

August 2024

Dear Marist Student-Athletes,

You have enrolled in a college that places its primary focus on providing you the educational opportunities that will prepare you for reaching your full potential in all areas of your life.

In addition, Marist College will provide you the opportunity to grow and develop as a whole person, both emotionally and intellectually, in relation to your athletic pursuits. “Student-Athlete” at Marist College is an identification with which you can be proud. It represents the challenge of both academic and athletic achievement and the personal rewards that are gained from both.

Throughout your years at Marist you should always remember that as a student-athlete you are first a student, but not secondarily an athlete. Your priority is a quality education and preparation for a career. Your athletic participation complements the academic experiences you will gain. Our expectation of you as a student-athlete is considerable. It should be no different than that which you expect of yourself.

This handbook is designed to introduce you to many of the policies and services that will help you to achieve your academic and athletic goals. You are encouraged to use these services for self-improvement.

We at Marist College are committed to assisting you in your pursuit for academic and athletic excellence. We will work together with you to achieve success and prepare you for your future career.

If you have any questions about the content of this handbook, do not hesitate to contact me.

I wish you the very best of luck this year both academically and athletically.

Tim Murray  
Director of Athletics

**MARIST COLLEGE  
ATHLETIC PROGRAM  
MISSION STATEMENT**

The Marist College Athletics Program serves to support the ideals of Marist College by its commitment to excellence in education and to the pursuit of higher human values through the self-knowledge and personal development that come from participation in athletic activity. The Athletics Program is dedicated to the development of the whole person and the integration of ethical values consistent with the Mission Statement of Marist College.

The Athletics Program strives to offer Marist students the opportunity to participate in athletic activity at their level of ability and interest - intercollegiate, club, intramural, or recreational. The Athletics Program aims to complement academic and social experiences with the development of organizational skills, leadership qualities, and an appreciation for sportsmanship and team effort through athletic opportunities and community service.

The Athletics Program is committed to be competitive at the NCAA Division I or other member conference level, to offer equitable opportunities to all students and staff, and to advance their welfare, health, and safety of student-athletes.

**DIVERSITY STATEMENT**

The Marist Athletics Department is committed to creating a diverse community united by a shared commitment to the free exchange of ideas, consideration of the opinions of others, and civility in all our interactions. Marist is committed to the recruitment and professional growth of student-athletes and personnel from diverse backgrounds, who can become active contributing members of our campus community. The Department of Athletics seeks excellence through an inclusive campus community that promotes, embraces and values multiculturalism and diversity amongst its staff and student-athletes.



## GOOD TO KNOW

Nearly 600 student-athletes compete in 23 Division I sports at Marist College. This handbook provides information and policies you should understand and follow so your athletic and overall college experiences at Marist will be as self-fulfilling and enjoyable as possible. Further explanation of any of the enclosed policies can be obtained from an administrative staff member or from any coach.

### NCAA Tournaments

<b>Baseball</b>	<b>Women's Rowing</b>	<b>Men's Tennis</b>
1997	2013	1999
2000	2019	2000
2001	2021	2001
2002	<b>Men's Lacrosse</b>	2002
2005	2005	2003
2009	2015	2008
2017	2019	2009
<b>Men's Basketball</b>	2023	2010
1986	<b>Women's Lacrosse</b>	2011
1987	2010	2013
<b>Women's Basketball</b>	<b>Softball</b>	2014
2004	2006	2015
2006	2013	<b>Women's Tennis</b>
2007	2016	2007
2008	2023	2008
2009	<b>Women's Water Polo</b>	2011
2010	2006	2013
2011	2008	<b>Women's Soccer</b>
2012	2009	2011
2013	2010	<b>Men's Soccer</b>
2014	2021	2004
2021		2005
		2021

## FOXES FACTS

### History of the Women's Programs

<b>Basketball</b>	<b>Indoor Track &amp; Field</b>
1971	1992
<b>Cross Country</b>	<b>Outdoor Track &amp; Field</b>
1985	1992
<b>Tennis</b>	<b>Softball</b>
1975	1992
<b>Volleyball</b>	<b>Soccer</b>
1975	1995
<b>Rowing</b>	<b>Lacrosse</b>
1974	1997
<b>Swimming &amp; Diving</b>	<b>Water Polo</b>
1983	2000

## FOXES FACTS

### History of the Men's Programs

Basketball	Indoor Track & Field
1961	1965
Rowing	Outdoor Track & Field
1961	1965
Cross Country	Tennis
1963	1966
Soccer	Lacrosse
1963	1968-Club
Football	1972-Varsity
1965-Club	Swimming & Diving
1978-Varsity	1977
	Baseball
	1992

## FOXES FACT

### Why the Red Foxes

A 1961 meeting marked both the birth of the Marist College basketball team and the adoption of Red Foxes as the official nickname and mascot. Athletic Director Brother William Murphy decided to organize a varsity basketball team to play scheduled games against other schools and thought a nickname and logo would be appropriate.

While glancing at a sports catalog, Br. Murphy noticed a reynard, more commonly known as a red fox, on the cover of the book. He decided this furry little creature, indigenous to the Hudson Valley, was to become the mascot and logo of all Marist College teams.

The reynard comes from a great medieval cycle of stories that originated in the low countries, northern France and western Germany. The rarity of the word prompted Br. Murphy to choose the general term Red Foxes.

## FOXES FACT



### THE COLLEGE SEAL

The circular monogram represents the official seal of Marist College. The date nineteen hundred twenty-nine marks the year in which Marist College was founded. The large "M" in the center is the traditional symbol of the Marist Brothers.

The twelve stars, which appear above the "M," are a scriptural symbol of the Blessed Virgin to whom the Marist Brothers are devoted. The Latin inscription within the seal, Orare et Laborare, may be translated as "to pray and to work," the original motto of the College.

# **NCAA ACADEMIC INFORMATION AND POLICIES**

In order to be eligible to represent Marist College in intercollegiate athletics, a student-athlete must adhere to all College, Conference and NCAA regulations.

The following are some important NCAA bylaws regarding the eligibility requirements for a student-athlete.

## **FRESHMAN INITIAL ATHLETIC ELIGIBILITY**

NCAA Division I institutions have adopted specific academic requirements that must be met before a student is eligible to practice or compete in intercollegiate athletics and for the receipt of athletically related financial aid as a freshman.

The NCAA Eligibility Center certifies all athletic eligibility for first-year students for colleges at the Division I and II level. Anyone intending to participate in a varsity sport at Marist College must be registered with and certified as eligible by the NCAA Eligibility Center.

## **CONTACT THE NCAA ELIGIBILITY CENTER**

If you have specific questions about the certification process:

**NCAA Eligibility Center**

**Customer Service Hours:**

9 A.M. to 5 P.M. Eastern Standard Time

Monday through Friday

Phone: (877) 262-1492

[Eligibilitycenter.org](http://Eligibilitycenter.org)

## **DIVISION I INITIAL-ELIGIBILITY STANDARDS**

The NCAA Eligibility Center will define the status of each prospect as one of the following:

### **FULL QUALIFIER:**

Competition, athletics aid, and practice allowed in the first year.

### **ACADEMIC REDSHIRT:**

Athletics aid in the first year, practice in first regular academic term (semester).

In order to continue practice for the rest of the year, the student must be academically successful at the collegiate level.

### **NONQUALIFIER:**

No athletics aid, practice or competition in the first year.

## **CONTINUING ELIGIBILITY - NCAA**

Except for those who do not meet initial eligibility standards, all student-athletes are allowed four years of intercollegiate competition, which must be used in a five-year period. From the first day of enrollment as a full-time college student (two-year or four year) you have five years in which to complete your four years of eligibility. It is not possible to extend this five- year period unless your education is interrupted by military or church related service.

In order to be eligible for each of your four years of intercollegiate competition, the NCAA has established many academic rules and regulations. Eligibility must be established prior to the beginning of each academic year. The Faculty Athletic Representative, Associate Athletic Director/Senior Woman Administrator and Director of Student-Athlete Enhancement will continually review your academic progress to be sure you are in compliance with the regulations on the succeeding pages.

You must be in good academic standing and satisfy all the same minimum requirements that non-athletes must meet. In addition, you must also satisfy the NCAA academic standards as set forth in the following pages.



<b>Academic Class</b> <b>(First full-time enrollment for students who enroll on or after August 1, 2003)</b>	<b>2024-2025 Academic Year</b>
Freshman (2024-25)	<ul style="list-style-type: none"> <li>• Registered for at least 12 credits</li> <li>• Initial eligibility certified by Eligibility Center</li> </ul>
Sophomore 3rd semester (2023-24)	<ul style="list-style-type: none"> <li>• Registered for at least 12 credits</li> <li>• Must have earned at least 24 credits previous year with at least 18 earned during the academic year</li> <li>• Must have earned 6 credits in previous semester (Football must earn 9 credits in the fall)</li> <li>• GPA requirement of 2.000 or 90% of overall GPA required for major</li> </ul>
Junior 5th semester (2022-23)	<ul style="list-style-type: none"> <li>• Registered for at least 12 credits</li> <li>• Must have earned at least 18 credits during the academic year</li> <li>• Must have earned 6 credits in previous semester (Football must earn 9 credits in the fall)</li> <li>• Banked hours or average of 12 credits earned per term of full-time enrollment (48 credits)</li> <li>• Must have declared a major with an identified concentration</li> <li>• GPA requirement of 2.000 (may be higher for some majors) or 95% of overall GPA required for major</li> <li>• 40% of degree must be completed</li> </ul>
Senior 7th semester (2021-22)	<ul style="list-style-type: none"> <li>• Registered for at least 12 credits</li> <li>• Must have earned at least 18 credits during the academic year</li> <li>• Must have earned 6 credits in previous semester (Football must earn 9 credits in the fall)</li> <li>• Banked hours or average of 12 credits earned per term of full-time enrollment (72 credits)</li> <li>• Must have declared a major with an identified concentration</li> <li>• GPA requirement of 2.000 (may be higher for some majors) or 100% of overall GPA required for major</li> <li>• 60% of degree must be completed</li> </ul>

<p>Fifth Year 9th semester (2020-21)</p>	<ul style="list-style-type: none"> <li>• Registered for at least 12 credits</li> <li>• Must have earned at least 18 credits during the academic year</li> <li>• Must have earned 6 credits in previous semester (Football must earn 9 credits in the Fall)</li> <li>• Banked hours or average of 12 credits earned per term of full-time enrollment (96 credits)</li> <li>• Must have declared a major with an identified concentration</li> <li>• GPA requirement of 2.000 (may be higher for some majors)</li> <li>• 80% of degree must be completed</li> </ul>
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<p><b>Effective August 1, 2023 for all student-athletes</b></p>	<p><b>2024-2025 Academic Year Additional Requirements</b></p>
<p>Freshman 2nd semester Spring 2025</p>	<p>The NCAA now requires that each institution certify student-athletes mid-year prior to the start of the second, fourth, sixth, eighth and tenth semesters. The following must be met at that time: Must earn at least 6 credits in fall 2024 to be eligible in spring 2025. (Football must earn 9 credits in the fall)</p>
<p>Sophomore 4th semester Spring 2025</p>	<p>Must earn at least 6 credits in fall 2024 to be eligible in spring 2025. (Football must earn 9 credits in the fall)</p>
<p>Junior 6th semester Spring 2025</p>	<p>Must earn at least 6 credits in fall 2024 to be eligible in spring 2025. (Football must earn 9 credits in the fall)</p>
<p>Senior 8th semester Spring 2025</p>	<p>Must earn at least 6 credits in fall 2024 to be eligible in spring 2025. (Football must earn 9 credits in the fall)</p>
<p>Fifth Year 10th semester Spring 2025</p>	<p>Must earn at least 6 credits in fall 2024 to be eligible in spring 2025. (Football must earn 9 credits in the fall)</p>



## CREDIT HOUR REQUIREMENTS

In order to graduate you must accumulate a minimum of 120 hours of credit (certain majors may require more). During each of your four years you should accumulate at least 30 hours of credit so that at the end of your last year of eligibility, you have sufficient credits to graduate.

In compliance with NCAA guidelines, student-athletes are required to successfully complete 24 credits from the beginning of one academic year to the beginning of the next academic year prior to the start of the third semester. A minimum of 18 credit hours used to satisfy this requirement must have been earned during the regular academic year (e.g., fall and spring semesters). In each subsequent year of collegiate enrollment, a student-athlete is required to complete 18 credits during the regular academic year and six credits in each regular academic semester. Football must earn 9 credits in the fall. Eligibility will be determined in August and September of each year and all student-athletes will be declared eligible or ineligible for practice and competition at that time.

### EXAMPLE 1:

<i>First Year:</i>	<u>F '24</u>	<u>S'25</u>		<u>Summer '25</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	15	= 27	0	27	YES
<i>Second Year:</i>	<u>F '25</u>	<u>S'26</u>		<u>Summer '26</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	9	= 21	0	48	YES
<i>Third Year:</i>	<u>F '26</u>	<u>S'27</u>		<u>Summer '27</u>	<u>Total Credits</u>	<u>Eligible</u>
	9	12	= 21	3	72	YES

### EXAMPLE 2:

<i>First Year:</i>	<u>F '24</u>	<u>S'25</u>		<u>Summer '25</u>	<u>Total Credits</u>	<u>Eligible</u>
	9	9	= 18	6	24	YES
<i>Second Year:</i>	<u>F '25</u>	<u>S'26</u>		<u>Summer '26</u>	<u>Total Credits</u>	<u>Eligible</u>
	12	3	= 15	0	39	NO

### EXAMPLE 3:

<i>First Year:</i>	<u>F '24</u>	<u>S'25</u>		<u>Summer '25</u>	<u>Total Credits</u>	<u>Eligible</u>
	15	3	= 18	6	24	NO

Please be aware that the credits referenced above must be degree applicable.

Below is a chart indicating the number of completed credits required at the end of each year in order to compete and the suggested number of credits in order to graduate on time.

## CUMULATIVE CREDIT REQUIREMENTS

	NCAA Minimum Requirements	Normal Marist College Graduation Requirements
Freshman Year	24	30
Sophomore Year	48	60
Junior Year	72	90
Senior Year	96	120

Any student-athlete receiving athletic aid will be required to take and attempt 15 credits each semester to ensure progress towards their degree and help meet the NCAA requirements. Please be aware that student-athletes who attempt less than 15 credits each semester or show patterns of frequent withdrawals may jeopardize their eligibility of being granted additional athletic aid for a fifth year after eligibility is exhausted to assist with completion of their degree.

## **DECLARATION OF A MAJOR AND CONCENTRATION/EMPHASIS**

If you have officially declared a major and identified concentration, all hours used toward meeting the satisfactory progress requirements must be applicable toward your designated degree program. In addition, student-athletes are required to declare a major/concentration no later than the beginning of their fifth semester.

### **EXAMPLE**

Business/Undecided - This is NOT a recognizable declared major

**Business/Marketing - This IS a recognizable declared major**

## **CHANGING MAJORS**

All student-athletes planning to change their major and/or transfer students declaring a major must consult their athletic academic advisor before doing so. Changing your major at any time may result in failure to meet NCAA academic eligibility requirements which can jeopardize your ability to practice and compete.

