

UNIVERSITY
of
NORTH ALABAMA
Student-Athlete Handbook



GRADUATING CHAMPIONS

2009-2010

University of North Alabama
Lion Athletics

Dear Student-Athlete:

If you are new to the UNA Family, congratulations on your decision and welcome. We are especially excited for the upcoming year. As with all of our student-athletes, we are looking forward to you becoming an essential part of our university community.

Here at UNA, we have assembled a quality staff who will assist you in achieving your academic and athletic goals. We will also enhance your personal development, by promoting educational programs and community service. However, the most important part of the process is YOU, the student-athlete. You need to take an active role in your education, your athletic teams, and your institution.

In this handbook, you will find the information you need to excel as a student-athlete at North Alabama. We ask that you consult this handbook first when you are faced with an unfamiliar situation. If questions remain, then contact a member of our staff.

Please understand it is our commitment to have you graduate, excel athletically and develop into a productive member of society.

Roar Lions!



Mark D. Linder
Director of Athletics

UNA'S VISION: Graduating Champions

- Academic Excellence
- Athletic Success
- Community Engagement

University of North Alabama

Lion Athletics

Philosophy

As a member of the National Collegiate Athletic Association (NCAA) and the Gulf South Conference (GSC)), the University of North Alabama adheres to the policies established by these organizations. In addition, the University supports the NCAA Division II statement of philosophy. This philosophy is based on the belief “that a well-conducted intercollegiate athletic program based on sound educational principles and practices is a proper part of the educational mission of a university...and that the educational welfare of the participating student-athlete is of primary concern.”

Additionally, the objectives of the athletic program should be compatible with the overall mission of the University. The activities of the athletic program should serve the purpose of preparing the students and student-athletes for life as they reinforce the principle of competition emphasizing fair play and good sportsmanship. The welfare of students and student-athletes should be of primary concern – emotionally, physically, and academically.

This philosophy is further defined by the following benefits:

1. “...offering a variety of intercollegiate athletics participation opportunities to as many of its students as possible, whether or not these students are athletically recruited or financially assisted”
2. “...striving for broad participation and competitive excellence, encouraging sportsmanship, and developing positive social attitudes in all of its athletic endeavors”
3. “Insofar as geographic location and traditional or conference scheduling patterns permit, a member of Division II believes in scheduling the majority of its athletic competition with other members of Division II”
4. “...recognizing the dual objective in an athletic program of serving both the campus and the general public”

University of North Alabama *Lion Athletics*

Goals:

The goals of the University of North Alabama Intercollegiate Sports Program are parallel to those of the NCAA and the GSC – to promote competition and sportsmanship within the framework of a winning tradition. Additionally, the goals of the athletic program coincide with those of the University.

Since colleges and universities exist to educate youth, the only truly acceptable justification for intercollegiate athletics is that they contribute to the overall educational program. It is imperative; therefore, that this program encompasses the intellectual, physical, social, moral, emotional, cultural, and vocational aspects of individual development.

The goals of the sports program are:

Reference

University Goals

- (1,2,3) 1. To maintain a graduation rate among student-athletes equal to or better than the student population as a whole through selective recruitment and the provision of an environment conducive to academic success.
- (4 & 10) 2. To offer equitable athletics participation opportunities for all student-athletes and staff, including women and minorities (as defined under Title IX and the Office of Civil Rights guidelines).
- (6) 3. To protect the health and well-being of student-athletes through proper training procedures and treatment along with adequate insurance coverage.
- (5) 4. To comply with all rules and regulations of the Gulf South Conference and NCAA.
- (6,11) 5. To emphasize sportsmanship on the part of both participants and fans during all athletic contests.
- (5,6,11) 6. To develop athletic teams that compete successfully in the Gulf South Conference and NCAA Division II play.
- (9,10) 7. To recruit and retain coaches and staff members who demonstrate knowledge and achievement in their sport and/or area.

- (5,11) 8. To increase external support for the athletic program so as to help offset operational costs and enhance competitive success.
- (6,11) 9. To increase attendance at athletic events through a marketing and promotions program.
- (4, 6) 10. To provide a climate which protects and enhances the physical, emotional and social welfare of student-athletes, specifically including gender issues, ethnic diversity and sexual orientation issues.



UNA Fight Song

Go...Fight for U N A.....We are behind you all the way...
Go Fight...win ole U N A.....The pur-ple and Gold is he-re to stay
We'll Roar...on to vic-tor-y.....We'll send that team back on their way
GO! - Fight! - U N A.....We are behind you all the way! (Cheer)

THE STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Committee (SAAC) is your “**voice.**” It was established in 1992 to promote and represent the views, feelings, and interests of the student-athlete. **You** are an essential part of the athletic department and the University. SAAC provides the means, as well as the opportunity, to express your opinion on issues that are directly related to you and other student-athletes.

The SAAC is composed of two team-selected members from each sport. Your teammates are your representatives. Therefore, if you want or need something to be addressed, you need to speak with one of these members. It could concern one particular sport or the student-athletes as a whole; issues could range from academics to community involvement. The possibilities are endless if you choose to express your concerns and to try to better the program at UNA. Jana Morrison and Peggy Wingo are your staff SAAC Advisors.

