.50 GPA overall.
3. Attend an NCAA eligibility meeting and complete all paperwork.
4. Provide health insurance that covers participation in intercollegiate athletics.
5. First-year athletes must provide a medical evaluation form and be cleared by the health center. All returning athletes must be cleared by the health center prior to practice.
6. Declare your intent to enroll when accepting your class schedule.
7. Maintain satisfactory progress toward a degree.

## **STUDENT RIGHTS**

Each student-athlete shall be granted due process. Any individual, who believes he or she has been discriminated against, denied a benefit or right, or excluded improperly from participation in any department, educational program or activity, may lodge a formal grievance within the department by following the procedures cited below.

The department encourages the use of pre-grievance meetings with appropriate staff members prior to the filing of a formal grievance with the Athletic Director.

## **Team Suspensions/Dismissals**

A student-athlete may be suspended, dismissed or declared ineligible for intercollegiate competition for the following reasons:

- a. Failure to participate in practice sessions or to carry out assignments assigned by the coach (training regulations, team rules, etc.).
- b. Failure to participate in a scheduled athletic contest.
- c. Failure to attend classes as prescribed by departmental or College policy. (Failure to be a full-time student, 12 semester hours).
- d. Violation of The College at Brockport's rules and regulations as they pertain to the general student body.
- e. Failure to observe the general standards of appearance as established by the coaches and players in cooperation with the Athletic Director.
- f. Participation in an activity which disrupts a College-sponsored activity.
- g. Conviction of a serious crime (felony), or repeated misdemeanors.
- h. Harassment of the coach, team, or employee of the College.

- i. Failure to regain good standing and rejoin the team after being suspended for conduct, violation of alcohol policy, or appearance not acceptable to the coach.
- j. If a student-athlete attempts an act of intentional harm to themselves, including aggressive behavior and physical or emotional abuse, the student will be suspended from the team (including practices and competitions) until they have gone through a screening process that includes the following:
  - 1. Three, one-on-one counseling sessions or as determined by a professional counselor from The College at Brockport or documentation from an outside counselor.
  - 2. A written plan for handling difficult situations including support contacts developed in consultation with a coach and the counseling center.
  - 3. Cleared by the College's counseling center to practice by the campus health center or personal physician.
  - 4. One-on-one meeting with the Athletic Director.

### **Formal Grievance Procedures**

1. Submit a written complaint to the Athletic Director, The College at Brockport, Tuttle North, Brockport, New York 14420-2989, with specific details and corresponding dates being a part of that specific presentation.

Within 10 working days of the filing of the grievance, the Athletic Director shall – after gathering available facts – provide a written grievance answer to the complainant. If the complainant is satisfied, the situation is declared “closed.”

2. Following the written response outlined in step one (1) above, the complainant, if still not satisfied, has five days in which to appeal in writing to the Athletic Director and to request a conference with the Athletic Director or his/her designee. Said conference shall be at a mutually agreed upon time and place. The results of such a conference shall be put in writing by the designee of the Athletic Director or by the Athletic Director him/herself. The written results of the conference shall be forwarded to the complainant within five working days following the conference. This hearing is an informal hearing and may be continued by mutual agreement of the complainant and the Athletic Director.
3. If the complainant remains unsatisfied after completion of step two (2) cited above, the matter may be further referred by the complainant, within 10 days, through an appeal in writing to the Vice President of Enrollment Management and Student Affairs citing the reasons supporting this final appeal.

A meeting, at a mutually agreeable time (within two weeks), will be scheduled between the Athletic Director, the complainant, and the Vice President of Enrollment Management and Student Affairs. Additional persons may be present for fact-finding and clarification. A written summation of that meeting and possible solutions will be furnished to the complainant no later than 10 working days following this meeting.

The decision of the Vice President of Enrollment Management and Student Affairs shall “close” the situation.

### **TWO-SPORT ATHLETES**

Two-sport athletes must complete the current season before joining the second sport. If an athlete quits the first team, he or she must wait until that season is completely finished before joining the second team. If an athlete is cut from a team, he or she must get a release from the coach before joining another team.