## **FULFILLMENT OF PERCENTAGE OF DEGREE REQUIREMENTS**

Student-athletes are required to maintain progress toward the completion of a degree. Therefore, student-athletes are required to complete the following percentage of their degree requirements prior to their fifth, seventh and ninth semesters of enrollment:

- 40% of degree must be completed by beginning of 5th semester
- 60% of degree must be completed by beginning of 7th semester
- 80% of degree must be completed by beginning of 9th semester

## **GRADE POINT AVERAGE**

At the start of the 3rd semester student-athletes must have met 90% of overall GPA requirement or 1.8 cumulative GPA. At the start of the 5th semester, student-athletes must have met 95% of overall GPA requirement or 1.9 cumulative GPA. At the start of the 7th semester and subsequent years, student-athletes must have met 100% of overall GPA requirement or 2.0 cumulative GPA.

Please note that Marist College requires student-athletes to maintain a minimum 2.000 semester GPA with a 2.000 cumulative GPA in order to be eligible for varsity athletics. Certain majors require a higher GPA and in these cases student-athletes may be required to maintain a minimum cumulative GPA higher than 2.000.

## **TRANSFER STUDENT-ATHLETES**

If you are a transfer student-athlete, you are immediately responsible for any applicable percentage of degree requirements, declaration of major, and full-time registration status in addition to the other basic transfer requirements.

If you have any questions or concerns regarding your academic eligibility, please contact the Director of Student-Athlete Enhancement or the Assistant Athletic Director for Compliance.

## MARK THE DATES!

### Fall 2024 Important Dates

**Monday, August 26**

Classes begin

**Monday-Friday**

**August 26 – August 30**

Course Change Period

**Friday, August 30**

Last day for course changes

**Monday, September 2**

Labor Day. No classes held.

**Monday, September 16**

No tuition/housing refund after this day

**Monday, September 30**

P/NC option due

**Friday-Monday, October 18-21**

Fall Recess

**Tuesday, October 22**

Classes resume; Midterm grades due

**Monday, October 28**

Last day to drop courses  
without penalty of WF grade

**Tuesday, November 26**

Modified Class Schedule

No evening classes

**Wednesday-Sunday**

**November 27 – December 1**

Thanksgiving Holiday.

No classes held.

**Monday, December 2**

Classes resume.

**Friday, December 6**

Last day of Fall 2024 classes

**Monday-Friday, December 10-13**

Final Exam Period.

**Wednesday, December 18**

Final Grades Due

## MARK THE DATES!

### Spring 2025 Important Dates

**Tuesday, January 22**

Classes begin

**Wednesday-Tuesday**

**January 22-28**

Course Change Period

**Friday, January 24**

Last day for incomplete &  
grade changes for Fall 2024

**Monday, January 28**

Last day for course changes

**Tuesday, February 11**

No tuition/housing refund after this date

**Tuesday, February 25**

P/NC Option due

**Saturday-Sunday**

**March 15-23**

Spring Break

**Monday, March 17**

Midterm grades due

**Wednesday, April 2**

Last day to drop courses  
without penalty of WF grade

**Wednesday, April 9**

Assessment Day. No Classes.

**Friday-Sunday**

**April 18-20**

Spring recess

**Monday, April 21**

Classes resume at 6:30pm

**Friday, May 9**

Last Day of Spring 2025 Classes

**Monday-Friday**

**May 12-16**

Final Exam Period

**Thursday, May 22**

Final grades due

**Saturday, May 24**

Commencement Ceremony

## OFFICES ON CAMPUS:

Academic Learning Center	academiclearningcenter@marist.edu
Center For Advising & Academic Services	advising@marist.edu
Center for Career Services	career.services@marist.edu
Center for Multicultural Affairs	Multicultural@marist.edu
Counseling Services	counseling@marist.edu
Health Services	Health.Services@marist.edu
Housing & Residential Life	housing@marist.edu
Registrar	registrar@marist.edu
ResNet	helpdesk@marist.edu
Safety & Security	x2282
Safety & Security (from off-campus)	845-471-1822
Office of Accommodations & Accessibility	accommodations@marist.edu
Student Financial Services	studentfinancialservices@marist.edu
Title IX Office	TitleIX@marist.edu

# MARIST COLLEGE ACADEMIC REQUIREMENTS AND PROCEDURES

The NCAA requires that a student-athlete comply with an institution's standards for eligibility. The College's Academic Standards Committee applies the rules for retention of eligibility for all students, athletes, or non-athletes, at Marist College. The Center for Advising and Academic Services actively provides a broad range of opportunities essential for academic, career, and personal development to increase the retention and success of these students.

At the end of each semester, all students are expected to meet the following minimum standards: a semester grade point average of 2.000 AND a cumulative grade point average of 2.000. A student who fails to achieve a 2.000 semester OR 2.000 cumulative grade point average is subject to warning, probation or dismissal after review by the Academic Standards Committee.

### ***ACADEMIC WARNING***

A student-athlete who has a ***semester average*** below the minimum satisfactory requirement of a 2.000 *may be placed on academic warning*. Academic warning usually places restrictions on the student's academic choices. This suggests a limited number of credits per semester, regular meetings with a staff member from the Center for Student-Athlete Enhancement, and recommendations to register for specific courses, which will aid in the student's academic success. In most cases, the student-athlete is allowed to participate in extracurricular activities, including varsity athletics.

### ***PROBATION***

A student who does not meet the minimum 2.000 grade point average for a semester OR 2.000 cumulative grade point average may be placed on academic probation. Students who accept the probationary semester are *required to meet any and all stipulations outlined in their probationary contract*. Under certain circumstances, a student may be granted more than a single semester of academic probation. A student granted a second consecutive semester of probation is **NOT ELIGIBLE** for organized extracurricular activities including, but not limited to, varsity athletics. Restrictions on such participation during the first semester of probation are made by the College's Academic Standards Committee.

***First semester probation*** pertains to students who are struggling academically. Students placed on first semester probation are *usually* allowed to participate in their elected sport

provided they comply with the recommendations and restrictions imposed upon them by the Center for Advising and Academic Services and the Director of Student-Athlete Enhancement. This may include regularly scheduled meetings with their mentor, restrictions on specific courses, limitations in allowable registered credits, and mandatory meetings with a staff member from the Center for Student-Athlete Enhancement.

**Second semester probation** refers to those students who have both academic and athletic restrictions. These students **are not allowed to participate in varsity sports** or extracurricular activities. Academic restraints and regular meetings with a staff member from the Center for Student-Athlete Enhancement will apply to ensure the student's academic success and future athletic eligibility.

### **ACADEMIC DISMISSAL**

Students who fail to meet the minimum academic standards of the College will be dismissed. Under special circumstances, a student who is dismissed for academic reasons may apply for one-time readmission to the College **no earlier than one fall or spring semester following the dismissal**. Students who are judged not to be making satisfactory progress will be dismissed from the College. To become eligible to apply for readmission following academic dismissal, a student must demonstrate satisfactory performance at another college. Improved performance, however, does not guarantee readmission. For readmission policies and procedures, refer to the section titled "Readmission to the College" in the *Marist College Undergraduate Programs* book.

Any student-athlete readmitted to Marist College through the appeal process must abide by ALL the restrictions set forth by the Academic Standards Committee.

### **ACADEMIC HONORS**

The Dean's List, published twice a year, contains the names of those students who distinguished themselves academically in the previous semester. The **Dean's List** acknowledges those students who obtain a semester GPA of **3.6** or higher for the semester. To qualify for honors in any given semester, a student must take at least 12 credits that are graded on the letter scale.

### **COURSE WITHDRAWAL AND COURSE CHANGES**

If a student-athlete is contemplating withdrawing or changing a course, s/he must consult with their athletic academic advisor **BEFORE** taking such action. **This step must not be ignored**. If a student-athlete falls below the required number of full time hours (12) necessary to be eligible to participate in varsity athletics at any time, the individual places themselves and their team in violation of NCAA rules. The staff member will evaluate your transcript and encourage you to make an informed decision.

The Department of Athletics requires you to obtain Athletic Departmental approval before you may withdraw from a course. This approval is given by the Director or Assistant Director of the Student-Athlete Enhancement Center. Withdrawal and course change forms can be located on myMarist. You must obtain your **faculty advisor's** signature **before you withdraw** from the course. If the advisor cannot be found, the chairperson or dean's signature will suffice.

A student may change a course or a section of a course, without penalty, during the add/drop period held at the beginning of each semester. Once the add/drop period has concluded, a student must officially withdraw from a course by completing a **withdrawal form**.

If a student withdraws from a course during the first eight weeks of the semester, the individual will receive a **W** on his/her permanent record. If a student withdraws from a course after the official withdrawal deadline, that individual will receive a **WF** on his/her permanent record (NOTE: A **WF** affects a grade point average. It is equivalent to an F). Please

check the 2024-2025 Academic Calendar available in the Office of the Registrar, the Center for Student-Athlete Enhancement, and here in this handbook.

## CREDITS TAKEN AT OTHER INSTITUTIONS

A situation may arise where a student-athlete wishes to take a course at another institution due to reasons of convenience and/or necessity. Such circumstances are permitted under the following circumstances:

1. The student, while in residence at Marist College, participated in an established program such as the Marist Abroad Program or the Visiting Student Program.
2. The student, while an undergraduate at Marist, provided adequate justification to the Registrar and Dean to obtain prior approval for summer or intersession courses at another institution. Prior approval must be received **BEFORE** the student begins classes at the alternate institution.
3. The student began his or her undergraduate education at another college or university and transferred to Marist College. A student who has less than 60 credits on record will be permitted to take classes at both a two-year and four-year institution. A student who earned 60 or more credits will be permitted to take classes only at another four-year institution. Once a student earns 90 credits, s/he may no longer transfer credits in from other institutions.

**Please keep in mind that only those courses with a C grade or better may be transferred. Courses with C- grades will be given transfer credit only for elective courses.** The Director of Student-Athlete Enhancement is available to assist you with course selections and school preferences.

## REGISTRATION

Registration takes place every semester. Normally, registration occurs in early November for the spring semester and early April for the fall semester. The Office of the Registrar will email the specific dates and times to each student. The Center for Student-Athlete Enhancement will also send an email notification specific to student-athlete registration: Those student-athletes who will be in-season will receive priority. The Director of Student-Athlete Enhancement will notify each individual coach.

Advisement for course registration for student-athletes will be held during the few weeks prior to the regularly scheduled registration procedures. At this time, the Center for Student-Athlete Enhancement will schedule walk-in advisement services to all student-athletes seeking assistance with their course schedules. Coaches will be notified of the dates and times of the advisement services and the information will also be posted in the McCann Center. You may contact the Center for Student-Athlete Enhancement for further information at [SAEnhancement@marist.edu](mailto:SAEnhancement@marist.edu) if you wish to arrange an appointment.

Every student is responsible for submitting, on time, all completed registration materials to the Registrar. **It is each student's obligation to complete all steps and to obtain all the necessary signatures in a timely manner.** CSAE Staff is not authorized to sign registration forms. All forms should be reviewed and approved by your assigned faculty advisor.

## REPEATING A COURSE

A student may repeat a course in an effort to earn a higher grade. If the student chooses to repeat the course at Marist, the higher of the two grades is used in calculating the student's cumulative index. The quality points of the lower graded courses are subtracted from the student's record and replaced with the quality points earned in the higher graded courses. No additional credits are earned and the student's permanent record reveals that a course was repeated.

If a student decides to repeat a course at another institution, the individual ***must receive prior permission*** from the Registrar and the Division Dean. **(In this situation, credits, not quality points, are added to the student's record. Therefore, it is more advantageous for a student to repeat a course at Marist College, as opposed to a different school, since the GRADE does not transfer.)**

A student may not repeat a successfully completed Marist course (grade above an F) at another institution in an effort to earn a higher grade.

## SUMMER SESSION

Student-athletes may attend summer sessions in order to make progress towards their degree and/or to be eligible for the ensuing fall semester. All student-athletes may apply no more than 6 semester hours of summer session courses towards the annual requirement of 24 semester hours needed to be eligible for intercollegiate competition. However, a student-athlete may apply for more credits if they need the additional credits to fulfill the degree or grade point average requirements.

Student-athletes should remember that prior approval to take courses at another institution must be granted in order for the summer courses to transfer. ***Remember that grades given for courses taken at other institutions DO NOT transfer, only the credits. In addition, only those courses with a C grade or better may be transferred. Courses with C- grades will only be given credit for elective courses.***

All student-athletes attending summer sessions at Marist College must abide by all the rules and regulations pertaining to housing, meals, and academics.

In some instances, the Department of Athletics may assist a student-athlete, financially, to attend a summer session. In such cases, prior approval must be given by the Director of Student-Athlete Enhancement, Director of Athletics, Associate Athletic Director/SWA, Faculty Athletics Representative and head coach. In addition, while attending summer session, the student-athlete must meet regularly with the Director or Assistant Director of Student-Athlete Enhancement to discuss his/her progress in the course(s) and to ascertain the need, if any, for tutorial assistance.

## HELPFUL HINTS

Getting off to a good start is essential to becoming a successful Marist College student-athlete.

This section provides you with information on a number of academic services provided by the Center for Student-Athlete Enhancement with which you should be familiar.

The more you know and understand about the College's and academic services, the more you will avoid the common pitfalls of college freshmen and upper classmen.

Take time to learn the services and don't be afraid to ask questions.

## **MC FACTS**

### **SCHOOLS AND DIVISIONS**

School of Liberal Arts  
School of Communication and the Arts  
School of Computer Science and Mathematics  
School of Management  
School of Science  
School of Social and Behavioral Sciences  
School of Professional Programs

## **COLLEGE AND ATHLETICS ACADEMIC SUPPORT SERVICES**

### **CENTER FOR STUDENT-ATHLETE ENHANCEMENT**

The Center for Student-Athlete Enhancement is an academic facility available to all student-athletes. The hours of operation are Sunday 4:00-9:00 P.M., Monday through Thursday, from 8:30 A.M. to 9:00 P.M., and Friday 8:30 A.M. to 5:00 P.M. The Center currently houses 12 personal computers, study rooms, and space for tutorial and/or group work. Along with the current software two of the computers contain tutorial software to meet the needs of students with learning disabilities. ResNet can assist students with internet access for Macs and PC's. The monitor on duty will track study hours and tutorial sessions for all student-athletes. The Center for Student-Athlete Enhancement is a perfect place for student-athletes to concentrate on their studies and accomplish their assignments in a quiet, structured atmosphere. The Center also houses all daily tutorial sessions.

*Please note that the operation of services for the Center is subject to change.*

### **STUDENT-ATHLETE DEVELOPMENT AND LEADERSHIP**

The Student-Athlete Development and Leadership Program serves to educate and empower student-athletes through transformative experiences that develop strong, effective leaders, cultivate an inclusive community, and enhance the college sports landscape. This helps student athletes identify values, build character and examine the role college athletics plays in higher education.

### **LADIES EMPOWERING ATHLETICS PROGRAM (LEAP)**

A female leadership program that exposes Marist College female student-athletes to opportunities that will enhance personal growth, professional development and empowerment. The mission of LEAP is to increase the awareness of leadership opportunities for all female student-athletes at Marist. Furthermore, LEAP provides social, cultural and educational opportunities for Marist female student-athletes and forms a network amongst its members. Members of LEAP leadership council oversee the coordination of all leadership and social events sponsored by the program. They also have the ability to create special committees to further develop the program and publicize program events to the entire female student-athlete population. The LEAP Council consists of current female student-athletes representing various sports and meetings occur at the beginning of each month where upcoming programming, service projects and workshops are discussed and voted on. Events and programming include, but are not limited to: Girl Scouts Clinic, Women in the Workplace, various community service events and guest speakers from the campus and



local community. An important piece of LEAP programming is the collaborations made among campus administrators and outside sources. LEAP meetings and events are open to all female student-athletes and are announced via email and social media.

