



**Student-Athlete
Handbook
2010-2011**

To the Student-Athletes of LaGrange College:

By being a student-athlete you have decided to make a commitment to two very demanding tasks. This is never going to be easy. You are an adult now and that means you must think and act like one. Sometimes this calls for making hard decisions. To that end, this manual has been developed to inform you of many policies and procedures of the LaGrange College Athletic Department. Please read this booklet carefully. You are responsible for the information. These policies are minimum standards. Some teams may add rules and appropriate penalties as necessary. Your coach will inform you of any deviations from this manual.

Your academic work is much more important than athletics. Please do not forget this. However, athletics can complement your education. Athletics presents many more opportunities but also demands greater responsibility. You must be able to balance your dual roles in order to succeed in either.

Please remember that being a part of a collegiate athletic program is a privilege; not a right. You are expected to act in a manner that reflects well on your college, your team, and most importantly – yourself.

This department will try to help you achieve whatever academic or athletic goals you may set for yourself. If you ever have any questions or concerns about these policies or rules, your team, or the athletic department please do not hesitate to let me know. My door is always open. However, I ask that you do not try to speak to me about playing time. That decision is reserved for each coach. Also, LaGrange College coaches will not discuss playing time issues with parents of LaGrange College student athletes.

Thank you for your attention to this handbook. I wish you luck in the upcoming year both academically and athletically. My hope is that all student-athletes will continue our tradition of superior performance in the classroom as well as in competition.

Coach Phil Williamson
Athletic Director
LaGrange College

LaGrange College Mission Statement

LaGrange College is called through the United Methodist Church to challenge the minds and inspire the souls of students by improving their creative, critical and communicative abilities in a caring and ethical community.

LaGrange College Athletics Statement of Philosophy

Intercollegiate athletics at LaGrange College provide students with an integral complement to their total educational experience. Recognizing the importance of athletics to the individual student while seeking to strike an appropriate balance between the life of the mind and participation in co-curricular offerings, the college is committed to providing a program of intercollegiate athletics that is student-centered for both participants and spectators. The college believes that the primary function of intercollegiate athletics at a small, church-related, liberal arts college is one of a high quality co-curricular complement to its overall mission. As such, academics will always have priority over athletic or other co-curricular pursuits.

LaGrange College seeks to recruit and retain student athletes who understand the balance of priorities between academics and co-curricular programs, whether the latter are athletics, the performing arts, or other student activities. The college employs coaches who understand that balance of priorities, and its coaches seek to recruit students who will be successful student-athletes. Because the college awards no financial aid based upon athletic ability, the aim of student-athlete recruitment by coaches is not solely for athletic success but rather contributes to the college's enrollment goals, although by no means do those have to be mutually exclusive.

The college embraces a commitment to instill and develop the values of superlative ethical conduct and fair play among its athletes, coaches, spectators, and other constituents. Further LaGrange College recognizes that student-athletes are role models to their peers as well as representatives of the college, and the college actively encourages student-athletes to conduct themselves in a manner that befits those roles.

LaGrange College is committed to gender equity and values cultural diversity. The college will invest sufficient resources to ensure that medical and athletic training services are available to all student-athletes at appropriate times. It shall strive to ensure that all individuals on all teams are treated with the same level of fairness, resources, and respect so that all athletes are afforded an equal opportunity to develop their potential as a student-athlete.

The LaGrange College Athletic Department uses the National Collegiate Athletic Association (NCAA) manual of rules and regulations as guide for conduct and action. The department follows and supports all Great South Athletic Conference, St. Louis Intercollegiate Athletic Conference, and LaGrange College policies and procedures as well.

NCAA Division III Philosophy Statement

Colleges and universities in Division III place highest priority on the overall quality of the educational experience and on the successful completion of all students' academic programs. They seek to establish and maintain an environment in which a student-athlete's athletics activities are conducted as an integral part of the student-athlete's educational experience and in which coaches play a significant role as educators. They also seek to establish and maintain an environment that values cultural diversity and gender equity among their student-athletes and athletics staff.