## NCAA POLICIES AND PROCEDURES

The following NCAA rules apply to each and every student-athlete competing at the Division III level:

### Eligibility

#### Academic Status

1. You must be enrolled in a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a bachelor's degree. (14.01.1)
2. You have 10 full-time semesters to utilize your four years of intercollegiate eligibility. (14.2)
3. Graduate students may compete at the intercollegiate level if they are enrolled as a full-time matriculated student at the same institution where the bachelor's degree was earned. Full-time is defined as 12 credit hours or 9 hours and an internship. The 10-semester rule still applies. (14.1.8)
4. Undergraduates may compete as part-time student if it is their final semester and the student-athlete is registered for credits necessary to earn their degree. (14.1.7.2.1.3)

### Participation

1. A student-athlete is charged with a season of participation if he or she practices or competes during or after the first scheduled contest of the season. (14.2)
2. **Any** competition (JV or Varsity) with outside competition shall be counted as a season of eligibility. (14.2.4).
3. Preseason scrimmages or exhibitions do not count as a season of eligibility
4. You may not participate on an outside team in your sport during the academic year.

### Hardship

A student-athlete may request an additional season of eligibility if an injury or illness occurs when the student-athlete has not participated in more than three events or 1/3 of the institution's completed events during the first half of the season. (14.2.5).

### Transfer Regulations

You are immediately eligible when transferring to Division III as long as you would have been academically and athletically eligible to participate had you remained at your previous institution or you successfully completed 24 credit hours and two semesters at a junior college. (14.6.1.1) If you are not eligible at the previous institution, you must complete a year of residency prior to being eligible to compete at Brockport.

### Benefits-Gifts-Services (16.12)

Student-athletes may not receive any extra benefits. Extra benefits include, but are not restricted to, the following:

1. Use of an athletic department phone for long distance calls.
2. Use of your coach's automobile.
3. Any special discounts or service from an institutional employee or a representative of its athletics interests.
4. A loan of money.

However, student-athletes may receive an occasional family meal from an institutional staff member under the following conditions:

1. The meal may be provided in any location in the locale of the institution.
2. Meals must be restricted to infrequent and special occasions.

#### Amateur Status (12.1.1)

An individual loses amateur status and shall not be eligible for intercollegiate competition in a particular sport if the individual:

1. Uses his or her athletic skills for pay in any form in that sport.
2. Competes on an outside team prior to enrollment in college.
3. Enters into a professional draft subsequent to initial full-time enrollment.

#### Professional Tryouts (12.2.1.2)

You may not tryout for a professional team during any part of the academic year unless you have exhausted your eligibility.

#### Gambling (10.3)

The NCAA prohibits student-athletes and athletic department staff members from participating in gambling activities associated with professional sports events in which the Association conducts championship competition, Division I-A football, and emerging sports. Such activities include:

1. Providing information to individuals involved in organized gambling activities concerning intercollegiate athletics competition.
2. Soliciting bets on ANY INTERCOLLEGIATE team.
3. Accepting a bet on any team representing the institution.
4. Participating in any gambling activity that involved **intercollegiate athletics** or **professional athletics**, through a bookmaker, a parlay card, or any method employed by organized gambling.
5. Participating in a pool or fantasy league where an entry fee is required.

## **ALCOHOL AND SUBSTANCE ABUSE POLICY**

### *GLOBAL STATEMENT*

In light of the challenges and problems facing student-athletes today in the United States, The College at Brockport and the Office of Intercollegiate Athletics recognizes that there is an obligation on behalf of the student-athlete for a high standard of behavior in terms of alcohol and substance abuse. We also recognize our responsibility, duty and obligation to assist student-athletes in making informed decisions, based upon facts, relating to alcohol and substance abuse and misuse.

### *PURPOSE OF THE POLICY*

a. The purpose of such a policy of alcohol and drug education is to:

1. Educate the student-athletes and members of the athletic staff;
2. Prevent/deter abuse and misuse of chemical substances;
3. Encourage the individual student-athlete to make "right" choices;
4. Provide avenues for the individual student-athlete and staff;

b. Providing, when appropriate and deemed necessary, referrals to rehabilitation personnel.

### *SUBSTANCE ABUSE POLICY — BANNED SUBSTANCES*

For the purpose of the athletic program's Substance Abuse Policy, it is understood that the use of all drugs (whether such use occurs before, during or after the team's season) included on the NCAA list of "banned substances" is prohibited.

Towards this end, the office of Intercollegiate Athletics attempts to meet the needs of student-athletes by:

a. Providing mandatory education experiences (lectures, information sessions, and special displays with pertinent data) for student-athletes and athletic staff.

b. Providing, when appropriate and deemed necessary, referrals to rehabilitation personnel.