### ***COMMUNITY SERVICE***

Student-athletes from Marist College will have the opportunity to participate in community outreach programs throughout the academic year. All student-athletes are encouraged to attend one of the several major projects offered each semester, regardless of year and/or sport. These programs are extremely successful and continue to provide Marist student-athletes a way to give back to their community. Many of the outreach programs involve visiting local elementary, middle, and high schools in the area. Topics discussed include sportsmanship, academics, athletics, time-management and dealing with peer pressure. Those student-athletes who have participated in outreach events have experienced the joy and satisfaction one receives from working with the youth in our community.

Any student interested in participating in and/or organizing an outreach activity should contact a staff member in the Center for Student-Athlete Enhancement.

### ***PERSONAL AND PROFESSIONAL DEVELOPMENT***

The Student-Athlete Development and Leadership program enhances the life of student-athletes through educational resources in the form of seminars, workshops, and guest speakers in conjunction with the Marist College community. Specific topics addressed in these sessions include study skills, test-taking strategies, note-taking, time-management, diversity, anxiety/stress management, career planning, building self-esteem, being role models, drug and alcohol use, nutrition, and gender violence. Participation in these programs may be mandated by CSAE Staff.

### ***PEER MENTOR PROGRAM***

The Marist Student-Athlete Peer Mentor Program provides support to incoming freshmen by pairing them with an upper class student-athlete who has had similar experiences during his or her time at Marist. The program aims to help the participants develop leadership and mentoring skills, assist freshmen in transitioning from high school to college, and ultimately, improve retention.

### ***STUDENT-ATHLETE WELLNESS ADVOCATES***

Student-athlete wellness advocates consists of student-athlete representatives from each team who meet monthly to discuss mental health issues affecting their teams. The group's goals are to bring in regular mental health speakers and to provide education and resources to their fellow student-athletes.

### ***BLACK STUDENT-ATHLETE ALLIANCE (BSAA)***

BSAA hopes to create an uplifting community while giving a voice to Black and Brown student-athletes. The Alliance is focused on reviewing school policy and making recommendations, connecting with the campus community, and creating a sense of family among BIPOC student-athletes. The ultimate goals are to create a more welcoming environment for current and future Red Foxes by creating an impact that extends beyond the Marist Athletics Department and leads to added inclusiveness and diversity at the College.

# AIM FOR THIS

## CSC

### Academic All-American honors

<b>2019</b> Hailey Wagner Women's Lacrosse Third Team	<b>2017</b> Gabrielle Kelliher Softball Second Team	<b>2013</b> Kate Conard Women's Swimming & Diving Third Team	<b>2012</b> Chelsea Botta Women's Soccer Third Team
<b>2012</b> Michelle Fountain Women's Swimming & Diving Third Team	<b>2011</b> Erin Betsch Women's Lacrosse Second Team	<b>2011</b> Ricky Pacione Baseball Second Team	<b>2011</b> Brittany Burns Women's Track & Field Second Team
<b>2010</b> Joe Touloumis Men's Soccer First Team	<b>2010</b> Rachele Fitz Women's Basketball Third Team	<b>2009</b> Ryan Schneider Men's Basketball Second Team	<b>2009</b> Melissa Giordano Softball Third Team
<b>2009</b> Joe Touloumis Men's Soccer First Team	<b>2008</b> Mike Rolek Men's Track & Field Third Team	<b>2003</b> Viktor Sapezhnikov Men's Tennis First Team	<b>2003</b> David Bennett Men's Basketball Second Team
<b>2002</b> Jenny Shanks Women's Soccer Third Team	<b>2001</b> Amanda Koldjeski Softball Second Team		

## ACADEMIC ADVISING

Each student at Marist College is offered the opportunity to plan his or her program of studies with the assistance of a faculty advisor. The College will assign you a faculty advisor based upon your curriculum. A student's faculty advisor can be crucial to an undergraduate's academic success because along with faculty they will provide information and insight about courses and degree programs not found in course catalogs. Staff members within the Center for Student Athlete-Enhancement are also available to assist you with your academic career and will guide you in the right direction in both your personal and career goals. They can assist you in creating a course schedule that does not interfere with practice times and contests and will monitor your total earned credits toward your major. This information will be kept on file and made available at your request. If a situation arises that is not within the boundaries of the staff member's abilities, the student-athlete will be referred to the proper department and/or person. Included among these areas are the Center for Advising and Academic Services, Academic Learning Center, Counseling Center, Center for Multicultural Affairs, Office of Accommodations and Accessibility, and the Center for Career Services.

The Center for Student-Athlete Enhancement and the Director of Student-Athlete Enhancement's office is located on the second floor of the McCann Center. Please call or stop in to make an appointment.

## **ACADEMIC FRAUD**

Academic Fraud is a serious offense, which is being addressed and monitored by the NCAA. Any violation of NCAA bylaw 10.1 is subject to report to the NCAA, institutional investigation, and penalties to be determined due to the severity of the offense. Be aware that all tutorial sessions are closely monitored by the Department of Athletics, and all student-athletes are expected to abide by the Marist College Student Code of Conduct. Please familiarize yourself with the Academic Policies, which can be found in your *Marist College Student Handbook*.

## **BOOK LOAN/RETURN**

A student-athlete receiving a full grant-in-aid or books as part of their athletic scholarship may be entitled to BORROW textbooks from the college bookstore through the athletic department. NCAA rules and regulations specify that only course required books may be provided for student-athletes. "Recommended" books, pens, notebooks, art supplies, etc., cannot be provided. The Director of Student-Athlete Enhancement will provide the College Book Store a list of those student-athletes entitled to books along with their course schedules at the beginning of each semester or summer term. Books will be pre-packaged by the College Book Store for each student-athlete. In order to pick up their books, student-athletes must report to the Enhancement Center for appropriate distribution. Student-athletes are required to return all course books, except books in their major, to the Assistant Director at the end of each semester or summer term.

If there is a schedule change, the Assistant Director must approve the student-athlete's schedule before books will be provided. These books will be available for pick-up at the Enhancement Center. If a student does not return his/her books, the individual will receive a bill for the FULL COST of the books. If the student is a graduating senior, his/her grades or diploma will be withheld until the bill is paid off each semester or summer term.

Please see the Assistant Director regarding book borrow/return dates and times.

## **TRAVEL LETTERS**

Throughout your traditional season, you will participate in contests that will result in missed classes. The Center for Student-Athlete Enhancement will send travel letters to your professors 1-2 weeks prior to each contest. It is the student-athlete's responsibility to speak with their professors and make arrangements for any missed work.

Since a student-athlete's primary purpose for attending Marist is to obtain an education, travel letters do **NOT** excuse a student-athlete from missing a class. They merely inform the professor of the reason for the student's absence. The individual is responsible for completing **on time**, any assignments or class materials due, as well as making arrangements with his/her professor concerning the content of the classes which were missed and any activities scheduled for that day. Travel letters will not be provided to student-athletes competing in a weekday event in their non-traditional season. *Please review the Student-Athlete Missed Class Policy for more information.*

**No student-athlete will be excused from class in order to attend a practice session.** All student-athletes have the opportunity to arrange their class schedules during the registration and add/drop periods with the Director of Student-Athlete Enhancement to avoid conflicts.

## **PROBATIONARY/HIGH-RISK MEETINGS**

At the beginning of each semester all probationary and high-risk student-athletes will be contacted by the CSAE Staff through their coach to schedule mandatory weekly or bi-weekly meetings held throughout the semester. Any student-athlete unable to make his or her appointment will risk suspension or possible dismissal from their team. Students maintaining a probationary or high-risk status must also meet with their assigned faculty advisors and mentors.

## PROGRESS REPORTS

Progress reports are sent directly to professors requesting feedback on a particular student-athlete's status in a specified course. Included in the report are inquiries pertaining to the student's grades, class attendance, and participation, as well as additional space for the professor's comments. These reports provide valuable information relevant to the student-athlete's ability to succeed academically. Recommendations for tutorial assistance and study hall via professors are rigorously pursued.

These reports are sent out on all student-athletes. The returned reports are shared with each student and a copy is sent to his/her coach. Any student-athlete ignoring the CSAE Staff's directive to schedule an appointment regarding progress reports will be subject to penalties affecting the student-athlete's athletic eligibility.

## STUDY HALL

Study halls are organized by the Center for Student-Athlete Enhancement to provide ongoing opportunities for individual study. These study sessions are available to all student-athletes. A specific population of students will be required to attend on a regular basis.

Requirements to attend study sessions are based on the student's previous academic performance record and/or semester status. All high risk and probationary student-athletes are **REQUIRED** to attend study hall for the entire semester. Semester and cumulative GPA at the end of the semester will determine continued attendance.

Rules and regulations exist in the study hall facilities so that an environment conducive to studying is created and maintained. If a student exhibits improper conduct, his/her actions will be reported to the Director of Athletics and specific head coach. Since a student-athlete's primary focus at Marist is on his/her academic success, all student-athletes are personally responsible for completing all required weekly hours.

Student-athletes have access to the Center for Student-Athlete Enhancement during its regular hours of operation to complete their study hall hours (Sunday 4-9 p.m., Monday-Thursday 9 a.m. - 6 p.m.). Study hall hours are the responsibility of the student-athlete and must be completed in the Center under the supervision of a monitor.

### *Who Must Attend*

1. Any student-athlete of high-risk status or on first or second semester probation.
2. Any student-athlete who achieves a cumulative GPA below a 2.300
3. Any other student-athlete at the recommendation of the coach or Director of Student-Athlete Enhancement.

**A GPA of 2.300 or above does not necessarily exempt a student-athlete from study hall.** This is to be determined by the Director of Student-Athlete Enhancement for student-athletes.

Written authorized permission to leave study hall or to be excused must be granted by the CSAE Staff. Only sickness related absences are accepted, and the staff **MUST** be notified in advance and be provided written documentation of illness within 24 hours. Note that student-athletes are still required to meet the required number of weekly hours in the event of illness unless arrangements have been made with the staff.

Each head coach will be notified on Tuesday of missing hours for each student-athlete. Any student-athlete not completing the required 6 hours by Thursday at 6 P.M. will be **suspended from the next regularly scheduled competition in that sport.**

## **Rules**

1. Student-athletes must present their Marist ID and hand in their cellphones for admittance into the Center.
2. A student-athlete must study a minimum of one (1) hour to log time towards their study hall hours when utilizing the Center. **A maximum of three (3) hours are permitted in one day.**
3. Six hours of study hall are required each week unless otherwise noted.
4. All 6 hours must be completed prior to Friday of each week (only a documented illness confirmed with the student's athletic academic advisor and/or coach will be accepted).
5. Study halls run from Sunday - Thursday in the Center for Student-Athlete Enhancement.
6. Failure to make all 6 hours every week will result in automatic suspension from the student-athlete's next regularly scheduled contest.
7. **NO cell phones allowed!**
8. Student-athletes are prohibited from doing non-academic activities/
9. Proctors have the authority to dismiss a student-athlete from a study session if s/he is disruptive, disrespectful, or unproductive.
10. Tutorial sessions may count as study hall hours AND must be completed in the Center.
11. The use of computers in the Center during study sessions are on a first come first serve basis and are subject to monitoring at all times. Proctors have access to see ALL computer screens in the Center.

## **TUTORIAL SERVICES**

Tutorial services are available to **ALL** student-athletes. This service is provided in conjunction with the Academic Learning Center, Library 331, via the Center for Student-Athlete Enhancement. Any student-athlete requiring tutorial assistance must meet with a member of the Center for Student-Athlete Enhancement staff. The student-athlete is then responsible for meeting with the Academic Learning Center to receive their tutor. Once the student-athlete has been assigned a tutor, the tutor's phone number will be given to the student-athlete. *It is then the responsibility of the student-athlete to contact the tutor to schedule the first tutorial session.* **All tutorial sessions must take place in the Center for Student-Athlete Enhancement during the regularly scheduled hours.**

The Center for Student-Athlete Enhancement is not obligated to provide a student-athlete with tutorial services when poor grades are a result of inadequate class attendance and general lack of effort. It is critical for a student-athlete to request tutorial assistance as early in the semester as possible. All requests will be processed as quickly as possible. Please note that a student-athlete of probationary or high-risk status may be recommended to seek tutoring by the student's athletic academic advisor.

**\*Please remember that the tutorial services available to student-athletes are a privilege.** Any student found abusing these services will risk loss of tutorial privileges as well as possible probation or dismissal from their athletic team.

## **TIPS FOR STRESS RELIEF**

The following are helpful tips for managing stress throughout the semester.

- \* Plan for social and physical activity to re-energize yourself so that you are better able to concentrate when you study.
- \* Keep a daily planner, block out practice time, study time and social events.
- \* Don't procrastinate!
- \* Learn to say "NO." Be honest with yourself and know your limitations.
- \* Accept circumstances that are beyond your control.
- \* Try to maintain a positive outlook. Negative perception habits drain your energy.
- \* Eat well-balanced meals and get enough sleep.
- \* Learn to solve your own problems.
- \* Build a support network of family, friends, coaches and other students. Communication helps release frustration and anxiety.

# **STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)**

## **I. Purpose**

1. Provide a communications link between student-athletes and the athletics' administration in the development of policies affecting all student-athletes.
2. Encourages communication and unity between and among teams.
3. Promotes and supports athletics.

The Committee meets a minimum of once a month beginning in September to discuss policies, issues and projects relating to student-athletes, teams and the department.

## **II. Membership**

The Committee is composed of:

1. Two representatives from each of the 23 intercollegiate programs
2. The Senior Woman Administrator

Each program/team has one (1) vote in all matters before the Committee.

## **III. Elections**

Team representatives are elected or appointed at the discretion of the head coach or SWA. Any student-athlete is eligible for election but each should carefully consider his or her academic and athletic responsibilities, as membership on the Committee is an important component of acting as a team's representative.

## **IV. Responsibilities**

Each team representative is expected to:

1. Attend all Committee meetings.
2. Attend any and all other Committee activities.
3. Represent his or her team's views at Committee meetings (This means team repre-

representatives must talk to their teammates about issues or projects, which will be discussed at Committee meetings. Coaches will allow time before or after practice for a representative's report).

4. Report to his or her team on what happened at Committee meetings and distribute the minutes of meetings.
  5. Organize team members to help with any special projects.
- V. Officers

No later than the first meeting of each fall, a President and Executive Board are named. These members will have the following responsibilities:

1. Chair all Committee meetings and act as the official representatives of the Committee.
2. Represent Marist on MAAC SAAC conference calls.
3. Meet with Associate AD/SWA to create monthly meeting agenda and collaborate on SAAC projects.

## **MAAC INFO**

### **Metro Atlantic Athletic Conference (MAAC)**

Founded in 1980, the MAAC is in its 43rd year of existence and its 11 member institutions are strongly bound by the sound principles of quality and integrity in academics and excellence in athletics. Along with the Conference's 13 full members, there are also multiple associate members for men's lacrosse, water polo, and women's rowing.

#### **Conference members:**

Canisius College	Niagara University
Fairfield University	Quinnipiac University
Iona College	Rider University
Manhattan College	Sacred Heart University
Marist College	Saint Peter's University
Merrimack College	Siena College
Mount Saint Mary's University	



## MAAC INFO

### METRO ATLANTIC ATHLETIC CONFERENCE COMMISSIONER'S CUP

Awarded annually as a symbol of overall excellence in the 24 championship athletic events conducted within the MAAC. The 11 member schools receive points based on their season and championship finish.