TIME COMMITMENT

As a student athlete, you are required to balance the demands of being both a student and an athlete. The time commitments to be successful in both the classroom and on the field or court are great, however, it can be done. Advance planning and perseverance can help you achieve success in both areas. Don't hesitate to speak to your coach or instructors if and when you need help. Additionally, student athletes may not participate in athletic related activities beyond a certain number of hours per week in accordance with **NCAA** regulations. During your competitive season, you may not engage in athletics activities amounting to more than 20 hours per week. During your non-competitive time, all “off season” conditioning related activities may not total more than eight hours per week. This eight hour per week total includes no more than two hours per week for individual skill instruction. If you have questions about the time commitments required of you, speak to your coach, **SAAC** representative, Faculty Athletic Representative or an athletic administrator.

HAZING

Hazing or harassment of student-athletes is specifically prohibited. Hazing, usually in the form of intimidation, is defined as any practice (even “harmless fun,” “bonding,” “practical,” etc.) whereby one part of a group is made or “asked” to do anything that the remaining part of the group is exempt from doing by virtue of seniority or other privileged status.

Because hazing often undermines group moral, spirit, and unity as well as often leads to personal hurt and degradation, the department and institution will not permit it in any form and will take disciplinary action against individuals and/or groups that haze.

Student-athletes cannot be required or expected to participate in any hazing activity for any reason. Examples of such activities include, but are not limited to being:

1. Yelled, cursed or sworn at
2. Forced or expected to participate in tattooing, piercing, head shaving or branding
3. Forced or expected to wear embarrassing clothing
4. Forced or expected to drink alcohol
5. Instructed to participate in calisthenics not related to sport
6. Required to act as personal servant to players
7. Transported and abandoned
8. Forced or expected to consume inappropriate concoctions

To report a hazing incident contact: Mark D. Linder - Director of Athletics (256) 765-4561

CODE OF CONDUCT

Philosophy

UNA student-athletes are afforded the privilege of participation in intercollegiate athletics as they pursue a degree in higher education. This privilege involves rewarding experiences which assist in preparing the student-athlete for a productive professional and personal life. This privilege demands an elevated level of personal conduct both on the field/court and off. With this in mind every student-athlete recognizes and assumes their personal responsibility for conducting themselves in a manner which positively reflects upon themselves, their teammates, the department, the University and collegiate athletics as a whole.

Citizenship

As representatives of the University, student-athletes are subject to the University Code of Conduct and also to team and departmental regulations. Further, UNA student-athletes recognize the importance of character (knowing what is right, committing to what is right and doing what is right) and ethical behavior based upon respect and responsibility for oneself and other. We as a department pride ourselves in making choices concerning our behavior which demonstrate the highest of character and integrity regardless of pressures and temptations which lead to the contrary.

Accordingly staff members, student-athletes and fans are expected to:

- Abide by all laws and regulations;
- Accept personal responsibility and exercise good judgment;
- Consciously commit to being a positive role model to others including children, youth and teammates. This includes physical actions, personal behavior, what is said and how we dress and behave;
- Present a positive attitude and demeanor on and off campus;
- Show respect to all members of the University community;
- Treat people with respect and civility and cooperative with people in authority;
- Refrain from and be intolerant of physical abuse, harassment and intimidation;
- Demonstrate good sportsmanship.

Academic Responsibilities

As a contributing member of the University, the Department of Athletics maintains an active role in the academic progression of the student. While staff members and coaches do their best to influence the academic success of student-athletes, the ultimate responsibility rests on the student-athlete themselves. As a result student-athletes are expected to:

- Adhere to University policy concerning academic honesty and integrity;
- Identify and actively pursue a degree program;
- Be an active and positive member in the classroom, attend all classes and be properly prepared for all class meetings;
- Meet with academic advisors as outline by University protocol;
- Follow all athletic department academic support services expectations (study hall, advising and course registration).

Facebook - MySpace - Websites – Pictures

The advent of on-line interactive websites such as Facebook has provided a wonderful opportunity to expand your horizons and meet a wide variety of interesting and engaging people. However, keep in mind the following points if you choose to utilize such sites:

- 1) What is placed on the internet is fair game and quasi-public property – the image and personal identity you create will shape and mold the way in which others perceive you.
- 2) What goes on the internet has the potential to stay on the internet despite removing it from your site – cached material is very, very difficult to remove.
- 3) Safety – placing personal information on your site is highly discouraged considering the predatory nature of criminals.
- 4) Potential employers are now utilizing Facebook and other similar sites to check on the character and behavior of potential employees.
- 5) The freedom to post on-line creates the responsibility to consider the interests of those you represent! As a student-athlete, your on-line actions, words and images will be judged with the same scrutiny as if they are being presented in person to your peers, coaches and the University.
- 6) Be mindful of the use of cameras. In the digital age, pictures which are degrading and may scar your professional and personal life are literally just a couple clicks away from being available and searchable for the entire world to discover.

The University is proud of the strong tradition in Lion Athletics and stands firm on protecting the integrity and image of that tradition. Staff, student-athletes and fans will be held accountable for conduct that is detrimental to the University or the department. Specifically, no one shall embarrass or discredit The University of North Alabama or be subject to appropriate consequences for that behavior.