### **TOBACCO PRODUCTS**

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers, game officials, and event staff) in all sports during practice and competition.

### **NCAA ADVISORY ON NUTRITIONAL SUPPLEMENTS AND POSITIVE DRUG TESTS**

Ignorance of the risks of using nutritional supplements is causing student-athletes to lose their eligibility to participate in collegiate athletics.

The NCAA Drug-Education and Drug-Testing Subcommittee (DEDT) of the NCAA Committee on Competitive Safeguards and Medical Aspects of Sports (CSMAS) is issuing this advisory to reemphasize the warning about the risks involved in the use of nutritional supplements. The environment for today's student-athlete enables **easy access to products, which are available over-the-counter at retail outlets and through the Internet, but contain substances banned by the NCAA.** Many student-athletes assume if these products can be easily purchased in retail stores and over the Internet, then they must be allowed under NCAA rules. **THIS IS NOT TRUE!** Advice of the store clerk, the distributor at the gym or anyone who is not with the institutional athletics program has resulted in erroneous information regarding the presence of NCAA banned substances. Reliance on this erroneous information may result in positive drug tests. Appeals based on ignorance have not been successful in overturning positive drug-test penalties.

The student-athlete who uses a nutritional supplement without checking the ingredients with the athletics staff and tests positive for banned substances will be held in violation of Bylaw 18.4.1.5.1. A department of athletics that does not adequately educate current and incoming student-athletes about NCAA banned substances, including the risks of over-the counter nutritional supplement use, will be held in violation of Bylaw 30.5 in the event the student-athlete tests positive for such substances. Bylaw 30.5 requires, "the director of athletics or designee shall disseminate the list of banned drug classes to all student-athletes and educate them about products that might contain banned drugs." Student-athletes who test positive are subject to at least a one-year suspension and loss of eligibility. Institutions that violate 30.5 may be referred to the NCAA enforcement services staff.

### **NCAA Banned-Drug Classes 2008-09**

The NCAA list of banned-drug classes is subject to change by The NCAA Executive Committee. Contact NCAA education services or [www.ncaa.org/health-safety](http://www.ncaa.org/health-safety) for the current list. The term "related compounds" comprises substances that are included in the class by their pharmacological action and/or chemical structure. **No substance belonging to the prohibited class may be used, regardless of whether it is specifically listed as an example.**

Many nutritional/dietary supplements contain NCAA banned substances. In addition, the U.S. Food and Drug Administration (FDA) does not strictly regulate the supplement industry; therefore purity and safety of nutritional dietary supplements cannot be guaranteed. Impure supplements may lead to a positive NCAA drug test. The use of supplements is at the student-athlete's own risk. Student-athletes should contact their institution's team physician or athletic trainer for further information.

### **Banned Drugs**

The following is a list of banned-drug classes, **with examples of substances under each class:**

**(a) Stimulants:** methylenedioxymethamphetamine

amiphenazole (MDMA, ecstasy)

amphetamine methylphenidate

bemigride nikethamide

benzphetamine octopamine

bromantan pemoline

caffeine<sup>1</sup> (guarana) pentetrazol

chlorphentermine phendimetrazine

cocaine phenmetrazine

cropropamide phentermine

crothetamide phenylpropanolamine (ppa)

diethylpropion picrotoxine

dimethylamphetamine pipradol

doxapram prolintane

ephedrine (ephedra, strychnine

ma huang) synephrine (citrus aurantium,

ethamivan zhi shi, bitter orange)

ethylamphetamine **and related compounds.**

fencamfamine The following stimulants are not

meclofenoxate banned:

methamphetamine phenylephrine

pseudoephedrine

**(b) Anabolic Agents:**

**anabolic steroids**

androstenediol methyltestosterone

androstenedione nandrolone

boldenone norandrostenediol

clostebol norandrostenedione

dehydrochlormethyl- norethandrolone

testosterone oxandrolone

dehydroepiandro- oxymesterone

sterone (DHEA) oxymetholone

dihydrotestosterone stanozolol

(DHT) testosterone<sup>2</sup>

dromostanolone tetrahydrogestrinone (THG)

epitrenbolone trenbolone

fluoxymesterone **and related compounds**

gestrinone

mesterolone **other anabolic agents**

methandienone clenbuterol

**(c) Substances Banned for Specific Sports:**

Rifle:

alcohol pindolol

atenolol propranolol

metoprolol timolol

nadolol **and related compounds**

**(d) Diuretics and other Urine Manipulators:**

acetazolamide hydrochlorothiazide

bendroflumethiazide hydroflumethiazide

benzhiiazide methyclothiazide

bumetanide metolazone

chlorothiazide polythiazide

chlorthalidone probenecid

ethacrynic acid spironolactone (canrenone)

finasteride probenecid

flumethiazide triamterene

furosemide trichlormethiazide

**and related compounds**

**(e) Street Drugs:**

heroin tetrahydrocannabinol

marijuana<sup>3</sup> (THC)<sup>3</sup>

**(f) Peptide Hormones and Analogues :**

corticotrophin (ACTH)

growth hormone (hGH, somatotrophin)

human chorionic gonadotrophin (hCG)

insulin like growth factor (IGF-1)

luteinizing hormone (LH)

**(all the respective releasing factors of the abovementioned substances also are banned.)**

erythropoietin (EPO) sermorelin

darbepoetin

**(g) Anti-Estrogens**

anastrozole

clomiphene

tamoxifen

**and related compounds**

**(h) Definitions of positive depends on the following:**

**1**for caffeine—if the concentration in urine exceeds 15 micrograms/ml.

**2** for testosterone – an adverse analytical finding (positive result) based on any reliable analytical method (e.g., IRMS, GCMS, CIR) which shows that the testosterone is of exogenous origin, or if the ratio of the total concentration of testosterone to that of epitestosterone in the urine is greater than 6:1, unless there is evidence that this ratio is due to a physiological or pathological condition.

**3**for marijuana and THC—if the concentration in the urine of THC metabolite exceeds 15 nanograms/ml

#### 31.2.3.4.1 Drugs and Procedures

##### **Subject to Restrictions.**

The use of the following drugs and/or procedures is subject to certain restrictions and may or may not be permissible, depending on limitations expressed in these guidelines and/or quantities of these substances used:

(Revised: 8/15/89)

**(a) Blood Doping.** The practice of blood doping (the intravenous injection of whole blood, packed red blood cells or blood substitutes) is prohibited, and any evidence confirming use will be cause for action consistent with that taken for a positive drug test. (Revised: 8/15/89, 5/4/92)

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

(1) That procaine, xylocaine, carbocaine or any other local anesthetic may be used, but not cocaine; (Revised: 12/9/91, 5/6/93)

(2) That only local or topical injections can be used (i.e., intravenous injections are not permitted); and

(3) That use is medically justified only when permitting the athlete to continue the competition without potential risk to his or her health.

**(c) Manipulation of Urine Samples.** The Executive Committee bans the use of substances and methods that alter the integrity and/or validity of urine samples provided during NCAA drug testing.

Examples of banned methods are catheterization, urine substitution and/or tampering or modification of renal excretion by the use of diuretics, probenecid, bromantan or related compounds, and epitestosterone administration. (Revised: 8/15/89, 6/17/92, 7/22/97)

**(d) Beta 2 Agonists.** The use of beta 2 agonists is permitted by inhalation only. (Adopted: 8/13/93)

**(e) Additional Analysis.** Drug screening for select nonbanned substances may be conducted for nonpunitive purposes. (Revised:8/15/89)

#### **DRUG SCREENING**

The College at Brockport is participating in an NCAA Drug Testing and Education pilot program during the 2008/2009 academic year. All teams and individuals may be subject to drug testing and/or education during the year. In addition all teams and individuals qualifying for NCAA post-season competition may be subject to urinalysis, conducted by the NCAA, either prior to, during or immediately after competing in the NCAA post-season competition. Each student who wishes to participate on a sub-varsity or varsity team at The College at Brockport is required, by the NCAA, to sign a statement in which the student consents to be tested for the use of drugs prohibited by NCAA legislation. Failure to complete and sign the statement annually shall result in the student-athlete's ineligibility for participation in intercollegiate competition.

## **REFERRALS -- COUNSELING CENTER**

Student-athletes who wish to obtain additional information on drug use and abuse or professional assistance concerning drug abuse should contact the The College at Brockport Counseling Center, located in Hazen Hall (395-2207). The Center's professional counseling staff will provide individual counseling in a confidential setting, or assist students in seeking the services of regional agencies specializing in problems of drug use and chemical dependency.