An institution can win the men's cup, women's cup and overall cup which is the highest honor awarded. This overall cup is a symbol of an athletics program's full complement of athletic excellence in both its men's and women's programs.

#### Marist Athletics and the Commissioner's Cup Overall

2013-2014	2007-2008	2001-2002
Winner	Winner	Winner
2012-2013	2006-2007	2000-2001
Winner	Winner	Winner
2010-2011	2005-2006	1999-2000
Winner	Winner	Winner
2009-2010	2004-2005	1998-1999
Winner	Winner	Winner

#### Men's

2012-2013	2002-2003
Winner	Winner
2006-2007	2001-2002
Winner	Winner
2005-2006	2000-2001
Winner	Winner
2004-2005	1998-1999
Winner	Winner

#### Women's

2015-2016	2009-2010
Winner	Winner
2013-2014	2007-2008
Winner	Winner
2012-2013	2006-2007
Winner	Winner
2011-2012	2005-2006
Winner	Winner
2010-2011	2004-2005
Winner	Winner
	2000-2001
	Winner



# STUDENT-ATHLETE CODE OF ETHICS AND CONDUCT EXPECTATIONS

Students at Marist College are expected to conduct themselves in a manner supportive of the educational mission of the institution. Integrity, respect for the person and property of others, and a commitment to intellectual and personal growth in a diverse population are values deemed fundamental to Marist and the College community.

Student-athletes are expected to comply with both the Department of Athletics Student-Athlete Code of Ethics and Conduct Expectations section and the College's Code of Conduct for Students. A copy of the College's code can be found in the *Marist College Student Handbook* or the Office of Student Affairs.

Participation in Marist intercollegiate athletics is a privilege and not a right. To earn that privilege, student-athletes must conduct themselves, on and off the field, as positive role models who exemplify good character.

This section, along with the College's Code of Conduct, covers behavior both on and off the College's campus. If a violation of any of the policies occurs, athletic privileges may be suspended or cancelled. This may include practice, competition and athletic scholarship penalties. The Director of Athletics, in conjunction with an advisory panel comprised of the Associate Director/Senior Woman Administrator and Faculty Athletics Representative, administers the Department's code. Appeals of a penalty should be directed to this panel.

All of these codes are designed for the promotion and protection of an environment that encourages reasoned discourse, intellectual honesty, openness to constructive change and respect for the rights of individuals.

1. Individuals associated with Marist College intercollegiate athletics and all participating student-athletes shall deport themselves with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, the institution, and they as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.
2. Individuals associated with Marist College intercollegiate athletics and all participating student-athletes will also be held accountable for all policies and procedures covered in their program's team rules, *NCAA Division Manual*, *Marist College Student Handbook*, and the *Student-Athlete Handbook*.

Culpability is not diminished for acts in violation of any of rules/code or under the influence of alcohol, illegal drugs or improper use of controlled substances.

Infractions of any portion of the Department's code may include, but are not limited to, the following sanctions:

**First Offense:** Immediate suspension with review by the Director of Athletics. Some infractions are governed by rules found in the *NCAA Manual* or the appropriate College handbook. These violations may carry different penalties as required by those areas.

**Second Offense:** Suspension or possible dismissal from the team after review by the Director of Athletics.

## AGENTS

You will become automatically ineligible for participation under NCAA regulations by entering into a verbal or written agreement with an agent for representation in future professional sports negotiations prior to the completion of intercollegiate athletic eligibility.

Further, you will become automatically ineligible by accepting transportation or other benefits from any person who wishes to represent you in the marketing of your athletic ability.

This prohibition against receipt of benefits includes relatives and friends as well.

Securing advice from a lawyer concerning a professional sports contract is permissible, but the lawyer may not represent you in negotiations for such a contract. A lawyer may not be present during discussions of a contract offer with a professional organization or have any direct contact (e.g., in person, by telephone or by mail) with a professional sports organization on your behalf. A lawyer's presence during such discussions is considered representation by an agent.

If you need assistance or clarification regarding your future in professional sports you should contact your head coach or the Associate Athletic Director/Senior Woman Administrator.

## **COMMITMENT TO COMPLIANCE**

The compliance program for student-athletes exists to facilitate and ensure compliance with institutional, conference, and NCAA regulations. Guidelines established by these governing bodies provide a framework for fair competition, good sportsmanship and responsible behavior which assists Marist College in ensuring there is an appropriate balance between educational and athletic pursuits. Marist College has a strong commitment to rules compliance. In that regard, you are asked to assist the institution in ensuring compliance.

Specifically, you are requested to:

1. Provide complete and accurate information regarding all eligibility matters.
2. Report any possible violations that you become aware of to your head coach, Associate Athletic Director/Senior Woman Administrator, Faculty Athletics Representative or the Director of Athletics.
3. When you are unsure of how governing legislation might apply to a particular situation, please ask your coach or the Associate Athletic Director/Senior Woman Administrator for clarification before taking any action that might jeopardize your eligibility.
4. Per New York State rules, all student-athletes are required to participate in Sexual Violence Prevention Training assigned by the College's Title IX office before practice or competition occur.

Prior to practice and competition, you must complete the NCAA Drug-Testing Consent Form and NCAA Student-Athlete Statement. The Compliance Office administers these forms via ARMS software.

## **EXTRA BENEFITS**

As a student-athlete you gain a significant measure of visibility and notoriety from your participation in intercollegiate athletics. As a result, you may be offered benefits by virtue of that involvement which would not generally be provided to other Marist College students.

The NCAA defines an extra benefit as *any special arrangement by an institutional employee or a representative of the College's athletics interests to provide student-athletes, their relatives or friends a benefit not expressly authorized by NCAA rules.*

Receipt or acceptance of such an extra benefit will result in immediate loss of eligibility.

Friendships or acquaintanceship with adults established in the recruitment process or after arrival on campus in most instances are a result of being a student-athlete and, thus, receipt of benefits from these individuals by you, your relatives or friends is prohibited by NCAA regulations.

During your enrollment at Marist College, you may befriend individuals or families in the community who might wish to provide you with a more "home-like" atmosphere. Please be aware that you becoming "friends" with a representative ("athletics booster") and or employee of Marist College does not change their status as far as the NCAA rules are concerned. For example, the provision of any type of material item (such as a birthday gift,

use of a car, meals or lodging, loan of money, Christmas gift, etc.) by such an individual or family to you (or your relatives or friends) could result in a rules violation and jeopardize your eligibility.

Examples of non-permissible extra benefits include, but are not limited to:

### **Awards**

- Cash or cash-equivalent for athletic participation.
- Gift certificates or merchandise items awarded by individuals other than Marist College Department of Athletics.
- Sports club memberships.

### **Complimentary Admission and Ticket Benefits**

- Payment from any source for complimentary admission.
- Special arrangement made to purchase tickets to an athletic event.
- Complimentary admission to a professional sports event.

### **Academic Support**

- Typing costs provided at less than the going campus rate.
- Use of Athletic Department copy machines, FAX machines and the internet unless required for academic course work.

### **Medical**

- Surgical expense to treat injury or illness that was not a result of practice or participation in intercollegiate athletics.
- Medical or hospital expenses incurred as a result of injury going to or from class or while participating in classroom requirements.
- Teeth cleaning or other dental work unless that work is directly related to injury to the teeth during practice or competition.

### **Friends or Relatives**

- May not receive expenses for visiting you at any site.

### **Benefits, Gifts and Services from the Public**

- Free or reduced-cost services.
- Use of telephone or receipt card without charge.
- Use of tickets to any event, dinner, use of a car, etc. from a commercial establishment without charge or at a discounted rate.
- Receipt of a loan.
- Guarantee of a bond.
- Use of an automobile or free or reduced-cost automotive equipment or repairs.
- Free or reduced-cost lodging, transportation or meals.
- Receipt of an honorarium for speaking or appearance engagement other than to cover actual expenses.
- Receipt of gifts of merchandise.

Receipt of extra benefits will result in immediate loss of your eligibility. If you need assistance or clarification regarding the NCAA's extra benefit rules you should contact the Associate Athletic Director/Senior Woman Administrator.

### **GAMBLING AND BRIBERY**

Gambling on the outcome of athletic contests is all too prevalent in our society, and can have a devastating effect on student-athletes if they engage in such activity. Therefore, you must not become involved in the following activities:

- Providing information to any individuals (including students and non-students) involved in organized gambling activities concerning intercollegiate athletic competitions. Such information might include the mental attitude of a team or certain members of a team, the physical condition of certain individuals on a team, etc.
- Asking if someone wants to bet on **any** intercollegiate **or** professional team with anyone.
- Accepting a bet by anyone on **any** team representing Marist College **or any** other intercollegiate **or** professional team.
- Participating in **any** gambling activity that involves intercollegiate **or** professional athletics through a bookmaker, a parlay card or any other method employed by organized gambling.
- Intentionally altering the results of an athletic contest in which you are participating in exchange for money or gifts.

Engaging in any of these activities is a violation of both NCAA and state regulations and will result in automatic and indefinite suspension from participation in any intercollegiate athletic activity.

Any knowledge of student-athletes' involvement in any of the above activities should be reported immediately to the Director of Athletics.

## **GRIEVANCES**

The Department of Athletics operates according to Marist College policies, which prohibit sexual harassment or any discrimination on the basis of race, color, creed, religion, sexual orientation, ethnic origin, age, gender identity, gender expression, or disability. Students wishing to file a grievance related to any of these matters should do so in writing to the Vice President for Diversity, Equity and Inclusion or the Director of Title IX, as appropriate. The grievance should be as specific as possible regarding the actions that precipitated the grievance, including date, place, and individuals involved; efforts made to settle the matter informally; and the remedy sought.

Similarly, the Department of Athletics prohibits the physical, verbal, or psychological intimidation of student-athletes; imposition of time demands in excess of NCAA limits; any violation of NCAA rules; and failure to provide adequately for the academic demands of student-athletes. If such an issue arises the student-athlete should try to first remedy the situation by utilizing any of the following individuals:

- Student-Athlete Advisory Committee (SAAC)
- Leaders of their respective team (e.g., captains)
- Assistant Coach
- Head Coach
- Appropriate administrator overseeing the particular area (e.g., Associate Athletics Director/Senior Woman Administrator, Center for Student-Athlete Enhancement Staff)

If no remedy can be sought through the above individual(s) then the student can file a grievance in writing to the Director of Athletics, following the guidelines outlined above.

In addition, student-athletes have the right to appeal Department of Athletics decisions in the following areas:

1. Reduction or cancellation of athletic aid during the period of the award.
2. Non-renewal of athletic aid.

The procedures for those issues dealing with athletic aid should be directed to the Office of Student Financial Services. The procedures for those issues dealing with transferring and the transfer portal should be directed to the Faculty Athletics Representative and/or Vice President/Dean for Student Affairs. It is recommended that student-athletes review

the section *Athletic Policies - Athletics Awards and Financial Aid* for additional information and clarification.

## **HARASSMENT**

At Marist College student-athletes are part of a culturally and socially diverse community. They are expected to respect the dignity and sensitivity of all members of that community regardless of their national, ethnic or cultural background, sexual orientation, gender identity, gender expression, ability or creed.

Actions that intentionally intimidate, humiliate or demean individuals or groups are unacceptable and will not be tolerated. Student-athletes are expected to contribute to an environment that promotes community spirit and develops positive understanding and interactive relationships.

## **HAZING**

Hazing is defined as any action or situation that recklessly or intentionally endangers the mental or physical health or safety of another person for the purpose of initiation, admission into, membership, advancement, or continued good standing in any group or organization. In addition, any requirement by a member or pledge which compels another member or pledge to participate in any activity that is against College policy or New York State Law is defined as hazing.

Hazing is **STRICTLY PROHIBITED** and student-athletes found guilty of participating in such acts will be **IMMEDIATELY SUSPENDED** from all team activities (e.g., practices, competitions). Other sanctions may include immediate dismissal from the team and athletic scholarship penalties.

Hazing behaviors include *but are not limited to* the following:

- Forcing or requiring an individual to drink alcohol or use other substances or consume unreasonable amounts of food
- Engaging in activities that compel an individual or group to remain at a certain place, or transporting anyone anywhere without their knowledge or consent (e.g., road trips, kidnapping, etc.)
- Creating excessive fatigue or distress through the deprivation of privacy, sufficient sleep, or decent and edible meals
- Participating in morally degrading or humiliating games and activities
- Participating in or creation of situations that cause physical harm or emotional strain, such as causing a member or non-member to be the object of malicious amusement or ridicule
- Using brutality or force
- Forcing or requiring an individual to dress in his/her uniform, undergarments, or inappropriate clothing and parade in front of another individual or group
- Forcing or requiring an individual to run around the practice or playing field barefoot; and
- Forcing or requiring an individual to get a particular haircut (e.g., buzz cut).

Any of these activities, if a condition either directly or indirectly, of membership, advancement, or good standing in a College-recognized organization, shall be presumed to be a forced activity, the willingness of an individual to participate in such activity notwithstanding. **Therefore, don't assume that by telling the individual that they ARE NOT required to participate mitigates the activity and culpability of the perpetrator.**

## **RULES OF SPORTSMANSHIP**

Each student-athlete is expected to exhibit good sportsmanlike conduct at all times as a representative of the team, coaches, department, College and community. The following

constitutes poor sportsmanship and will not be tolerated:

- Physical or verbal abuse of officials, opponents, spectators, coaches or the media.
- Throwing objects at or onto the playing surface or at spectators.
- Use of inciting or taunting gestures designed to elicit negative reactions from opposing players, spectators or officials.
- Using profane and vulgar language (including trash talking) or gestures to opposing players, spectators or officials.
- Fighting with opponents.
- Making negative public statements which demean a team member, a coach, an opponent, an official or another institution.
- Inappropriate “celebrations” which are disrespectful toward opponents.

Violations of the sportsmanship rules may result in sanctions imposed by the Director of Athletics, which may include suspension or dismissal from your athletic team.

As a student-athlete, your behavior shall reflect the high moral standards of honor and dignity that characterize participation in intercollegiate athletics.

## **SEXUAL ASSAULT AND SEXUAL HARASSMENT**

Consistent with the College’s policy, the Department of Athletics is committed to an environment which is supportive of education as the primary mission and free from all exploitation and intimidation. Rape, sexual assault or sexual harassment will not be tolerated.

Sexual harassment includes any unwelcome sexual advance, request for sexual favor or other verbal or physical conduct of a sexual nature. Such behavior, even if perceived to be in jest, is unacceptable.

Rape or sexual assault is commonly perceived as a violent and forceful act perpetrated by a stranger. In fact, rape by an acquaintance, known as date rape is far more common and usually involves the use of alcohol.

Typically in date rape or acquaintance rape the two parties are familiar with one another and perhaps even friends. The situation may begin with a date or merely informal socializing at a party, alcohol is consumed and an assorted set of signals sent and received between two individuals, real or perceived. The end result is a sexual encounter that may have been preceded by a series of consensual activities, at least in the mind of one of the partners. However, date rape should never be considered a misunderstanding or a communication problem. **“No” means “no” at any time.**

Student-athletes are expected to conduct themselves in a manner where the rights of others are respected.

Inappropriate sexual behavior, including verbal harassment, may result in sanctions by the College, Department of Athletics and civil authorities. Victims of rape, sexual assault or sexual harassment are encouraged to contact the Counseling Center at extension 2152.