Procedures for Processing Criminal Violations of Local, State or Federal Law

All sanctions will be commensurate with the severity of the violation as determined by the Head Coach and Athletics Director and possibly an ad-hoc advisory committee. **Student-athletes are required to report all violations of law to the Athletics Director.**

Charge of Misdemeanor: if a student athlete is charged with a misdemeanor the consequences, pending investigation by the director of athletics may include:

- Suspension from practice and/or competition
- Dismissal from team

Convicted of Misdemeanor: if a student athlete is convicted of a misdemeanor the consequences will include:

- Suspension from practice and competition until which time the director of athletics, following an investigation determines disciplinary action to be taken. This may involve the creation and involvement of an ad-hoc advisory committee created from members of the UNA athletic committee.

Charge of Felony: if a student athlete is charged with a felony the consequences will include:

- Suspension from practice and competition until which time the director of athletics, following an investigation determines disciplinary action to be taken. This may involve the creation and involvement of an ad-hoc advisory committee created from members of the UNA athletic committee.

Convicted of a Felony: if a student athlete is convicted of a felony the consequences will include:

- Expulsion from the team. There may be an appropriate appeals process involving an ad-hoc advisory committee created from members of the UNA Athletic committee.

In all cases of arrest or conviction the Athletics Director reserves the right to mandate or enforce the following consequences (including but not limited to):

- Suspension from practice and competition
- Dismissal from team
- Reduction or elimination of athletic aid
- Community Service
- Counseling

Athletic Responsibilities – Win With Honor!

As representatives of the University and advocates of collegiate athletics, student-athletes are expected to:

- Behave with respect and sportsmanship in the competitive environment.
 - Win with humility
 - Behave with dignity in the face of defeat (a sense of honor and worth)
 - Shake hands at the conclusion of a contest
- Reflect the highest level of honor and sportsmanship in pre-game, during the game and post-game activities.
- Maintain an attitude of respect towards opponents and officials.
- Refrain from inappropriate behavior regardless of the behavior of the opposing team or fans.
 - Do not succumb to taunting behavior from an opposing team
 - Stay out of the stands – eliminate interaction with crowds

Compliance Responsibilities

Each individual involved in intercollegiate athletics is obligated to maintain knowledge of rules; to act within his or her realm of responsibility in full compliance with governing legislation; and to report any violation of NCAA, Gulf South Conference, and/or UNA rules. As a student-athlete at the University of North Alabama, you are subject to many rules and regulations that, if not followed, may jeopardize your ability to participate in intercollegiate athletics. As student-athletes you are expected to be aware of the following:

- You are prohibited from receiving benefits from an employee of UNA or a representative of athletics interest (fans). These benefits include but are not limited to:
 - Use of a car
 - Gifts
 - Money
 - Tickets for any kind of entertainment
 - Payment of long distance phone calls
 - Free or reduced cost room and/or board
 - Meal at a restaurant
 - Special discounts
 - Payment arrangements or credit on a purchase

If you receive an offer of such benefit as those listed above see your head coach or compliance coordinator prior to accepting the offer (*always ask before you receive!!!*)

- Also be aware that it is an NCAA violation to solicit or place a bet on any intercollegiate athletics competition, to accept a bet on any team representing the university, and to alter performance or provide information benefiting individuals involved in organized gambling activities.

Medical Responsibilities

Per NCAA regulations, the University of North Alabama must certify insurance coverage for medical expenses resulting from athletically-related injuries sustained by student-athletes, student coaches, student managers, student trainers, and cheerleaders are required to:

- Provide proof of medical insurance prior to participating in athletically-related activities.
- Inform the Head Athletic Trainer of any changes in medical insurance coverage during the term of their participation.

SPORTSMANSHIP

“Sportsman” - A person who can take a loss or defeat without complaint, or a victory without gloating, and who treats his opponents with fairness, generosity and courtesy.

At the University of North Alabama, we define sportsmanship as respect for oneself, opponents, coaches, teammates, officials, and property. This is characterized by accepting victory or defeat graciously while being courteous and fair.

Sportsmanship Involves:

- *Showing respect towards teammates, coaches, opponents, officials, fans...*
- *Using appropriate language*
- *Accepting results gracefully and with class*
- *Maintaining self-control*
- *Refusing to cheer/jeer at opponent's failures*
- *Helping up a fallen opponent*
- *Handing ball to or retrieving ball for the officials in a courteous manner*
- *Refusing to be drawn into any physical conflict*

We all have an obligation to represent ourselves, our families, our team, our department and our university with the highest level of sportsmanship and class. We want to be known as a model of excellence and class in the Gulf South Conference and the NCAA.