Peers of student-athletes suspected of drug abuse or misuse should encourage these individuals to seek professional assistance and/or counseling at the The College at Brockport Counseling Center. To assume an "enabling" posture does not help the abuser; in fact, it permits the abuser to continue destructive behavior.

The Counseling Center is staffed with professionals experienced in dealing with a variety of problems. They are ready to help you with problems of roommate conflict, relationships, weight control and maintenance, and stopping smoking as well as more serious problems.

Counseling is done on an individual basis as well as in group. Such group discussions involve speech anxiety, eating disorders, and substance abuse.

The counseling services are free to all The College at Brockport students and strictly confidential.

## **EQUIPMENT**

Each athlete is responsible for all equipment assigned to him/her. Athletes who lose or do not return equipment will not be allowed to register for the next academic semester or receive grades until they have returned or paid for the equipment. For all equipment not returned, the athlete will receive a replacement cost bill from the Athletic Department. No athlete who owes equipment in one sport shall be allowed to receive equipment or participate in another sport. **All uniforms must be turned into the equipment room after each contest, home or away.** The uniforms will be laundered and available to the athlete the day of the next contest. All equipment issued is part of the uniform and should not be used for any other purpose (i.e. bookbag). All equipment must be returned the day after the season is complete to avoid late fees.

## **FUND RAISING**

All teams may conduct fund-raising activities. Each fund-raising activity must be submitted by the coach in writing to the Athletic Director for approval. Fund-raising applications can be obtained from the Athletic Department secretary. All fund-raising activities must adhere to institutional and athletic fiscal procedures.

## **MEALS**

Each athlete will receive a per diem for away contests in which on campus meals are missed. The following per diem is applied based on departure and return times to campus: Breakfast: \$4.00, Lunch: \$5.00, Dinner: \$10.00, All day: \$18.00. Generally, meals are determined by the following:

Weekdays...

- leave before 7:30 a.m., return after 6 p.m.: \$18
- leave before 11:30 a.m., return after 6 p.m.: \$15;
- leave after 11:30 a.m., return after 6 p.m.: \$10

Weekends...

- leave before 8:30 a.m., return after 6 p.m.: \$18
- leave before 11:30 a.m., return after 6 p.m.: \$15
- leave after 11:30 a.m., return after 6 p.m.: \$10
- Departure after 5:00 p.m.: no meal money

The meal money is intended to be used for meals and not for other expenses.

## **TRAINING ROOM POLICIES & PROCEDURES**

The athletic training room located in Tuttle South is provided as a service to all athletes for the care and prevention of injuries. At the present time there are five full-time NATA certified athletics trainers as well as numerous student trainers on staff. All injuries must be reported to the athletic trainer. All referrals to the team physician will be made by the certified athletic trainers.

The athletic training room is open from Noon to 7:30 p.m. In-season athletes are treated on a walk in, first-come first-served basis. Out-of-season athletes, by appointment only, Noon-2 p.m. and/or 4-6 p.m. Set hours will be established according to game and practice schedules.

The athletics training staff is qualified to treat injuries and/or illness to active individuals. If an athlete is sick it is recommended that he or she be seen by the health center staff located in Hazen Hall. The athlete should inform the health center that he or she is in fact an athlete and the injury/illness needs to be reported to the athletic trainers.

The athletic training room and trainers are here to help you prevent injuries and to assist you in returning to activity as quickly and safely as possible. Should a student-athlete sustain an injury, that athlete's full cooperation and a positive attitude will undoubtedly assist in attaining these goals and would be greatly appreciated by the athletic training staff. Injured student-athletes are expected to attend all scheduled rehabilitation sessions.

Throughout the season, athletes may need to request certain equipment available in the athletic training room (i.e. crutches, ace wraps, braces, etc.). This equipment will be signed out to individuals by the trainers. It is to be returned when requested by the training staff. If this is not done, departmental return policies will be followed. If any special protective equipment is needed, the training staff should be notified before the season begins.

## **STUDENT VEHICLES**

Private student vehicles are not to be used for the transportation of college team members. All special transportation situations are to be cleared with the Athletic Department.

## **SPORTS INFORMATION**

The Sports Information Office is located in B-220-A Tuttle North. This office handles web maintenance, home event coverage, publications, press releases, statistics, feature stories, and season award production for each athletic team. Athletes will be asked to fill out a player profile sheet that will be used to send information to hometown and regional media outlets. Information from profile sheets may also be used in various athletic publications.