### **Title IX Office**

Marist actively seeks to foster a campus environment of inclusion that is free from discriminatory and biased behaviors. The College is committed to preventing, responding to, and rectifying any incidents of gender-based or sexual misconduct.

The Title IX Office is the on-campus administrative body that handles incidents of sexual misconduct (including sexual assault, dating/relationship violence, domestic violence) and gender-based discrimination.

Student-athletes can contact the Title IX office at extension 2210 or email them at [TitleIX@Marist.edu](mailto:TitleIX@Marist.edu) to report any incidents or issues.

## **STUDENT-ATHLETE DISCIPLINARY ACTIONS**

There are times when a student-athlete may be required to be placed on a Coach's and/or Department of Athletics Contract. Such instances arise when a coach has disciplinary problems (e.g., not attending practices, not attending required academic meetings) with a student-athlete. Please note that disciplinary actions assessed by other areas on campus (e.g., Housing, Student Affairs) are under the purview of those areas.

The first step is placing the student-athlete on a Coach's Contract; however a Departmental Contract may be initiated in lieu of a coach's contract if the student-athlete is involved in a severe disciplinary action.

As a student-athlete you should be aware that being placed on a disciplinary contract (Coach's or Departmental) is very serious and failure to follow such contracts may result in athletic scholarship and participation forfeitures.

In addition to the above actions, any student-athlete who is arrested will be indefinitely suspended from their program pending criminal and Office of Student Conduct outcomes. The Department of Athletics may impose additional sanctions once the outcomes have been assessed.

## **VIOLENCE**

Whether it is reckless or intentional, any behavior that results in bodily injury to another person and/or damage to property will not be tolerated. In addition, any behavior that is interpreted by a reasonable person as an intent to harm another person or damage property will also not be tolerated.

These types of violence include, but are not limited to:

1. Physically assaulting a person, including slapping, hitting, punching, pushing, poking, kicking; or physical threats to inflict physical harm
2. Arson, sabotage, equipment vandalism, damaging or destroying property, throwing or hitting objects
3. Displaying a weapon or an object which appears to be a weapon in a threatening manner; carrying a firearm of any kind onto College-owned or College-controlled property; or using a weapon to harm someone
4. Using greater physical size/strength to intimidate another; intimidating or threatening gestures, bullying, or hazing
5. Intimidating, threatening, hostile or abusive language directed toward another person that communicates the intention to engage in violence against that person and leads a reasonable person to expect that violent behavior may occur
6. Stalking another person

Any student-athlete who engages in violence may result in sanctions by Office of Student-Conduct, the Department of Athletics, the NCAA, and civil authorities. Other sanctions may include immediate dismissal from the team and athletic scholarship penalties.

## **SOCIAL NETWORKING WEBSITES**

Social networking websites have become increasingly popular with college students in recent years. These websites aim to connect individuals using a variety of tools, including creating personal profiles or posting pictures. These websites include, but are not limited to:

Facebook	Twitter
Instagram	YouTube
Snapchat	TikTok

If Marist College student-athletes choose to have profiles on social networking websites they will be held accountable for ANY and ALL material on their profile. The following

provisions will apply to profiles on these sites:

- a. No offensive or inappropriate pictures are posted
- b. No offensive or inappropriate comments are posted
- c. Any information placed on these types of websites does not violate the ethics and intent behind both the Marist College student code of conduct, the student-athlete code of conduct, the Metro Atlantic Athletic Conference code of conduct, and the NCAA.

Student-athletes should remember that they are representatives of Marist College 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 your profile. Violations of the above provisions may result in sanctions by the Department of Athletics, Judicial Affairs, or the NCAA. Other sanctions may include immediate dismissal from the team and athletic scholarship penalties. Questions regarding acceptable content should be directed to your head coach or Sports Information Director.

NOTE: 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 Marist College student-athletes to exercise extreme caution in their use of social networking websites.

# **METRO ATLANTIC ATHLETIC CONFERENCE**

## **SPORTSMANSHIP STATEMENT**

The Constitution of the MAAC within its mission statement cites as a purpose of the Conference that its members shall participate in its athletics program on the basis of mutual trust and confidence and based upon high standards of scholarship and sportsmanship.

Understanding that realization of those goals requires that opponents respect each other and admire earnest effort made fairly in pursuit of victory, the Conference shall require adherence to the standards it has adopted or which are set forth in the respective playing rules. It will require ethical conduct worthy of the educational stature and the standards of its member institutions.

While victory shall be the expected goal of every competitor, defeat is not a disgrace, and the prospect of defeat is never an excuse for unethical behavior or a lack of sportsmanship. Adherence to these principles will maximize the benefits and enjoyment of intercollegiate competition for all participants, coaches, and spectators.

## **POLICIES AND ACTIONS IN SUPPORT OF THE SPORTSMANSHIP STATEMENT**

### *Council of Presidents:*

The MAAC Council of Presidents have directed that all representatives of the conference's member institutions shall exhibit ethical behavior at each Conference competition and conduct themselves in accordance with the rules of the NCAA and the Conference and the playing rules of the respective sports. They have directed that each member shall create a healthy environment for competition free of a hostile atmosphere for opponents. This responsibility is to be shared by administrators, coaches, and student-athletes, plus others involved in intercollegiate athletics in the Conference.

They have directed the Commissioner, supervisor of officiating and game officials to apply



the playing rules tightly and assess appropriate penalties, not merely issue warning, when violations occur.

#### Athletics Administrators:

Athletics administrators, led by the Director of Athletics, must communicate the expectation of good sportsmanship to all representatives of the institution active in intercollegiate athletics. It is particularly imperative that this message is impressed on each coach, along with the intention that the coach will require compliance with the Sportsmanship Statement by each member of the team. The Director must ensure that opponents are treated with fairness and respect. All aspects of game management must be controlled to assure such treatment, including crowd behavior.

#### Coaches:

The coach's behavior influences that of the players and, frequently, the fans. The coach has a responsibility to educate the players concerning their obligation to the coach, the institution, intercollegiate athletics and themselves. Respect for an opponent can most effectively be conveyed to the players by the manner in which the coach speaks of and acts toward the opponent.

#### Student-Athletes:

Student-athletes must honor the responsibilities which accompany the privilege of representing a MAAC institution by adhering to Conference and playing rules, and the MAAC Sportsmanship Statement. They must be aware that significant penalties will be applied for fighting, taunting an opponent or other unethical conduct.

#### Public Address Announcers:

Each public address announcer should provide an impartial and even-handed report of the event. Partisanship in this area inflames emotions and can promote poor sportsmanship by participants and spectators.

#### Cheerleaders, Spirit Groups, Bands and Mascots:

Like the student-athletes, members of cheerleading squads, spirit groups, bands, and mascots are highly visible representatives of MAAC institutions. They can influence the behavior of others. Each group should welcome its counterpart group, and demonstrate respect for its members. Likewise, it should convey respect for each opponent player and team.

#### Officials:

Although each game official has a demanding and difficult job to officiate the contest, s/he also will be directed to apply without hesitation or reservation the rules governing conduct and sportsmanship during each MAAC competition. When doing so as directed, the official will have support of the Conference, each member institution, and its administration and coaches.

## DEPARTMENT OF ATHLETICS POLICIES

### ATHLETIC AWARDS AND FINANCIAL AID

Marist College athletic scholarships are monies provided to a student-athlete based on his/her athletic ability. Athletic scholarships are used by coaches in the recruitment process to assist them in obtaining the most qualified student-athletes for the College's Division I programs. Student-Athletes should note that their athletic scholarship dollars **WILL NOT** change (increase or decrease) during the period of the award unless s/he engages in any activity noted under the cancellation and graduation section. Student-athletes who are receiving an athletic scholarship should note that voluntary withdrawal from a team will result in **IMMEDIATE** cancellation of their award for the next semester.

Student-athletes who are receiving an athletic scholarship and wish to go abroad **MUST** consult with their head coach prior to making any arrangements. Student-athletes may continue to receive athletic scholarship money during the semester they are abroad as long as they travel during their “non-traditional” or “other” season. Any student-athlete who is receiving a full grant-in-aid is encouraged by the athletic department to take advantage of the late spring or summer abroad programs offered through the Office of International Programs.

In order to receive any type of financial aid, including an athletics grant-in-aid, from Marist College, students are **REQUIRED** to complete and submit the following forms to the Office of Student Financial Services each year:

- Free Application for Federal Student Aid (FAFSA)
- Tuition Assistance Program (TAP) - New York State residents only
- Parent and Student Federal Income Tax Returns - returns for the previous year

Your athletic aid award will not be awarded until the office of Student Financial Services receives the above forms.

The NCAA has specific regulations regarding the receipt of financial aid and the amount of aid a student-athlete may receive. You may receive financial aid that **DOES NOT** exceed the value of cost of attendance. The “cost of attendance” is an amount calculated by the Marist College Office of Student Financial Services, using federal guidelines, that includes the total cost of tuition and fees, room and board, books and supplies, transportation, and other expenses related to attendance at the College.

You may receive institutional financial aid based on athletics ability, outside financial aid for which athletics participation is a major criterion and educational expenses up to the value of a full grant-in-aid, plus any other financial aid unrelated to athletics ability up to cost of attendance.

The Office of Student Financial Services is responsible for monitoring financial aid records and ensuring that the sum of your aid does not exceed the cost of attendance. In determining whether your financial aid exceeds the cost of attendance, all institutional financial aid and all funds received from the following and similar sources shall be included (this list is not all inclusive):

- Scholarships or grants-in-aid administered by Marist College
- New York State sponsored scholarships
- Aid awarded to a recruited student-athlete through an established and continuing outside program (e.g., National Football Foundation) for the recognition of outstanding high school graduates in which athletics participation may be a major criterion
- Educational Government Grants (Federal Supplemental Educational Opportunity Grant).

In addition, examples of financial aid exempted from the cost of attendance limits include, but are not limited to:

- Pell Grants
- Loans (Bank, Federal Stafford, Federal Direct, Federal Perkins)
- Government Grants for educational purposes
- On-campus or off-campus employment earnings during the academic year
- On-campus or off-campus summer employment earnings.

The Office of Student Financial Services will make adjustments to a student-athlete’s financial aid package to assure compliance with NCAA financial aid limitations.

In addition, student-athletes are required to report financial aid from any source other than the College or persons they are naturally or legally dependent upon. Such reporting requires

the awarding agency to send documentation of the award to the Office of Student Financial Services, and for upperclassmen all such awards **MUST** be deposited with the College.

Examples of this outside aid include, but are not limited to:

- High school awards
- Government grants (international students)
- Local civic organization awards
- Local team awards.

An athletic grant-in-aid will only be awarded for a period not in excess of one academic year. It may be renewed during the period of eligibility if recommended by the coach and the Director of Athletics to the Director of Student Financial Services. Returning student-athletes whose athletically related financial aid will be renewed, graduated or cancelled for the ensuing academic year will be notified prior to July 1.

The grant-in-aid cancellation or graduation policies include but are not limited to the following conditions (cancellation or graduation can occur mid-semester):

- You become ineligible for intercollegiate competition (e.g., carry less than 12 credit hours)
- You give false information on your application, letter of intent or financial aid agreement
- You engage in serious misconduct that brings disciplinary action from the College
- You voluntarily withdraw from the sport for personal reasons
- You sign a professional sports contract for your sport
- You agree to be represented by an agent or accept money from the agent or anyone associated with them
- You receive other aid that causes you to exceed your individual limit.

Also note that your grant-in-aid may not be reduced or cancelled during the period of the award on the basis of:

- Your physical condition
- Your athletics ability or contribution to the team's success
- An injury which prevents you from participating in athletics
- Any other athletics reason.

If you feel you have been unjustly treated with regard to the cancellation or reduction of your grant-in-aid, you have the opportunity for a hearing. You should consult the Associate Athletic Director/Senior Woman Administrator as well as the Director of Student Financial Services for information on the hearing procedure. Although there are NCAA rules regarding the awarding of athletic financial aid, participation on a team is at the discretion of the coach and may be reconsidered at any time during the academic year.

If you need assistance or clarification regarding your financial aid package, you should contact the Office of Student Financial Services or the Associate Athletic Director/Senior Woman Administrator.

## **EMPLOYMENT**

The Department of Athletics does not allow a student-athlete to be employed, in any capacity (volunteer or paid), in his/her sport.

It is the coach's and/or the Athletic Administration's prerogative to restrict a student-athlete's employment during a program's season or at a particular place of employment.

If you need assistance or clarification regarding employment you should contact the Associate Director/Senior Woman Administrator.

## **NOTIFICATION OF TRANSFER**

The decision to transfer from Marist College to another institution is a matter that requires very careful thought. Below is a summary of NCAA and/or Athletic Department rules which will help you better understand the consequences of such a decision.

1. Before you may discuss athletic opportunities with another college, you must first be entered into the NCAA Transfer Portal. It is important for you to understand that if you or your parents make contact with another college, before entering the portal, that college is obligated to inform the Marist Athletic Department.
2. A student-athlete must request to be entered into the NCAA Transfer Portal by completing a Transfer Request Workflow via the student's ARMS account. Requesting to be entered into the portal requires you to inform your head coach. Once entered into the portal, you may be immediately deleted from the team roster and any athletic scholarship dollars will be canceled commencing in the following semester.

The only exception to the consequences listed in this section is for a student-athlete who will graduate in the current academic year and is looking to complete a graduate degree that Marist does not offer.

3. Upon receipt of the notification of transfer, the Athletic Department may revoke access to student-athlete services. This may include, but is not limited to, all varsity athlete only areas such as the Sports Medicine suite, team locker rooms and academic advising services. In those instances, the Department of Athletics must notify the Faculty Athletic Representative (FAR) of the denial and the reason(s) for it. The student-athlete may appeal to the FAR for the restoration of specific services.
4. NCAA regulations may require that you "sit out" at the new institution for a specific period of time prior to participating in athletics unless you meet the requirements of a specific transfer exception.
5. If, after entering the Transfer Portal, you choose at a later to "withdraw" your name from the portal, Marist will maintain the consequences mentioned above – you will have been deleted from the team roster and your athletic scholarship dollars will have been canceled commencing in the next regular semester. The consequences may be appealed to the Faculty Athletic Representative (FAR). The FAR will assign the appeal to a subcommittee for their review and determination.

In all cases it is vital that you become familiar with the ramifications of your activities before you take action. Consult the Athletics Compliance Office for more information.

## **WALK-ONS**

The Department of Athletics provides any Marist student the opportunity to participate in a walk-on "try-out" to any of its 23 varsity programs. Students must contact the head coach to discuss the program and athletic requirements. Any student may then "try-out" for a respective team with the understanding that the head coach makes the final determination as to whether or not the student will make the team. Students who make a team as a "walk-on" are only given a spot on the team for that academic year. The student is required to "try-out" each year they wish to participate.

## **EXIT INTERVIEWS**

Each year, the Director of Athletics conducts exit interviews with those student-athletes who have exhausted their eligibility and/or graduating seniors.

## **NATIONAL LETTER OF INTENT**

Marist College adheres to the National Letter of Intent (NLI), an instrument used nationally as a commitment by prospective student-athletes to attend a specific college or university.

If you have signed a NLI you are required to attend Marist College for one academic year in order to fulfill the terms of the Letter. If you have signed and decide to enroll in another

institution participating in the NLI Program prior to the completion of one academic year at Marist College you may not represent that institution in intercollegiate athletic competition until you have been in residence at that institution for two consecutive semesters.