GULF SOUTH CONFERENCE CODE OF CONDUCT AND ETHICAL BEHAVIOR

1. Exemplary conduct is expected from every Gulf South Conference member institution's representatives, whether employees, volunteers or competitors, while traveling to and from an event, during all pre-event and post-event functions and practices, and during the entire event. This standard applies whether or not the opponent is a GSC member.
2. Athletics administrators at GSC member institutions will ensure that a safe and comfortable environment exists at all hosted events.
3. The "Good Sportsmanship" statement found in the GSC Operating Manual, or a customized similar statement approved by the Commissioner, will be read over the public address at all events hosted by every GSC member.
4. All GSC head, assistant, volunteer, graduate assistant and undergraduate assistant coaches will conduct themselves in a professional manner prior to, during and after all GSC contests and events. No negative statements regarding GSC officials or employees will be made at post-game interviews, nor will there be public criticism of the conference by such coaches.
5. No GSC member institution's student-athletes, coaches or athletic personnel will make any negative statements, chatter, gestures or signs towards the opposing team and its members.
6. In cases in which other GSC member institutions are involved in the same event, GSC member schools' coaches, athletics administrators and employees, and student-athletes may only support other GSC schools during their competition against non-GSC foes OR remain silent. There shall be no open rooting for the non-GSC teams nor shall there be any public negative rooting against fellow GSC teams.
7. It is expected that these rules will be enforced in competitions involving non-GSC members to the greatest extent possible.

The failure to comply with this Code of Conduct and Ethical Behavior violates GSC Bylaw Article XV and GSC Constitution Article 11 (PURPOSE and ETHICAL CONDUCT) and Article III (RESPONSIBILITIES OF MEMBERSHIP). Violations **must** be reported to the Commissioner within 24 hours. Violations are subject to penalties imposed by the Commissioner per GSC Bylaw Article 11, Section 6-A, C, E, F, H and N. Penalties may include suspensions, fines, probation, banning from events or teams, vacating championships and awards, or any other penalties not specifically covered in the GSC Operating Manual.

FINANCIAL AID

An athletic grant-in-aid or scholarship may consist of up to tuition, fees, room, board, and books. There are several guidelines concerning financial aid with which the student-athlete should be familiar:

1. **Grant-in-aid:** Each grant-in-aid can be for up to one academic year (fall and/or spring semester). Summer school is not covered by your grant-in-aid. Student-athletes should be aware that full and partial scholarships do not automatically cover four years. In most situations, the renewal of scholarship is up to each head coach.

Student-athletes are notified of financial aid renewals or nonrenewals on or before July 1 before the academic year in which it is to be effective. Notification comes from the financial aid office and not the athletic department. If the decision is made not to renew or reduce financial aid for the ensuing academic year, the student-athlete has the right to appeal the decision to the University Scholarship Committee.

2. **Reduction and Cancellation of grant-in-aid:** Athletic grant-in-aids may be reduced or canceled during the period of the award, if the recipient:
 - (a) *Renders himself or herself ineligible for intercollegiate competition;*
 - (b) *Fraudulently misrepresents any information on an application, letter of intent or financial aid agreement;*
 - (c) *Engages in misconduct warranting substantial disciplinary penalty or*
 - (d) *Voluntarily withdraws (quits) from a sport at any time for personal reasons.*
3. **Terms of grants-in-aid:** The NCAA sets an individual limit on the amount of assistance a student-athlete can receive from UNA and awards cannot exceed this limit.

If the combined total awarded to a student-athlete from University sources exceeds this limit, the athletic award must be reduced.

If a student-athlete receives a Federal Pell Grant, the athletic award must be reduced to meet NCAA, Gulf South Conference, and UNA guidelines.

If a student-athlete receives certain other types of financial assistance, the athletic award may be reduced to meet NCAA, Gulf South Conference, and UNA guidelines.

A student-athlete must report, in writing, all types, amounts, and sources of external financial aid to the UNA Student Financial Services Office.

4. **Employment:** Student-athletes may receive payment for work actually performed and at a rate commensurate with the normal rate for the locality for similar services. Student-athletes may work on or off campus and are subject to normal guidelines for other employees and student workers. Student-athletes who work on campus are employed through the normal work study process.

5. **Itemization of financial assistance:** All student-athletes are required to provide, each year, a listing of any and all financial assistance received from any source other than the University and your family. The purpose of this requirement is to ensure that all "countable financial aid" is included in team sport totals. Failure to report all such aid can jeopardize your athletics participation and also result in penalties assessed to the University.
6. **Acceptance of gifts:** All student-athletes should remember that acceptance of financial assistance or gifts from a booster, agent, or person outside your family is an NCAA violation and can result in your suspension and loss of athletics eligibility.
7. **Federal aid eligibility:** Like all students at UNA, a student-athlete must maintain minimum academic standards in order to receive federal financial aid (Pell Grant, SEOG, SSIG, Stafford Loans, Parent Loans, and Federal Work Study). A policy statement is available upon request from Student Financial Services.

ROOM AND BOARD

Some grants-in-aid specify a dollar amount for room, board, or both. All room and board scholarships are applied to the individual student account.

A student-athlete who wishes to live on campus should make arrangements with Residence Life. An application, contract, and non-refundable \$100 deposit are required. Arrangements for meal plans are made through the University Business Office.

A student-athlete whose grant-in-aid includes a board scholarship may elect NOT to purchase a meal plan. In this case, the student-athlete may receive credit to cover non-institutional board expenses.

A student-athlete whose grant-in-aid includes a room scholarship may elect NOT to live in University housing. In this case, the student-athlete may receive credit to cover off-campus housing expenses. A credit on a student-athlete's student account is handled according to normal operating procedure by the University Business Office.