## **WORK-STUDY**

The College Work Study program (CWS) is a job program for enrolled students. Student-athletes granted work-study awards are eligible to apply for employment within the Office of Intercollegiate Athletics. You will be paid for actual hours worked ONLY. FALSIFYING HOURS IS A FELONY OFFENSE. Violators will be prosecuted to the fullest extent of the law if found guilty of this offense. For more information, contact Ben Wineburg, Men's Lacrosse coach, at 395-5067.

## **RECRUIT HOSTING AGREEMENT**

As prospective student-athlete hosts, athletes will be expected to abide by specific expectations as outlined by the athletic department. Athletes, in conjunction with the head coach, must fill out and sign a student hosting agreement form PRIOR to the recruit's visit. The following expectations are required:

- 1) Provide a positive experience for the guest(s).
- 2) Abstain from the use of all mood-altering substances, including alcohol, while hosting.
- 3) Make every effort to prevent guests(s) from the use of mood-altering substances, including alcohol.
- 4) Ensure the guest(s) safety throughout the visit, and stay with them (or a teammate) for the duration of their stay.

Additionally, the form states the following:

“I understand that behavior which contradicts college policy, such as abuse of alcohol/illegal drugs, gambling, fighting, and the general partaking in any illegal activities that result in the embarrassment of myself, my team, the Office of Intercollegiate Athletics or the College will preclude me from serving as a host and may result in a range of disciplinary action up to and including dismissal from our program.”

### **BROCKPORT INTERCOLLEGIATE ATHLETIC BOARD**

The Brockport Intercollegiate Athletic Board (BIAB) is an advisory board to the Athletic Director and the College President. The council at Brockport consists of six faculty, three students, three administrators, one alumnus, one college council member and the director of athletics (a non-voting member).

### **VARSITY LETTERS AND AWARDS RECOGNITION**

At the completion of the sport season each student-athlete will be recognized for their contributions to the team based on the criteria developed within the structure of the team rules. Individual awards will be presented at the season-ending evaluation meeting or individual team banquets. Each team will also hand out an Outstanding Scholar-Athlete Award and an Outstanding Athlete Award.

In May all student-athletes will be invited to a department-wide function to celebrate their accomplishments and dedication to the athletic program. At this event the Male and Female Athletes of the Year and Scholar-Athletes of the Year winners, as voted on by the athletic administrative staff and head coaches, are presented with plaques.

A Senior-Athlete Recognition Luncheon is held in April (on Scholar's Day) for all student-athletes who are completing their Brockport athletic careers.

### **CHAMPS/LIFE SKILLS**

The Golden Eagle Life Skills program was created to encourage lifelong learning and promote leadership within a population of motivated and gifted student-athletes. The program's mission, hence the mission of every Golden Eagle athlete, is to attempt to make a positive difference not only in our own lives, but the lives of others. By using our hearts to understand, teach, learn, and create change, we put ourselves in positions that will make a difference. The Golden Eagle Life Skills program focuses on five commitment areas designated to promote personal growth: Personal Development, Community Service, Academic Excellence, Athletic Excellence, and Career Development.

The program's dedication to these areas of development is evidenced in its programming through workshops, seminars, social gatherings, and community service activities

The Life Skills Competition represents a competitive game that is played by all the varsity sports programs at The College at Brockport. It provides a means by which student-athletes can compete on behalf of their teams for points in different categories. Similar in premise but different from their athletic performance, the Life Skills point categories focus on developing the individual, being an active role model, acting as a team, supporting other athletes, and overall academic achievement. The team that achieves the highest point total at the end of the year prevails as Life Skills Champion.

### **STUDENT-ATHLETE ADVISORY COMMITTEE**

The purpose of the Student-Athlete Advisory Committee (SAAC) is to provide a communication link between varsity athletes and the athletic administration, encourage communication and unity among and between varsity athletes and teams, and increase awareness of athletic programs on campus and in the community. The council is comprised of two varsity athletes from each sports team. Council representatives are appointed by their respective coaches based on team members' recommendations. The council leadership will include: President, Vice President, Secretary, Treasurer and Information Officer



Our SUNYAC student-athletes and coaches welcome you to today's contest. As student athletes of the State University of New York Athletic Conference, we ask fans to support the goals of good sportsmanship. Please help us to maintain a positive competitive atmosphere as we strive to reach our potential as athletes.