In addition, you will also not be eligible for more than two seasons of intercollegiate competition in any sport unless you and Marist College mutually agree to release each other from any obligations of the NLI. A student-athlete receiving a formal release will not be eligible for competition at the second institution during the first academic year of residence and will lose one season of competition.

These restrictions will not apply if you attend Marist College for at least one academic year; if you have graduated from junior college after having signed a NLI while in high school; if you do not attend any institution for the next academic year after signing an NLI; if you serve on active duty with the U.S. armed forces or on official church mission for at least 18 months; or if you are a non-qualifier as determined by the NCAA Eligibility Center. You must have received, in writing, an award for athletic financial aid at the time of signing your NLI for it to be valid. In addition, you may only sign one valid NLI and remember, you are signing with the institution and not a particular sport or individual coach.

### **NCAA STUDENT-ATHLETE ASSISTANCE FUND**

The NCAA provides each member institution with a pool of funds to assist student-athletes. The fund may be used for several purposes including:

- Medical expenses (except those covered by another insurance policy, including optional institutional medical insurance premiums);
- Hearing aid;
- Vision therapy;
- Off-campus psychological counseling;
- Travel expenses for parents or student-athletes for family emergency;
- Purchase of expendable course supplies (e.g. notebook and pens);
- Rental of non-expendable course supplies (e.g. computer equipment and cameras that are required for all students enrolled in the course);
- Clothing, shoes and other essentials (excluding athletic apparel and food); and
- Transportation to and from home.

If you need assistance or clarification regarding the Assistance Fund you should contact the Compliance Office.

## **ATHLETICS TEAM CONDUCT**

### **ALCOHOL**

1. Alcohol, illegal and/or other recreational drugs are prohibited at any athletic team related function, anytime, anywhere, prior to or after competition, day trip or overnight. Hotels, including bars located on their premises, are off limits for alcohol at any time.
2. Alcohol, illegal and/or other recreational drugs are not permitted on any team travel vehicle, personal or school owned, if related to a team function.

The Department of Athletics does not promote or condone the use of alcohol, illegal and/or recreational drugs by student-athletes during the academic year. Student-athletes caught using alcohol, illegal and/or recreational drugs will be disciplined by the head coach and/or the Director of Athletics.

Penalties include but are not limited to:

- a. Game suspension

- b. Coach's Contract
- c. Department Contract
- d. Dismissal from team

## **DRESS CODE**

Student-athletes are representatives of Marist College and its athletics program. It is imperative that they present an image of the institution, their program and the athletics department which connotes dignity, integrity and discipline.

For team travel by bus, van or plane it is expected that any time student-athletes leave the vehicle, they are attired neatly and consistent with the Department and team's dress code, which will be dictated by the coach.

For teams or individuals traveling from the campus or place of lodging directly to the site of competition by bus or van, student-athletes may be attired in the official Marist team warm-up or competition uniform issued to each individual on that team. However, every member of the team should, then, be attired in the same uniform.

Casual, but always neat dress is permissible in hotels or during other trip-related functions such as pre-game meals.

## **STUDENT-ATHLETE APPAREL & EQUIPMENT**

Nike is the exclusive apparel and equipment provider for the Marist Athletics Department. No other manufacturer's products should be worn during team activities, strength training, practice or competition.

Merchandise worn by student-athletes bearing the Marist trademarks or name must be approved and purchased through the Marist Athletics Department. Apparel items include, but are not limited to the following:

- Uniforms, Polos, Jackets, T-shirts, Dri-fit, Shorts, Sweatshirts, Sweatpants, Fleece, Travel Jackets, Travel Pants, Shoes, Cleats, Sandals, Socks, Gloves, Headbands, Wristbands, Hats, Visors, Knit Hats

Student-athletes that wish to purchase merchandise "out-of-pocket" bearing the Marist trademarks or name must gain prior approval from the Athletics Department. Approved merchandise that is being purchased by student-athletes "out-of-pocket" must be purchased through the Marist Athletics Department. Orders will not be placed until all money is collected and submitted to the Athletics Business Manager.

Only officially licensed Marist Athletics approved vendors and licensees may be used to produce items bearing the Marist Athletics trademarks. Merchandise bearing the Marist Athletics trademarks or name produced without prior approval will be considered "counterfeit" and subject to disciplinary action by the Marist Athletics Department, including seizure of the merchandise. For example, a team buying a t-shirt to wear during travel or pre-game warm-ups without getting prior approval is not permitted even though the student-athletes paid for the t-shirt "out-of-pocket."

All merchandise worn by student-athletes and coaches represents the program, coaches, Athletics Department and Marist College. All guidelines set forth by the Marist Athletics Department for use of the Marist Athletics marks must be followed.

## **RECREATIONAL AND PERFORMANCE ENHANCING DRUG POLICY**

*\*AT NO TIME ARE THESE DRUGS PERMISSIBLE\**

Examples of such drugs are **heroin, marijuana, cocaine, steroids** and **growth hormones**. In addition to these drugs the NCAA has a list of banned substances (see page 178). The NCAA does conduct random drug tests during the academic year. A positive drug test will result in immediate loss of eligibility.

Refer to [www.drugfreesport.org](http://www.drugfreesport.org) for a list of banned substances.

**First Offense:** Immediate suspension with review by the Director of Athletics.

**Second Offense:** Indefinite suspension or possible dismissal from the team after review by the Director of Athletics.

## **TOBACCO**

No chewing or smoking tobacco during any athletic team related function, home or away, in the Marist McCann Recreation Center or other athletic facilities.

## **TRAVEL**

Student-athletes representing Marist College who travel individually or as a team to a regularly scheduled intercollegiate athletic contest must do so under the direct supervision of the coach or other designated department staff member.

The staff member assumes responsibility for the traveling party from the point and time of departure until either (1) all members are returned to campus; or (2) a student-athlete is released at the conclusion of competition at the site of the competition as per arrangements made with the head coach prior to the team's departure from Marist.

As representatives of the College on away trips, student-athletes are expected to conduct themselves with dignity and the highest ethical, moral and behavioral standards.

## **VIOLATIONS OF ATHLETICS TEAM CONDUCT**

The following penalties will be imposed for team conduct violations excluding recreational and performance enhancing drugs which have their own penalty system.

**First Offense:** Warning from the coach and reported to the Director of Athletics with possible review by the Director of Athletics for further action.

**Second Offense:** One game suspension 24 hours following the infraction with possible review by the Director of Athletics for further action.

**Third Offense:** Suspension or possible dismissal from the team after review by the Director of Athletics.

## **POLICY FOR OFF-CAMPUS SOCIAL EVENTS**

The following guidelines are in accordance with the College's policy regarding the hosting of events by a college student organization or team.

In order for a varsity sports team to sponsor an event on campus, the team must not be involved with any disciplinary sanction (probation or higher) with the Department of Athletics and/or College. Representatives of the team must work with the Office of College Activities in scheduling the event and approval of all contracted services. A representative of the Office of College Activities must sign all contracts for services. All dates for off campus events must be presented to the Senior Associate Athletics Director/Internal Affairs, Department of Athletics, for preliminary approval. All funds must be deposited with the Department of Athletics and all Business Office procedures (e.g. purchase orders) must be initiated by the Associate Athletics Director/Internal Affairs prior to commencing any activities related to the event. Representatives should note that all funding for such events is the sole responsibility of the sponsoring team/representatives. In addition, all funds for the function must be collected and deposited prior to the event. A meeting will also take place with the chaperones, the team's leadership and representatives from the Office of College Activities to review all the arrangements for the event.

The team must have at least two Marist College employee chaperones for the event, with more required (if needed) to ensure a chaperone ratio of one per fifty participants. Chaperones must include the head coach. Bus transportation must also be arranged by the team from the College to the facility and back to the College to ensure that no individuals drive their own vehicles. Bus transportation must be scheduled through the Associate Athletics Director/Internal Affairs and supervised by both the team's leaders and chaperones.

When alcohol is present at an event, the host establishment has the responsibility to validate the ages of participants in order for them to purchase alcohol. At no time will an open bar be allowed at any event. Only individuals 21 years of age or older who can legally purchase alcohol may do so, with a maximum of two drinks at a time. In addition, the team will be responsible for hiring a security officer who will help to ensure that only those students 21 years of age or older may consume alcohol. The host facility will also provide an attractive, non-alcoholic beverage for those students under 21 years of age during the cocktail hour (if one is provided). The bar will close during the serving of the main meal as well as one half hour prior to the close of the event.

Prior to the event, the team should present a workshop to its membership/team about risk management and include discussion about the use and abuse of alcohol (high-risk behaviors involving alcohol). Participants at the event are to be responsible for their own behavior at all times and the leadership of the team is expected to respond to any individual who behaves inappropriately. The team and or its leadership may also be held responsible for a situation that arises that is outside the realm of an individual's responsibility. At the conclusion of the event, the team should complete a program evaluation and submit it to the Associate Athletics Director/Internal Affairs.

## **SPORTS MEDICINE DEPARTMENT**

The Assistant Athletic Director: Sports Medicine operates the Sports Medicine Department. This individual's office is located in the Dr. Michael J. Maynard Center for Sports Medicine area. The following policies must be strictly adhered to by all student-athletes. Questions and concerns should be directed to the Assistant Athletic Director: Sports Medicine.

### **ATHLETIC TRAINING ROOM RULES**

The Sports Medicine staff is here to serve the student-athletes. They will always treat student-athletes in a professional manner and expect student-athletes to return the same courtesies.

- All student-athletes are required to wear shorts/shirts for treatment since we are a co-educational facility.
- All student-athletes **MUST** sign-out with the medical electronic records system (ATS) prior to departing the facilities.
- Do not wear outdoor athletic shoes in the athletic training room. Please leave these shoes outside.
- All equipment will be kept outside the athletic training room. ***"No Exceptions!"***
- No food or drink is allowed in the athletic training room with the exception of a water bottle.
- Towels remain in the athletic training room; those individuals seen taking them will lose privileges in the athletic training room.
- Student-athlete must provide their own towel, shower and wear footwear into the facility when utilizing the Grimm Tubs (hot and cold).
- Missing a treatment or doctor's appointment without permission will be reported to the coaching staff.

### **ATHLETIC TRAINING ROOM (ATR) OPEN/CLOSED POLICY**

The Center needs to remain closed at all times unless a Certified Athletic Trainer (AT) is present. There is a liability, safety and legal issue that complicates anyone being in the room without an AT. No coach, administrator or any other personnel is legally allowed to give treatment or supervise any modality use. Only in a medical emergency when gauze,



bandage material, ice, etc. is needed may security, Assistant Athletic Director/Facilities or supervisory personnel open the Center. The Center must be monitored and then closed promptly. Athletic Training students are placed in the Center for the Sports Medicine Department's use and have specific duties and responsibilities.

They are allowed to render treatment, use modalities and be involved in evaluations or emergency situations only when under the supervision of an AT.

## **HOURS OF OPERATION**

### **A. During Academic Year**

During the academic school year, the weekday hours of operation will be from 9:00am to the end of practices scheduled for that day (generally 5pm). If you are unsure of the end of the day times, please ask or call (2030) and a member will tell you the closing time for that day. Closing time will vary from day to day depending on the schedule as well as the weekend schedule, so please ask to be informed. Another way to learn the hours of the week is to "Like" Marist College Athletic Training on Facebook which will have the specific hours for the week. During the week, the early morning hours are a great time to come in and be evaluated or come in for treatment. Typically, the room is not very busy during these hours. Early afternoon hours are usually a busy time in the Athletic Training room as we are typically preparing the athletes for practices or games and do not have a lot of time to spend on evaluations or treatments. Treatments on the weekends are by appointment only.

### **B. During Summer**

During the month of June, hours will be by appointment only. Rehab will be set up by appointment only. During the months of July and August, the hours of operation will coincide with the sports camps that are taking place. These hours will be 9:00am. - 5:00pm. Coaches or student-athletes requiring additional times must work with the athletic trainers on staff.

## **IF YOU NEED HELP**

**McCann Center**

**Athletic Training Room**

845-575-3000, x2030

**Tenney Stadium**

**Athletic Training Room**

845-575-3000, x2561

**Fairview Ambulance**

911

**Mid-Hudson Regional Hospital**

845-471-2000

**Emergency One (Hyde Park)**

845-229-2602

**Marist College Safety and Security**

575-3000, x2282

## **EQUIPMENT USE**

All equipment use from this department must be signed in and out. That includes anything that can be reused. If equipment is not returned after a student-athlete's session is over, **THE STUDENT-ATHLETE WILL BE BILLED** for those items not returned.

## **INSURANCE INFORMATION**

An information sheet must be filled out at the time of a student-athlete's physical regarding insurance information and other pertinent information. ALL student-athletes must be covered under a primary insurance company, either through their parent/guardian, personally or purchased through the college (Marist College Student Insurance). Once an injury occurs, an insurance claim form must be filled out for any injury that might require outside assistance (e.g., x-rays, MRI, emergency room visit, etc.). If an insurance claim is not filled out for an athletic injury, the Department of Athletics cannot be held responsible for the insurance coverage. The Department maintains an excess policy, which means that all bills must be submitted to the student-athlete's family insurance first and then the remaining balance can be submitted to the College's insurance policy. If the student-athlete fails to follow these procedures, then the Department will not be responsible for the bills associated with the injury. The Department has an insurance coordinator that can assist in explaining the details of the policy to student-athletes and their parents. It is the student-athlete's responsibility to inform their parents of the procedure on insurance.

## **INJURY/ILLNESS PROTOCOL**

Steps for Receiving Treatment for an Athletic Injury or Condition

1. Report the injury or condition to a member of the sports medicine staff. If your team does not receive direct coverage from an athletic trainer you can go to the athletic training room at any time during the regular operating hours, leaving a moderate amount of time to be evaluated and treated.
2. The athletic trainer will evaluate the injury and either begin a course of treatment and rehabilitation exercises and/or will refer you to one of the orthopedic surgeons that conduct weekly clinics in the athletic training room or a specific specialist. The clinic is held twice a week. The times and days of the week the clinic will be held depends on the patient load and schedule for the week. There will be **NO** walk-in appointments.
3. You must take the responsibility to closely follow the course of action laid out for you by the sports medicine and/or orthopedic surgeon staff, being sure to voice any concerns or changes that occur while being treated. If you miss a scheduled treatment or rehabilitation appointment your coach will be informed. Please be sure to let an athletic trainer know if you cannot make an appointment.
4. If the orthopedic surgeon orders an x-ray, MRI, or other form of testing, you will be asked to sign an accident report. This paperwork is necessary for Marist to operate as a secondary form of health insurance and cover any additional expense that your primary health insurance company does not cover.