SENIOR WOMAN ADMINISTRATOR

The following activities are conducted by the Senior Woman Administrator:

- Acts as a key decision-maker instrumentally involved with the athletic department.
- Participates on senior management team.
- Spokesperson for the needs and interests of women within the athletics department.
- Strategizes ways to support and manage gender equity and Title IX plans and issues.
- Leads student-athletes in successfully balancing academics and athletics.
- Reviews Equity in Athletics Disclosure Act Report.

If you have questions regarding any of the above information please contact Ms. Jana Morrison-Senior Woman Administrator (256) 765-4618.

FACULTY ATHLETIC REPRESENTATIVE

The following activities are conducted by the Faculty Athletic Representative:

- Promotes a balance between academics, athletics and social lives of student-athletes.
- Reviews travel and competition schedules (to minimize missed class time).
- Reviews athletic scholarships.
- Participates in student-athlete exit interviews.
- Serves as an independent source of counsel, assistance and information.
- Encourages and facilitates interactions between student-athletes and the mainstream of institutional activities.

Student-athletes who wish to discuss athletic related matters or other matters with a person outside the athletic department are encouraged to contact Mrs. Patricia Roden - Faculty Athletic Representative (256) 765-4478.

UNA COMPLIMENTARY ATHLETIC EVENT TICKET POLICY

UNA STUDENT-ATHLETES, CHEERLEADERS, AND MANAGERS/TRAINERS

Recipients of complimentary UNA athletic event tickets via student participants may include family members and/or friends. Student participants may not receive payment from any source for complimentary tickets, nor may they allow another person to sell these tickets and return any portion of monies received back to the student.

Listed below are the maximum athletic event tickets available for each home football, basketball, baseball, and softball regular season contest via student participants:

Student-athletesFour (4)

CheerleadersTwo (2)

All additional tickets requested will be paid for at regular face value. Student-athletes, cheerleaders, trainers, and managers will be required to observe the following deadlines in order to sign up for complimentary tickets for family members:

Weekend events (football, basketball)..... Thursday (before event) – 4:00 p.m.

Weekday events (Monday-Thursday).....Monday (of event week) – 4:00 p.m.

Recipients of event tickets will receive actual tickets and will be required to present identification and sign for tickets upon arrival. The location of complimentary event tickets will be at the discretion of the University Ticket Office.

MEDICAL CARE

Your physical welfare is important to us at UNA. If you are injured during athletic competition or practice, you will receive medical care. Recuperation and recovery after an injury or illness will be monitored by the training staff to ensure that you will be at your peak level of physical health prior to resuming practice and/or competition. The athletic training staff hopes your competitive experience is enriching physically, mentally, and socially; we are dedicated to helping you achieve your goals. With athletic participation comes the unavoidable and inherent risk of injury, and we are here to help in the following ways:

1. Reduce the risk of injury through physical screening, conditioning programs, and education.
2. Refer you, should an injury occur which requires consultation or referral, to the team physician or medical practitioner who will develop a treatment and rehabilitation program that will guide you to full recovery.
3. Act as liaison between the doctor, coach, parents, and you so everyone has an understanding of the capabilities or limitations the injury imposes.
4. Help you better understand your injury, responsibilities, and the future implications for participation.

Physical examinations: When you are admitted to UNA, and before competition in any sport is allowed, you are required to have a physical examination by UNA team physicians. In addition, you are required to provide a Medical History Survey. The physical examination and survey will be provided by UNA and will be kept on file by the UNA athletic training staff.

Treatment of illness and injuries: All illnesses or injuries, including cuts and abrasions, should be reported immediately to the athletic trainer of your sport. For injuries, the following steps will be taken:

After reporting to the athletic trainer, you will be evaluated as soon as possible. Following the evaluation, you may be referred to the athletic training room for treatment, or to the physician for additional evaluation. You are required to report to the UNA athletic training room for treatment. After daily evaluations of the injury, and with approval by the team doctor and athletic trainer, you will be allowed to return to competition.

**UNIVERSITY OF NORTH ALABAMA:
STUDENT-ATHLETE INSURANCE POLICY**

Participation in intercollegiate athletics carries with it the inherent risk of injuries. Student-athletes assume certain risks in that any athlete may suffer injuries in connection with intercollegiate activities. When such injuries occur, UNA cannot assume indefinite responsibility for continuing medical care that might be subsequently required. Subject to the limitations stated hereinafter, however, UNA does accept certain obligations.

I. University obligations. When a student-athlete is injured during the official NCAA playing and practice season, sanctioned competition or University-sponsored travel to or from competition under UNA's Athletic Department auspices, the University will provide the following assistance to the injured student. For purposes of this policy, University-sanctioned athletic activity includes all practices on University or shared community facilities authorized by a coach, and any events to which an athlete travels with University support or financial assistance.

- A. University of North Alabama's Athletics Department assists in the coordination of insurance benefits whereby the student-athlete's own, parents', or legal guardian's insurance is primary and the institution's is excess.
- B. Approved medical costs associated with the injury must be submitted to the student-athlete's personal insurance policy. Deductible costs or rejected claims will be covered by the University during the current academic year of the student-athlete's enrollment.
- C. University of North Alabama reserves the first right to obtain medical opinions from medical staff of its choice about the injury and the necessity and reasonableness of any particular treatment of an injury.
- D. If the student-athlete seeks a second opinion from a physician other than a UNA team physician, and the second opinion confirms the opinion of a UNA team physician, then UNA will not cover charges associated with the services performed by the second physician.