Courtesy to officials, coaches and competitors is expected. Profanity, racial, or sexist comments taunting and intimidating actions are expressions of poor sportsmanship and are grounds for removal from this site.

We appreciate and thank you for your support and encouragement. Good luck to both teams and enjoy the game.

-- The SUNYAC Code of Sportsmanship, which is read, preferably by a Brockport student-athlete, prior to every home contest following the National Anthem

## FOR QUESTIONS ABOUT.....

### Academic Suspensions, Probation, or GPA calculation

Susan Hoffman 395-5327  
Lin Case 2579

### Mandatory Study Hall

Jason Mangone 5480  
Lin Case 2579

### Athletic Eligibility

Susan Hoffman 5327

### Equipment Room

Phil Livingston / Fred Parker 2400

### Athletic Injuries

Tim Henry 5357  
Lee Cohen 2251  
Susan Wielgosz 5358  
Mike Militello 5355  
John Jackson 5976  
Training Room 5374

### Sports Information

Kelly Vergin 2218

### College Work Study

Ben Wineburg 5067

### SAAC/CHAMPS Life Skills

Susan Hoffman 5327  
Justin Beach 2347  
Mark Rowland 5329

### For Help.....

Career Development, Rakov Center 2159  
Counseling Center, Hazen Hall 2207  
Financial Aid Office, Rakov Center 2501  
Health Services, Hazen Hall 2414  
Residential Life, Hazen Hall 2108  
Student Learning Center, Cooper 2293

**THE COLLEGE AT BROCKPORT  
ATHLETIC ADMINISTRATIVE STAFF**

<b>TITLE</b>	<b>NAME</b>	<b>OFFICE PHONE #</b>	<b>OFFICE ROOM #</b>
Athletic Director	Lin Case	x2579	TN B-208
Secretary	Pam Rowles	x5328	TN B-206
Associate Athletic Director	Susan Hoffman	x5327	TN B-210
Assistant Athletic Director	Mark Rowland	x5329	TN B-209
Sports Information Director	Kelly Vergin	x2218	TN B-220A
Assistant SID	TBA	x2218	TN B-220A
Budget Coordinator	Pete Baudanza	x5335	TN B-213
Equipment Room Manager	Fred Parker	x2400	TN C-196
Equipment Room Asst. Manager	Phil Livingston	x2400	TN C-196
Assistant Football Coach & Recruiting Coordinator	Jason Mangone	x5480	TS 250
Student Payroll Coordinator	Linda Brant	x5363	TN B-327
Athletic Training Coordinator	Tim Henry	x5357	TN B-355
Head Athletic Trainer	Lee Cohen	x2251	TS 124
Assistant Athletic Trainer	Sue Wielgosz	x5358	TN B-353
Assistant Athletic Trainer	Mike Militello	x5355	TN B-347
Assistant Athletic Trainer	John Jackson	x5976	TS 143

**THE COLLEGE AT BROCKPORT ATHLETICS  
2008-2009 HEAD COACHING STAFF**

<b>SPORT</b>	<b>COACH</b>	<b>OFFICE PHONE #</b>	<b>OFFICE ROOM #</b>
Baseball	Justin Beach	X2347	TS 206
Basketball, Men's	Greg Dunne	x2235	TN B-354
Basketball, Women's	Nicole Beauregard	x5200	TS 127
Cross Country/ Track & Field	Mark Krueger	x5353	TS 123
Field Hockey	Andrea Zurlo	x5977	TN B-345
Football	Rocco Salomone	x5348	TS 250
Gymnastics	John Feeney	x5867	TN B320
Ice Hockey	Brian Dickinson	x5351	TN B-326
Lacrosse, Men's	Ben Wineburg	x5067	TS 125
Lacrosse, Women's	Stephanie Walker	x5347	TN B-351
Soccer, Men's	Gary LaPietra	x5448	TN B-328
Soccer, Women's	Joan Schockow	x5350	TN B-322
Softball	John Dumaw	x5955	TS 219
Swimming & Diving	Jack Stover III	x5344	TN B-323
Tennis	Ed Gonzalez	x5614	TS 130
Volleyball	John Tuttle	x5841	TS 301
Wrestling	Don Murray	x5360	TN B-324