## **STEPS FOR HAVING AN INJURY SEEN BY A MEDICAL SPECIALIST (ORTHOPEDIC SURGEON/GENERAL PRACTITIONER)**

1. You must be evaluated by a member of the sports medicine staff prior to seeing a medical specialist.
2. If necessary you will be referred to one of the three orthopedic surgeons that conduct clinics in the athletic training room weekly.
  - a. If you have an orthopedic surgeon/physician that you have seen in the past or one you are more comfortable with, let a member of the sports medicine staff know

**BEFORE** seeing the orthopedic surgeons at Marist.

- i. If you chose to go to an orthopedic surgeon/physician of your choice and that surgeon is not a participating member of your primary insurance company you waive your privilege for the Marist athletic department to act as a secondary insurance company. Marist may cover the amount of the service that is usual and customary for the same services rendered in this area. Any additional cost would be the responsibility of the athlete.
- ii. If you see a surgeon/physician outside of the Marist orthopedic surgeons you must bring back a note from the surgeon/physician you saw dictating his/her diagnosis, restrictions, and treatment plan s/he would like carried out in order to be able to participate in team activities. A clearance note must also be provided by this physician prior to final clearance from the Marist orthopedic surgeon.
- iii. The orthopedic physician will evaluate the injury and plan a course of action. If diagnostic testing is ordered, the sports medicine staff will arrange for pre-authorization from your primary insurance company and will schedule the test for you.
  - a. If the orthopedic physician refers you to a specialist (i.e. spinal specialist, certain orthopedic that operates primarily on the joint in question) that is not part of your primary insurance company's network Marist athletic department will still operate as a secondary insurance provider because the Marist orthopedic surgeon referred you to this specific professional.

## **TREATMENT/REHABILITATION**

The responsibility for showing up and receiving treatments or rehabilitation is the student-athlete's. If a student-athlete needs to be excused, s/he must talk to a sports medicine staff member personally. The staff wants to do everything it can to have student-athletes healthy and able to compete at 100%, but their cooperation is an absolute **MUST**. The sports medicine staff and physicians will decide when to begin and discontinue treatments or rehabilitation of all injuries. The sports medicine staff and physicians will have the sole decision on a student-athlete's return to practice/competition.

\*\*\*We are not allowed to treat non-athletic related injuries. Any injury that is not sport "team" related will not be treated in the athletic training room.

## **BANNED SUBSTANCES AND ERGOGENIC AIDS**

### ***HERBAL AND DIETARY SUPPLEMENTS***

These "nutritional supplements" are **NOT** Food and Drug Administration (FDA) regulated. This means that there has been no published, scientific research to establish any possible performance enhancement. The long-term and possible negative effects of herbal and dietary supplements have not been researched.

Many of these "nutritional supplements" do not contain proper labeling, and may in fact contain impurities and/or banned substances, which may result in a positive drug test. Student-athletes should consult with the Sports Medicine staff or Strength & Conditioning Coach before taking **ANY** "nutritional supplement." The National Center for Drug Free Sport, Inc., an NCAA consultant, provides a dietary supplement **AXIS** for all student-athletes. **Student-athletes can receive ANONYMOUS free information on dietary supplements and banned substances.** It also allows student-athletes the ability to look up medical information regarding adverse side effects that they may be experiencing while taking a supplement. **The following site or phone number is for the previously mentioned service: [www.drugfreesport.com](http://www.drugfreesport.com) (password: NCAA1) or call (816) 475-7321.**

### ***ADD/ADHD MEDICATIONS***

The NCAA has placed new restrictions on the use of medications prescribed for

**ADD/ADHD.** Those of you taking medications such as Ritalin (methylphenidate) and Adderall (amphetamine) or any other drug besides Strattera for these conditions must provide the following information to the Marist Sports Medicine Staff at the beginning of the academic year:

- A copy of the current prescription issued by your primary care provider/physician
- A copy of the psychological test results diagnosing you with ADD/ADHD (regardless of how long ago the diagnosis was made)
- If you have it, documentation showing you attempted to use a non-banned-drug before choosing to take the banned-drug

If you have not been formally tested to obtain this diagnosis you must arrange to be formally tested through your primary care provider/physician in order to appeal a positive drug test result caused by these medications. If you do not have a primary care provider/physician, contact a member of the sports medicine staff. Failure to provide any of the documents listed above will result in a denial of a positive drug test appeal. These documents **MUST BE** on file prior to the drug test.

*For those of you that may “borrow” these medications on occasion, it is strongly recommended that you discontinue this practice because you will have no basis for which to appeal a positive drug test result caused by these medications.*

Please contact a member of the Marist Sports Medicine Staff with any questions you may have regarding the new restrictions or the documentation you are required to provide in order to legalize use of these medications.

## **HEAD INJURIES**

The Marist College Office of Sports Medicine recognizes that sport induced concussions or mild traumatic brain injury (MTBI) pose a significant health risk for those student-athletes participating in athletics at Marist College. With this in mind, the office of sports medicine has implemented policies and procedures to assess and identify those student-athletes who have suffered a concussion/MTBI. The office also recognizes that baseline neurocognitive testing on student-athletes who participate in those sports which have been identified as collision and/or contact sports and/or who have had a history of concussions prior to entering Marist College will provide significant data for return to competition decisions. This baseline data along with physical examination, and/or further diagnostic testing will be used in conjunction in determining when it is safe for a student athlete to return to competition.

### **CONCUSSION/MTBI DEFINITION:**

A concussion/MTBI is defined as a complex pathophysiological process affecting the brain, induced by biomechanical forces. Another definition is a violent shaking or jarring action to brain, usually as a result of impact with an object or ground. This results in immediate partial or complete impairment of neurological function. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussions/MTBIs may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
2. Concussion/MTBI typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously. However, in some cases, symptoms and signs may evolve over a number of minutes to hours.
3. Concussion/MTBI may result in neuropathological changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
4. Concussion/MTBI results in a graded set of clinical symptoms that may or may not

involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. However, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged.

Due to the severe nature of a Concussion/MTBI, Marist College believes in a conservative approach for treatment. This includes the student-athlete self-reporting his or her symptoms after suffering a Concussion/MTBI. Self-reporting of symptoms plays an integral role in tracking the severity of his or her signs and symptoms completely honestly to the Sports Medicine Staff, Team Physician and/or Health Services Staff as soon as they present and each day following the injury.

### **SIGNS AND SYMPTOMS OF CONCUSSION/MTBI:**

All members of the Sports Medicine Staff (physicians, athletic trainers, student athletic trainers) and Department of Athletics coaches and staff all need to be aware of the signs and symptoms of a Concussion/MTBI to properly recognize and intervene on behalf of the student-athlete.

#### **Physical Symptoms**

- Headache
- Vision Difficulty
- Nausea
- Dizziness
- Balance Difficulties
- Light sensitivity

#### **Cognitive Symptoms**

- Memory Loss
- Attention Disorders
- Reasoning difficulty
- Feeling like in a fog
- Slowed reaction time
- Fatigue

#### **Emotionality Symptoms**

- Irritability
- Sadness
- Nervousness
- Sleep Disturbance

### **CONCUSSION/MTBI MANAGEMENT:**

The cornerstone of concussion management is physical and cognitive rest until symptoms resolve and then a graded program of exertion prior to medical clearance and return to play. The recovery and outcome of this injury may be modified by a number of factors that may require more sophisticated management strategies.

The majority (80-90%) of injuries will recover spontaneously over several days (average 7-10 days), although the recovery time may be longer in children and adolescents. In these situations, it is expected that an athlete will proceed progressively through a stepwise return to play strategy. During this period of recovery while symptomatic, following an injury, it is important to emphasize to the student-athlete that physical and cognitive rest is required. Activities that require concentration and attention (i.e. scholastic work, videogames, text messaging, etc.) may exacerbate symptoms and possibly delay recovery. In such cases, apart from limiting relevant physical and cognitive activities (and other risk-taking opportunities for re-injury) while symptomatic, no further intervention is required during the period of recovery and the athlete typically resumes sport without further problem.

### **FOLLOW-UP CARE:**

In the event of a concussion, follow-up care and proper education is critical. Due to the necessity of serial monitoring for deterioration of symptoms, the student-athlete will be released under the care of an on-campus emergency contact when discharged from the care of the Sports Medicine Staff. The Concussion/MTBI Take-Home Instructions will be explained and given to both the concussed student-athlete as well as the on-campus emergency contact. Pertinent contact information will be provided in addition to scheduled follow up appointments.

### **SUBSEQUENT TESTING:**

Concussed student-athletes will be assessed daily with the assistance of c3Logix Concussion Management System until released by a member of the Sports Medicine Staff. Student athletes will be tested using c3Logix within 24 hours of a Concussion/MTBI episode (immediately following will be best case). The athlete will again be c3Logix tested once

they report being asymptomatic for 24-hours. All results will be compared to student-athletes baseline test given prior to participation.

### **GRADUATED RETURN TO PLAY (RTP) PROTOCOL:**

Return-to-play is the process of deciding when an injured or ill student-athlete may safely return to practice or competition. It is the goal of Marist College to return an injured or ill student-athlete to practice or competition without putting the individual or others at undue risk for injury or illness. RTP protocol following a Concussion/MTBI follows a stepwise process.

With this stepwise progression, the student-athlete should continue to proceed to the next level if asymptomatic at the current level. Generally, each step should take 24 hours so that a student-athlete would take approximately 1 week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussive symptoms occur while in the stepwise program, then the student-athlete should drop back to the previous asymptomatic level and try to progress again after a further 24 hour period of rest. The Sports Medicine Staff will be in direct contact with the Team Physician while progressing the student-athlete through the program. It is important to note that this timeline could last over a period of days, weeks, months or ultimately result in potential medical disqualification from the participation in Marist College Athletics.

An important consideration in RTP is that concussed student-athletes should not only be symptom-free, but also, they should not be taking any pharmacological agents/medications that may mask or modify the symptoms of concussion/MTBI.

Student-athletes will be required to sign the "Return to Activity Acknowledgement Form" once cleared by the Sports Medicine Staff affirming they were symptom free and truthful through the entire recovery process.

### **GRADUATED RETURN TO LEARN (RTL) PROTOCOL:**

The national focus on sports-related concussions and the development of improved management and recovery protocols have led to the emergence of best practices for assisting student-athletes with their academic demands while recovering from a concussion. Whether it is an absence from class altogether, limiting visual stimuli, auditory stimuli, or outside assignments, proper accommodations should be made and followed by those involved. The following protocol identifies the factors of concern when a student-athlete begins to "return to learn" and the approaches in which they can be addressed.

Concussion can happen to anyone and can affect a student's chances for success in college. "Experimental evidence suggests the concussed brain is less responsive to usual neural activation and when premature cognitive or physical activity occurs before complete recovery the brain may be vulnerable to prolonged dysfunction" (Harmon et al., 2013). Cognitive and physical rest has become the cornerstone of concussion management (Guskiewicz et al., 2001; McCrory et al., 2008; McCrory et al., 2013, Harmon et al., 2013). Recent research suggests that cognitive rest is a critical element of successful concussion management and can significantly shorten the recovery period (Moser et al., 2012). Elements of cognitive rest can include prohibition of school attendance, homework, reading, video games, texting, computer time or television watching. Resumption of these activities should be gradual and is dependent on the absence of concussion-related symptoms.

When advising college student-athletes on when and how to best resume their regular academic work, the follow points are considered.

- The most current medical evidence recommends an individualized approach involving a gradual return to academic activities in a manner that does not prolong or exacerbate symptoms. Individualized plans should be developed to allow student-athletes to remain at home or in campus housing on day of injury with a gradual approach to return to cognitive activity.

- Students should return to full academic function and be asymptomatic before returning to unrestricted physical activity.
- The stress and anxiety that students experience around missed classes and assignments can be mitigated with appropriate short-term academic accommodations and support from professors, deans and the Office of Accommodations and Accessibility.
- Ongoing medical supervision with coordinated care between the Office of Health Services, the Counseling Center, deans, physicians, and Sports Medicine staff when appropriate, is essential.
- Student-athletes who have or continue to have post-concussion academic challenges shall be referred back to the team physician for further medical evaluation.
- For students with symptoms lasting longer than 2 weeks, further medical management considerations and accommodations may be needed (Referral to Office of Accommodations and Accessibility).

Initially students will be advised to rest the brain and body for a 24-72 hour period. This means not attending classes, doing homework, listening to lectures, watching videos, or using the computer or cell phone. Students will be encouraged to communicate with their professors about their status.

Any student-athlete who requires academic modifications following a concussion will be referred to the Center for Student-Athlete Enhancement (CSAE) with their classroom restrictions form (Appendix #9). The CSAE will contact the student-athletes' professors and make them aware of the situation so they can make appropriate accommodations in order to make up the classwork. The Office of Accommodations and Accessibility\* will also be made aware of the need for accommodations. The Sports Medicine staff will continue to be in contact with the CSAE throughout the process in order to facilitate the optimal return to learn protocol for each student-athlete.

\* *The Office of Accommodations and Accessibility complies with the American's with Disabilities Act (ADA) and the ADA Amendment Act (ADAAA). The Director of the Office of Accommodations and Accessibility or designee shall act as liaison to the Return to Learn Management Team (see below).*

Students will be encouraged to sleep, eat and hydrate well, spend quiet time with friends/family, listen to calming audio for short periods, take short walks or practice some relaxation techniques. Students will be told to stop any of these activities if concussion symptoms worsen. Students will return for follow-up evaluation within 24-48 hours. At this visit, a thorough symptom review will be done and any other relevant testing. Restrictions on academic work will be kept the same or modified depending on the findings. Students will continue to return periodically (usually every few days) for repeated assessments. When the measures obtained from these markers show significant improvement, the student will be advised to resume class attendance.

This program is to be used as a minimum requirement for the student-athlete to follow, and each student-athlete will be encouraged to use their best judgment in order to determine if they are able to do more than what is required of them. This process will be individualized to each student's symptoms and deficiencies.

A return to learn management team has been put into place that can assist the student-athlete and family in situations that may need further attention. If a student-athlete is having concerns or issues in regards to their recovery from a head injury, they can contact the team chair in order to schedule a meeting with the entire team.

This team is made up of:

Assistant AD: Sports Medicine - Team Chair

Director of the Center for Student-Athlete Enhancement

Assistant Athletic Trainer

Team Physician

The Assistant Athletic Director: Sports Medicine, along with their full-time staff members will oversee the return to learn process. All student-athletes will have a full-time staff member responsible for overseeing their recovery, regardless of who is their team Athletic Trainer.

### **‘DIFFICULT’ OR PERSISTENTLY SYMPTOMATIC CONCUSSION PATIENT:**

Persistent symptoms (>10 days) are generally reported in 10-15% of concussions/MTBIs. In general, symptoms are not specific to concussion and it is important to consider other pathologies. Cases of concussion/MTBI in sport where clinical recovery falls outside the expected window (i.e., 10 days) should be managed in a multidisciplinary manner by healthcare providers with experience in sports-related concussions/MTBIs (Neurologist).

### **HEAT ILLNESS AND PREVENTION**

The National Athletic Trainers’ Association (NATA) makes injury prevention a priority, and has been working with the American Football Coaches Association (AFCA) to educate the public, coaches, athletic trainers, players and parents about injury prevention techniques. Two key areas of this joint program are fluid replacement and heat illness.

A. The Sports Medicine Staff uses the following steps to assist in reducing the risk of heat illness:

1. Ensure that all players have a pre-participation physical exam
2. Encourage student-athletes to begin conditioning before two-a-days to ensure that they are properly fit and acclimatized to the heat
3. Avoid workouts during hot temperatures
4. Make fluids available during frequent rest breaks
5. Use the shade
6. Recommend wearing loose fitting attire (dark, heavy equipment interferes with evaporation of sweat and heat loss)
7. Be prepared for an emergency
8. Encourage student-athletes to “speak up” if they are not feeling well

B. Signs/Symptoms of Dehydration and Heat Illness

Dehydration can seriously compromise athletic performance and increase the risk of exertional heat injury. That’s why it’s important to recognize the warning signs:

1. **HEAT CRAMPS:** Flushed skin, cramps, increased thirst, headache, and general discomfort.
2. **HEAT EXHAUSTION:** Dizziness, nausea, irritability, decreased performance, weakness, chills, vomiting. These stages may progress to heat exhaustion and heat stroke.
3. **HEAT STROKE:** This stage is potentially FATAL. It has a sudden onset, with a cessation in sweating, an increase in pulse, hot and pale skin, an increase in breathing rate, where the body feels as if it is “burning up” and an increased feeling of fatigue and a dramatic increase in body temperature of 104 degrees F and greater.