II. Limitations. The foregoing is subject to the following limitations:

- A. Any student-athlete with a preexisting injury or who has a diagnosed illness prior to participation in UNA athletics must notify his or her head coach or athletic trainer prior to participation in athletics at UNA. Any medical costs associated with a preexisting injury or illness are not the responsibility of the UNA athletic department, unless, after disclosure and approval to participate in athletics, said injury or illness is aggravated due to such participation. Even in these cases the scope of UNA's financial support will be limited to the terms of its insurance policy.
- B. If a medical doctor does not certify that an injured student-athlete has recovered sufficiently to reasonably permit the athlete to participate, that student-athlete will not be allowed to compete.
- C. All treatment of injuries must be authorized or administered by UNA. Any outside treatment obtained by an injured athlete without UNA authorization will not be covered by the University. Approval to participate in athletic practice and competition will be denied.
- D. University of North Alabama will not assume any medical expenses three months past the date a student-athlete has exhausted eligibility in his or her sport.
- E. Any student-athlete injured in events or competition not conducted or sanctioned by the University is not eligible for financial medical assistance.
- F. If an injured student-athlete withdraws or graduates from UNA, the provision of medical care and financial medical assistance will be terminated.
- G. No provisions of this policy shall be interpreted to conflict with applicable NCAA rules and regulations.

**STUDENT ASSISTANCE PROGRAM
(COUNSELING/REFERRAL SERVICES)**

As a student-athlete you face the added stress of performing multiple roles in your time here at the University of North Alabama. Along the way toward graduation, you are likely to experience a sense of being overwhelmed by the requirements and challenges you face.

In order to assist you more fully, your University has made provision for a Student Assistance Program, which offers you the opportunity to meet with a Licensed Professional Counselor. Any concerns that you feel are hindering you in performing to the best of your ability, whether academically, athletically, or personally, may be discussed with the counselor. The counselor will meet with you on a confidential basis and aid you in deciding how you can best cope with your situation. When indicated, the counselor may arrange referral to a professional outside the University.

The office of the Student Assistance Counselor is located in the Bennett Health Center and appointments can be made by calling 765-4328. The Student Assistance Counselor is available to assist you and services are free of charge to students, faculty, and staff.

UNIVERSITY OF NORTH ALABAMA DEPARTMENT OF ATHLETICS
DRUG ABUSE PREVENTION PROGRAM

It is our goal to provide an environment for all student-athletes that allows them to develop their individual talents so they can reach their full potential as student-athletes and citizens. The UNA athletic staff further believes that this environment should include sound consideration of possible obstacles that a student-athlete could encounter in striving to reach his or her potential. It is our desire, therefore, to educate our student-athletes about the effects of drugs (both long and short term) on their performance and, much more importantly, on their lives.

Beyond education, we are also committed to the concept of testing as a means to deter the use of drugs by student-athletes. To this end, the University reserves the right to conduct a year round (including summer) testing program involving the selective and random testing of student-athletes from all sports. Prior to the beginning of the school year, each student-athlete will sign a consent form, authorizing the administration of a drug test, if selected, through a random procedure. A signed consent form is a requirement for participation in the University athletic program.

UNA Drug Testing Policy

Drugs Tested

Any or all of the published NCAA banned drugs.

General Program Guidelines

A positive test in the NCAA program is counted as a positive test in the UNA program; however a positive test in the UNA program does not count as a positive test in the NCAA program. The suspension penalty of the NCAA program supercedes the suspension penalty of the UNA program (the suspensions are not placed in succession).

Based upon unique circumstances, the University holds the right to contract specific consequences outside of the general regulations provided within this document (i.e. a student-athlete tests positive for an NCAA test and serves a one-year suspension – the University may choose to mirror the NCAA policy which on a subsequent positive UNA test, the student-athlete is banned from competition at UNA).

Positive UNA Test One (minimal consequences)

- May return to practice and compete only if released medically to ensure safety and health (example: suspension for 20% of remaining contest)
- Re-tests will occur – possibly throughout remainder of career
- Promptly complete assigned education and counseling
- Departmental decision on retention of student-athlete and/or retention of athletic aid

Positive UNA Test Two (minimal consequences)

- Suspended from competition for at a minimum of 50% of NCAA maximum allowable contests in all sports in which they compete – rollover into future year if applicable
- May return to practice only if released medically to ensure safety and health
- Re-test will occur prior to return to competition and throughout remainder of career
- Promptly complete assigned education and counseling
- Departmental decision on retention of student-athlete and/or retention of athletic aid

Positive UNA Test Three (minimal consequences)

- Dismissed from team and loss of athletic aid

Alcohol Consumption

Alcohol is a drug. As a drug, it has the potential for abuse by all those who use it. In our society, alcohol is highly visible and its use heavily promoted. As a result, the dangers of alcohol consumption are often minimized and/or not fully understood.