## Intercollegiate Athletic Student Athlete Calendar, 2008-09

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Place</b>
Aug. 25	Classes Begin, All Fall Sports Eligibility Meeting	4:15 pm	Tuttle North B-300
Aug. 25	Freshman Fall Extravaganza	7:00 pm	Tuttle North Gyms
Sept. 2	Eligibility Meeting – Baseball, Lacrosse, Softball	5:00 pm	Tuttle North Gyms
Sept. 3	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Sept. 6	<b><i>Eagles Supporting Eagles – Football vs. William Patterson</i></b>	1:00 pm	Special Olympics Stadium
Sept. 8	Eligibility Meeting – Hockey, Swimming, Wrestling, Gym, Track	5:00 pm	Tuttle North Gym
Sept. 13	<b><i>Eagles Supporting Eagles – Cross Country Invite</i></b>	10:00 am	West Plateau
Sept. 17	<b><i>Eagles Supporting Eagles – Tennis vs. Geneseo</i></b>	4:00 pm	Tennis Courts
Sept. 25	Eligibility Meeting – Basketball	7:30 pm	Tuttle North B-300
Sept. 27	<b><i>Eagles Supporting Eagles – Field Hockey vs. Cortland</i></b>	1:00 pm	Field Hockey Field
Oct. 1	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Oct. 4	Homecoming Weekend		
Oct. 8	<b><i>Eagles Supporting Eagles – Volleyball vs. D’Youville</i></b>	7:00 pm	Tuttle South Gym
Oct. 11	Hall of Fame Dinner	7:00 pm	Cooper
Oct. 17	<b><i>Eagles Supporting Eagles – Men’s Soccer vs. Cortland</i></b>	4:00 pm	A. Huntley Parker Field
Oct. 22	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Oct. 25	Family Weekend		
Oct. 25	<b><i>Eagles Supporting Eagles – Women’s Soccer vs. Fredonia</i></b>	1:00 pm	A. Huntley Parker Field
Oct. 26	Distribution of Can Drive Flyers		
Oct. 30	Eligibility Meeting	5:00 pm	Tuttle North B227
Oct. 31	Canned Food Drive Collection	6:30-7:30 pm	
Nov. 5	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Nov. 9	SUNYAC Leaf Raking Project	10 am -1 pm	
Nov. 19	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Nov. 21	<b><i>Eagles Supporting Eagles – Swimming &amp; Diving vs. Oswego</i></b>	5:00 pm	James B. Fulton Natatorium
Dec. 3	Student-Athlete Advisory Committee Meeting (Elect Officers)	9:00 pm	Student Lounge
Dec. 5	<b><i>Eagles Supporting Eagles – Ice Hockey vs. Fredonia</i></b>	7:00 pm	Tuttle North Ice Arena

<b>2009</b>			
Jan. 26	Classes Begin		
Jan. 26	Eligibility Meeting	4:00 pm	Tuttle North TBA
Jan. 30	<b><i>Eagles Supporting Eagles – Women’s Basketball vs. Oneonta</i></b>	6:00 pm	Tuttle North Gym
Feb. 4	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Feb. 10	<b><i>Eagles Supporting Eagles – Men’s Basketball vs. Buffalo St</i></b>	8:00 pm	Tuttle North Gym
Feb. 18	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Feb. 21	<b><i>Eagles Supporting Eagles – Gymnastics vs. Cortland</i></b>	1:00 pm	Tuttle North Gymnastics Gym
Mar. 4	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Mar. 14-22	SPRING BREAK		
Mar. 25	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Apr. 1	Sportsmanship Symposium	9:00 am-1 pm	Tuttle North Gyms
Apr. 6	National Student-Athlete Day		
Apr. 8	<b><i>Eagles Supporting Eagles – Men’s Lacrosse vs. Morrisville</i></b>	4:00 pm	Special Olympics Stadium
Apr. 8	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Apr. 15	Scholars Day		
Apr. 15	Senior-Athlete Luncheon	11:30 am	Cooper
Apr. 18	<b><i>Eagles Supporting Eagles – Track &amp; Field</i></b>	10:00 am	Special Olympics Stadium
Apr. 22	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
Apr. 25	<b><i>Eagles Supporting Eagles – Women’s Lacrosse vs. Potsdam</i></b>	12:00 pm	Women’s Lacrosse Field
May. 6	Student-Athlete Advisory Committee Meeting	9:00 pm	Student Lounge
May. 9	Student-Athlete Celebration	1-3:00 pm	Stadium/Ice Arena