C. Individuals at an Increased Risk for Heat Illness

Student-athletes with inadequate acclimatization or aerobic fitness and those with excess body fat have an increased risk for heat illness. Some over the counter medications such as antihistamines may increase the risk for heat illness as well.

D. Indicators of Dehydration

Urine volume and color are good indicators of a student-athlete’s level of hydration.



The lighter the color, the better hydrated a student-athlete is.

## E. Fluid Replacement

### 1. Pre-Exercise Hydration

- a. 2-3 hours before exercise, recommended consumption of 17 to 20 oz. of a CHO sports drink (e.g., Gatorade, Powerade, All Sport)
- b. 10 -20 minutes before exercise recommended consumption of 7 to 10 oz. of water

### 2. During Exercise

It is imperative to remain hydrated throughout exercise. It is recommended to drink very 10 to 20 minutes 7- 10 oz. of water. DRINK BEYOND THIRST! By the time a student-athlete feels thirsty they are already experiencing the effects of dehydration.

### 3. Post-Exercise Hydration

Following activity, peak time for re-hydrating the body is within 2 hours of cessation of exercise. A combination of water and CHO drinks are best (e.g., Powerade, Gatorade). A minimum of 20 oz. is recommended.

## **COLD EXPOSURE POLICY**

In the northeast low temperatures and wind chill can lead to an increase in injuries. Low temperatures alone can pose some problems, but when such temperatures are further accentuated by wind, the chill factor becomes critical. Several other factors that can contribute to a greater risk of injuries are dampness or wetness, practice/competition apparel, and improper warm-up. All of these factors listed above can be a recipe that can lead to musculoskeletal injury, chilblains (cold exposure damages capillary beds in the skin, which in turn can cause redness, itching, blisters, and inflammation), frostbite, or the minor respiratory disorders associated with lower tissue temperatures.

In cold weather temperatures proper layered clothing should be worn and encouraged by Marist College Department of Athletics staff and coaches. These include:

- Several layers around the core of the body, especially for those individuals that are not very active.
- Long pants designed to insulate. Cotton sweatpants are excellent. On very cold days a nylon shell or wind pant can be worn on top of them for additional wind break.
- Long sleeve shirt/sweatshirt/coat designed to insulate and break the wind.
- Gloves
- Ear protection/Hat or helmet.
- Face protection.
- Wicking socks that do not hold moisture inside. Wool is excellent. Cotton absorbs and holds in moisture.

Clothing should be layered to allow adjustments as activity level may increase and decrease within a practice which may elevate or drop body temperature. The first layer of clothing should wick sweat and moisture away from the body. You may have already been issued an excellent product that will act as a wick. The top layers should act as insulators to trap heat and block wind.

**\*\*For sports in temperatures below 32°F (0°C) it is recommended to add a layer of protective clothing for every 5 mph of wind.\*\***

Any warm object, like a human being, will lose heat when it is exposed to cold air. The greater the wind speed, the faster the object will lose heat. The difference between people and inanimate objects is that we feel or *sense* the heat loss. A temperature we feel is called a sensible temperature. You've probably noticed that some days feel colder than others when there is a

strong wind blowing, even if the temperatures are the same. This phenomenon is known as *wind chill*. To estimate the heat loss based on temperature and wind speeds, we use the Wind Chill Index. Wind chill is referred to as an equivalent or sensible temperature, since it is not an *actual* temperature.

## **WHY SHOULD WE CARE ABOUT WIND CHILL?**

A lower wind chill can increase the rate at which certain cold weather dangers, such as frostbite and hypothermia can develop. There are precautions that we can take to avoid them when outside in extreme weather, such as wearing proper clothing and using appropriate equipment. You can also check yourself regularly for wet or cold areas on your body while outside in extreme weather, or use the buddy system to look for signs of danger and re-warm body parts as needed.

Here are some of the conditions that can lead to hypothermia:

- **Cold temperatures**
- **Poor food intake**
- **Improper dress/equipment**
- **Prolonged exposure**
- **Wetness**
- **Exposed skin**

The severity of hypothermia can vary, depending on how low the core body temperature gets. There are specific signs and symptoms to look for. The condition worsens as the core body temperature lowers.

**Mild Hypothermia** (core body temperature ranges from 95-99° Fahrenheit):

- Involuntary shivering
- Inability to perform complex motor functions (such as skiing)

**Moderate Hypothermia** (core body temperature ranges from 90-95° Fahrenheit):

- Slurred speech
- Violent shivering
- Dazed consciousness
- Irrational behavior (for example, the person may begin undressing and is unaware of being cold)
- Loss of fine motor coordination

**Severe Hypothermia** (core body temperature ranges from 75-90° Fahrenheit):

- Pupils are dilated
- Skin is pale
- Pulse rate decreases
- Muscle rigidity develops
- Shivering occurs in waves, it is violent and then pauses; the pauses eventually grow longer and longer until shivering ceases
- Person falls to the ground and cannot walk; may curl into a fetal position to conserve heat
- Person loses consciousness, heartbeat and respiration are erratic
- Cardiac and respiratory failure, then death

The following temperature guidelines have been established for intercollegiate teams during cold weather. Cold weather is defined as any temperature that can negatively affect the body's regulatory system. *These do not have to be freezing temperatures.* The following guidelines have been established for Marist College Department of Athletics practice participation.

## **THE FOLLOWING GUIDELINES SHOULD BE USED WHEN DECIDING TO PRACTICE OUTSIDE IN COLD WEATHER:**

1. If the air temperature or wind chill is above 25°F practice is allowed outside with appropriate clothing.
2. If the air temperature or wind chill (whichever is lower) is 25°F-15°F then teams may practice outside but should come inside to warm-up every 45 minutes for 10 minutes.
3. If the air temperature or wind chill (whichever is lower) is 15°F-5°F then teams may practice outside but should come inside to warm-up every 30 minutes for 15 minutes.
4. If the air temperature or wind chill (whichever is lower) is below 5°F no outside practices are permitted.

*The temperature, wind speed and wind chill will be monitored by the Sports Medicine Staff on duty through the National Weather Service, WeatherSentry or intellicast.com. In addition, temperature and wind chill will be taken on the turf to get accurate measurements before and while practices are occurring.*

In addition to the above guidelines, it is recommended that additional directives are given to student athletes:

- Have a change of the inner layer of clothes to change into during the “warm-up” periods to maintain dry clothing while outside.
- Cold exposure/activity requires more energy from a body. Additional calorie intake may be required.
- Cold exposure/activity requires similar hydration to room temperature; however, the thirst reflex is not activated. Conscious efforts before and after practice to hydrate should be initiated.
- **Never train alone.** A simple ankle sprain in cold weather may become life threatening!
- **Student athletes should be instructed on signs of cold stress** (wind chill, frostbite and hypothermia). Fatigue, confusion, slurred speech, red or painful extremities, swollen extremities, blurred vision, red watery eyes, dizziness, headache, numbness, tingling of skin and extremities, shivering, uncontrollable shivering etc. are a few warning signs of cold stress.

\*Information derived from the NCAA Sport Medicine Handbook, Springfield College Athletic Training Cold Weather Guidelines, *Principles of Athletic Training* (Prentice), the National Oceanic and Atmospheric Administration (NOAA) and the US Department of Commerce.\*

# **STRENGTH AND CONDITIONING DEPARTMENT**

The Strength and Conditioning Department and office are located within the Team Weight Room on the first floor of the Marist McCann Center It is operated by the Head Strength and Conditioning Coach. All student-athletes must strictly adhere to all rules and regulations. Questions and concerns should be directed to the Head Strength and Conditioning Coach.

## **CENTER RULES AND REGULATIONS**

The Strength and Conditioning Department within the Team Weight Room is here to create stronger, more powerful, explosive, and injury resilient student-athletes. This is not an easy

accomplishment. Hard work and dedication are needed by both the Strength and Conditioning Department and the student-athletes.

1. This facility will be treated with respect. No horseplay will be allowed.
2. Remove all plates; replace all dumbbells and empty racks when finished.
3. Do not lean plates up against wall or equipment at any time.
4. Collars must be used on all bars.
5. Shoes (no sandals) and shirts must be worn at all times. Proper lifting attire is mandatory:
  - a. T-shirts
  - b. Sneakers
  - c. Shorts
6. Chewing gum or candy is prohibited. No glass bottles allowed.
7. Keep weight areas clear of all obstructions.
8. Place trash in proper receptacles.
9. The stereo will be supervised by the Head Strength and Conditioning Coach.
10. Must wear team issued tops while working out in the weight room (whether with the team or on your own).

## **MISSION STATEMENT**

Marist Strength and Conditioning gives Red Foxes' student-athletes a chance to win. The mission of Marist Strength and Conditioning is: 1) To prepare athletes to tolerate the imposed forces of their respective sports in order to reduce risk of injury and 2) To provide best practice functional strength and conditioning tools that allow athletes to be their best; to compete at their potential. The Strength and Conditioning program supports the mission of both the Department of Athletics and the College.

## **NUTRITION AND EROGOGENIC AIDS**

The Department of Athletics does not condone the use of supplementation. The misuse and abuse of nutritional supplements is widely believed to cause various health problems including muscular dysfunction, kidney malfunctions and potentially damaging effects to other vital organs. However, student-athletes should be aware that a number of supplements, including over-the-counter, do contain NCAA banned substances, and therefore, the staff should be consulted prior to any such use.

It is the position of the Marist College Department of Athletics and its Strength and Conditioning Department that the misuse and abuse of nutritional supplements is potentially dangerous and is not in the best interest of an individual interested in developing functional muscle strength. As a result, the Department of Athletics does not condone the use of supplementation as a training adjunct.

## **STRENGTH AND CONDITIONING PHILOSOPHY**

The philosophy of the Strength and Conditioning program covers many avenues. They include:

1. An athlete cannot and will not be expected to participate in any Strength and Conditioning activity in direct conflict with academics.
2. Safety is a main priority. Safety is paramount.

A student-athlete will never be asked to perform a strength and/or conditioning activity when the Head Strength and Conditioning Coach feels it is beyond the scope of their capabilities to safely execute.

## **SUMMER PROGRAMS**

The summer months training period can be considered the most important in the physical development of student-athletes. The Head Strength and Conditioning Coach will provide all head coaches with their individual summer programs for each respective student-athlete. These programs will be made available for all incoming and returning student-athletes.

The Strength and Conditioning area is available for summer use by all returning student-athletes. Any additional requests must be directed to either the Head Strength and Conditioning Coach or Director of Athletics.

## **WEIGHT ROOM SCHEDULING**

Each team that wishes to utilize the weight room as a group must schedule a lifting time with the Strength and Conditioning coach. The Strength and Conditioning coach will then schedule each team accordingly. Teams will be scheduled based on season status and game schedules with in-season teams taking precedence.

# **MARKETING AND PROMOTIONS/ SPORTS INFORMATION DEPARTMENT**

## **BUCKLEY AMENDMENT (FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT OF 1974) FORM**

The completion of this waiver form allows Marist College to release information about student-athletes to third parties (e.g., media, honors programs) for public relations purposes.

## **INTERVIEW TECHNIQUES**

The Sports Information Office will coordinate and organize all interviews for Marist student-athletes. The purpose of setting up interviews through Sports Information is so that student-athletes are informed and prepared for questions and concerns that may arise during the interview process and to ensure that all reporters have the correct statistical information about you. Below are tips that can be used to aid you while meeting with a member of the media.

### *DURING AN INTERVIEW*

- Do be prepared.
- Do be on time.
- Do dress appropriately.
- Do be positive.
- Do praise your teammates.
- Do be concise and clear.
- Do be enthusiastic.
- Do be personable.
- Do be available and cooperative.
- Do be polite in difficult situations.
- Do form bridges from negative questions to positive answers.
- Do thank the interviewer.

### *BUT*

- Don't say "no comment".
- Don't be negative.

- Don't hide.
- Don't lose your cool.
- Don't be sarcastic.
- Don't use fillers (well, um you know).
- Don't use slang.
- Don't forget you are always "on".
- Don't comment on the officiating.

Please remember to arrive ten minutes prior to the scheduled start of an interview. Proper dress is also essential for interviews, and at no time should a student-athlete wear apparel other than Marist College apparel to an interview.

The Sports Information office is always open to student-athletes for any reason. Reporters are always looking for human-interest stories on student-athletes. Please do not hesitate to contact the office with potential story ideas.

## **MEDIA POLICIES**

The responsibilities of Marist College student-athletes do not end with practice and competition. These responsibilities also extend off of the field and court. Student-athletes may be required to make public appearances, attend community service projects as well as conduct interviews with local, national and hometown media. **FAILURE OR REFUSAL TO UPHOLD THIS RESPONSIBILITY MAY RESULT IN A SUSPENSION BY THE HEAD COACH AND/OR DIRECTOR OF ATHLETICS. ALL INTERVIEWS (PRINT OR ELECTRONIC) MUST BE CLEARED THROUGH THE OFFICE OF SPORTS INFORMATION.** A mutual time between the media outlet and student-athlete will be arranged. Student-athletes **WILL NOT** be taken out of practice or class for an interview, and interview requests will not be granted on game day prior to the competition. **AT NO TIME SHALL A STUDENT-ATHLETE MISS CLASS OR PRACTICE** because of media responsibilities. Any media requests for information and interviews should be referred to that member of the Sports Information staff assigned to the sport.

It is preferred that interviews be conducted in a one-on-one fashion either after a practice or contest. The interviews will be conducted on the practice field, at the site of the contest, or an area designated by the Sports Information Director. All phone interviews will be conducted in the Sports Information Office on speakerphone. **ALL INTERVIEWS, IN PERSON AND VIA PHONE, WILL BE CONDUCTED IN THE PRESENCE OF A MEMBER OF THE SPORTS INFORMATION STAFF. TELEPHONE NUMBERS OF STUDENT-ATHLETES ARE NEVER TO BE PROVIDED TO MEDIA MEMBERS.** Student-athletes should notify the Sports Information staff if any media contacts them in their rooms or place of residence. In this case the student-athlete should **DECLINE** the interview, direct the media representative to the Sports Information Office, and should contact their head coach and Sports Information Director immediately at extension 3321.

**THE SPORTS INFORMATION STAFF WILL NEVER GIVE A REPORTER A STUDENT-ATHLETES PHONE NUMBER** and student-athletes should not either.

It is important to remember that media attention for your athletic achievements at Marist College also means that your off-the-field behavior will be under scrutiny. All of your actions, whether traveling or competing with your team, or in the classroom, or in the deli across the street from campus, will be looked at under a microscope. Remember that and at all times act in accordance with the values of Marist College, the Athletic Department, and your team. Confidentiality is of the utmost importance when team issues are involved. Another student-athlete's misfortune is not for comment by yourself or other student-athletes.

**SPORTS INFORMATION QUESTIONNAIRE**

A detailed biographical form is retained in the student-athlete's electronic file along with photographs, releases and clippings. Once initially completed, the form is updated each year.