Aside from the medical consequences of excessive alcohol consumption, there is always the impairment of judgment from even modest amounts of alcohol consumption. As a student-athlete, your ability to reason and make sound judgments is crucial to your success. Consumption of alcohol will affect your judgment and can create significant problems for you.

If you are under 21, it is illegal to consume or possess alcohol in the State of Alabama. Public intoxication, on or off the UNA campus, and the use or display of alcoholic beverages in any public areas of the residence halls and all other area of campus are violations of the Student Code of Conduct. Student offenders will be subject to disciplinary action, including possible suspension and dismissal from the University and process via the State court system.

It is in your best interest to refrain from alcohol consumption while a student-athlete at UNA. If you choose to consume alcohol, consider carefully the legal, medical, and psychological consequences which can result from its use. For further information, you are invited to discuss this with the UNA athletic training staff, your coach, or your family physician.

Tobacco Use

Tobacco is an addictive drug. Repeated studies have shown that nicotine, the major component in all forms of tobacco, can result in addiction just as with other drugs. Numerous other studies also have confirmed the link between tobacco use and a whole range of medical problems, including a variety of cancers.

During the past few years, there has been a rise in the use of smokeless tobacco, particularly among young people. The medical dangers associated with smokeless tobacco also are widespread. In an attempt to discourage the use of this product by student-athletes and other associated with collegiate athletics, the NCAA has prohibited its use by all personnel during practice (inclusive of team meetings) and competition. Players, coaches, managers, trainers, etc. observed using smokeless tobacco products before or during competition will be immediately ejected from that contest, in accordance with GSC regulations.

If you value your health, you will refrain from the use of any and all tobacco products.

PROMOTIONAL ACTIVITIES

UNA student-athletes are prominent and popular on campus and in the community. Because of the attention they receive, many local and regional companies want to be affiliated with UNA student-athletes. It is important that you check with the Director of Athletics or Compliance Coordinator before establishing any agreement with an individual or representative from any company or outside organization. In most cases, any involvement will be strictly prohibited by the NCAA and UNA.

If you are approached by a business to advertise or promote a commercial product, it will be your responsibility to report this immediately to your head coach. It is a violation of NCAA regulations for any student-athlete to endorse any commercial product. There are times when a student-athlete is permitted to work for a nonprofit, charitable, or educational organization. For instance, if the Big Brother/Big Sister organization wishes to have you speak to the group, this may be permissible. If you have questions, see Todd Vardaman, Assistant Athletics' Director for NCAA Compliance

MEDIA GUIDELINES FOR STUDENT-ATHLETES

The University of North Alabama Sports Information Office is the publicity and media relations office for the University's 12-sport intercollegiate athletic program and is located in Self Field House. The telephone number is (256) 765-4595.

The goals of the Sports Information Office are to effectively communicate to the media and other interested groups information about the UNA athletic program. The office produces media guides, game programs, schedule cards, and news releases as part of its daily activities. This information is then distributed to all local and regional media, media covering UNA's opponents, and the media in each athlete's home region, as well as national media. It is also responsible for responding to news media inquiries and arranging all media interviews. The other principal duty of the office is serving as the University's liaison to various athletic governing bodies such as the NCAA and the Gulf South Conference.

Interviews - How They Work

- Almost all requests for interviews with student-athletes come through the sports information office or your head coach.
- The only exception is that coaches and student-athletes are routinely expected to make themselves available for interviews within a reasonable period of time following the conclusion of games or practices. These requests will be handled by the head coach.
- Any time the sports information office receives a request, it will contact the student-athlete either directly or through the coach, working around your schedule.

Tips

Relax and Enjoy It

It Is Your Responsibility

You Are Our Spokesperson

Be On Time

You Can Say No

Academics

You are a student who also happens to be an athlete. Your main goal should be to graduate.

Class Attendance: You are expected to attend classes and to complete all assignments on time. This is critical if you are to be successful academically. It is your responsibility to obtain and understand each professor's attendance policy. If you are unable to attend class because of a competition, the professor will provide an opportunity for you to make up any missed assignment. However, completing class assignments and tests prior to your absences is more favorable than afterward. If you choose to miss class for reasons other than competition, the professor is under no obligation to provide an opportunity to make up assignments or tests. NCAA rules prohibit missing classes in order to attend practice. Student-Athletes must report any such actions to the Director of Athletics.

Advisement: Procedures for advisement are as follows:

1. All student-athletes, including freshman and transfers, will be assigned an academic advisor.
2. Additional academic advising will be provided by Todd Vardaman, Athletic Academic Advisor. This is to ensure that student-athletes meet NCAA satisfactory progress.

Before student-athletes can pre-register for classes, they **MUST** see both their academic and athletic advisors. Student-Athletes will not be able to finish the registration process until both the academic and athletic advisors have released their advisor(s) hold.

Declaration of a Major: You must declare a major by the beginning of your third year (fifth semester) and make satisfactory progress toward that specific degree. This applies to students who enter UNA as freshmen and also to transfer students. NCAA regulations require that student-athletes declare a major by the beginning of their third year (fifth semester). This procedure is achieved through completion of a checksheet request form in the athletic academic advisor's office. Student-Athletes also are required to make satisfactory progress toward that specific degree (see Eligibility). This applies to students who enter UNA as a freshman or as a transfer student and remains in place until potential athletics participation eligibility is exhausted.

Changing Your Major: Prior to initiating a change of major, please meet with Todd Vardaman.

Changing Your Schedule: Before changing your schedule, you should meet with your assigned academic advisor. Schedule changes should also be discussed with the athletic academic advisor. Because it is often difficult to add a desired course, it is recommended that you follow the recommendations of your academic advisor, the athletic academic advisor, pre-register, and do well in your classes. Drop/Add deadlines are published each semester in the registration schedule.

Academic Support Services: The Academic Resource Center (GUC Room 114, 765-4977) provides study skills seminars and free tutoring in several academic areas. Educational enhancement counseling emphasizing goal setting and time management also is offered in the (ARC).

Additionally, the Athletic Department offers the Athletic Academic Mentor Program (AAMP) incoming student-athletes. It involves a regular study schedule in a highly structured setting. The program also offers tutorial assistance and study skill improvement instruction.

Eligibility: In order to practice and compete in a sport at UNA, you must earn at least 24 academic semester hours per year and must be willing to make normal progress toward an academic degree. Eligibility is based upon satisfactory progress which states that:

1. You must be enrolled for a minimum of 12 semester hours in order to practice and compete. If at any time you fall below 12 hours, you become immediately ineligible for practice and competition. Never drop a class without consulting your academic advisor and athletics academic advisor.
2. You must successfully pass a minimum of 24 semester hours each academic year in residence, or an average of 12 per semester. You must pass 6 semester hours in your previous full-time semester of enrollment to maintain eligibility.
3. No more than 6 semester hours necessary for satisfactory progress toward a degree may be earned during the summer sessions.
4. **You must earn a minimum GPA each academic year.** These are as follows:
 - At the completion of 24-semester hours: 1.80 GPA
 - At the completion of 48-semester hours: 1.90 GPA
 - At the completion of 72-semester hours: 2.00 GPA
 - At the completion of 96-semester hours: 2.00 GPA

Transient Work: Transient work includes classes that you want to take at another institution and transfer back for course credit at UNA. Before you take classes at another institution (this includes summer school), you must visit an Academic Dean here at UNA. The Dean must approve of the course you want to take elsewhere. When he/she approves, they will complete a Transient Approval Form stating what the class will count as credit for here at UNA. You must bring a copy of the Transient Approval Form (or ask the Dean's Office to fax it) to Jana Morrison (fax # 348-4685). Ms. Morrison will then check the class and Transient Approval Form in respect to your NCAA Eligibility requirements. If you have any questions, please contact Ms. Morrison for more information.

SUMMARY

This publication hopefully has helped you to better understand some of the important things surrounding your academic and athletic success. It and other publications, such as the University Catalog, will be valuable references throughout your stay at UNA. The directory of support personnel in the handbook is an important reference guide. Please contact these people when you need them. Always remember that everyone at UNA wants to help you succeed and enjoy your college experience. Good luck!

This handbook is provided to assist you as you compete as an athlete and as you matriculate as a student. This handbook is for informational purposes and the University reserves the right to change it as may be appropriate.

NONDISCRIMINATION POLICY

The Department of Athletics believes in the fair treatment of all student-athletes and department personnel. Policies have been incorporated into daily practices that ensure the equitable treatment of each individual, regardless of race, gender, national origin or sexual orientation. These policies affect issues including, but not limited to, personnel, student-athletes, teams, travel, competition, facilities and grants-in-aid. The Department of Athletics believes in policies and operating procedures that are free of discriminatory practices, and the Department stands on a commitment to equity. The Department is particularly sensitive to the need for proper role models in coaching and administrative positions. Therefore, the department actively seeks female and minority candidates for any personnel vacancy. Every effort will be taken to conduct a search consistent with the Department's and University's commitment to providing an equal opportunity for each applicant.

Lion Athletics ... Graduating Champions

These principles are essential to the quality of the Lion Athletic Department. They serve as a foundational belief system for our staff, our student-athletes, our alumni and our supporters. All our actions grow from these guiding principles and shape who we are and what we strive to achieve.

WE GRADUATE

The primary expectation of all student-athletes is to earn their undergraduate degree. The student-athlete must display the initiative required to graduate. Coaches and staff members play vital roles in directing and nurturing the student-athlete's path to graduation. Graduation, above all else, is the common goal of everyone – it is why student-athletes attend college and why coaches and staff members have chosen a career as educators in higher education.

WE SERVE OUR COMMUNITY

Staff members and student-athletes gain a sense of value for service to our community. As a state and student funded department, we strive to connect with and serve those people within and around the campus community. The concept of service learning is something we value and instill into our student-athletes.

WE COMPETE BY THE RULES

Staff members, student-athletes and supporters of Lion Athletics adhere to team, departmental, University, Gulf South Conference, National Collegiate Athletic Association and the State of Alabama rules and regulations. We take pride in competing the right way!!!

WE WIN CHAMPIONSHIPS

We expect to excel and compete for a championship...it is not a hope or a wish – it is an expectation. We aspire to be good people and great teams who compete for and win championships.