To achieve this end, Division III institutions:

- (a) Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (students, alumni, institutional personnel) than on the general public and its entertainment needs;
- (b) Award no athletically related financial aid to any student;
- (c) Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
- (d) Encourage participation by maximizing the number and variety of athletics opportunities for their students;
- (e) Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
- (f) Assure that athletics participants are not treated differently from other members of the student body;
- (g) Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics program (e.g. hiring, compensation, professional development, certification of coaches) should be integrated in the campus culture and educational mission;
- (h) Assure that athletics recruitment complies with established institutional policies and procedures applicable to the admissions process;
- (i) Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
- (j) Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body;
- (k) Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
- (l) Support ethnic and gender diversity for all constituents;
- (m) Give primary emphasis to regional in-season competition and conference championships; and
- (n) Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

The purpose of the NCAA is to assist its members in developing the basis for consistent, equitable competition while minimizing infringement on the freedom of individual institutions to determine their own special objectives and programs. The above statement articulates principles that represent a commitment to Division III membership and shall serve as a guide for the preparation of legislation by the division and for planning and implementation of programs by institutions and conferences.

Athletic Department Phone Directory

Athletic Director	Phil Williamson	880 8262
Senior Women's Administrator	Jennifer Claybrook	880 8032
Department Secretary	Barbara Storie	880 8330
Faculty Athletic Representative	Joe Cafaro	880 8275
Sports Information Director	John Hughes	880 8318
Graduate Assistant	Holly Hazelwood	
Head Athletic Trainer	Rob Dicks	880 8099
Assistant	Matthew McKinney	880 8352
Assistant	Erika Kastner	880 8308
Head Baseball	Kevin Howard	880 8295
Assistant	David Kelton	880 8035
Graduate Assistant	Ben Hudson	880 8047
Head Men's Basketball	Warren Haynes	880 8328
Assistant	Shannon Lipham	880 8261
Head Women's Basketball	Mark Isenhour	880 8342
Graduate Assistant	Ashley DeFreitas	880 8307
Assistant	Brian Hendley	880-8116
Cheerleading	Serenity Graham	706.594.5730
	Ryan Alford	706.302.8730
Cross Country	Matt Donnett	880 8336
Head Football	Todd Mooney	880 8106
Defensive Coordinator	Tony Kunczewski	880 8775
Offensive Coordinator/Offensive Line	David Shonts	880 8776
Recruiting Coordinator/Special Teams	Marcus Blandingburg	880 8461
Graduate Assistant	Marc Mattioli	880 8462
Graduate Assistant	Nate Masters	880 8465
Graduate Assistant	Evan Nardone	880 8468
Graduate Assistant	Jake White	880 8460
Graduate Assistant	DeMoreo Ford	880 8466
Golf	Lee Richter	880 8343
Head Soccer (M)	Jeff Geeter	880 8283
Assistant – Men	Jase Crenshaw	880 8283
Head Soccer (W)	Jim Robbins	880-8334
Assistant - Women	Satomi Omae Morgan	
Head Softball	Jennifer Claybrook	880 8032
Graduate Assistant	Kayla Yeargin	880 8032
Swimming	Susie Brown	880 8018
Assistant	William Yin	880-8356
Men's Tennis	Matt Donnett	880 8336
Women's Tennis	Matt Donnett	880 8336
Head Volleyball	Julie Moses	880 8225
Graduate Assistant	Torri Bridge	880 8469
Women's Lacrosse	Julie Moses	880 8225
Graduate Assistant	Adrienne Berkland	880-8469

Other Numbers of Interest:

Security	8911
Student Life	880 8269
Counseling Center	880 8313
Dining Hall	880 8210
Financial Aid	880 8241
Registrar	880 8024

All student-athletes should ask their coaches for home phone numbers and cell phone numbers as well.

Student-Athlete Advisory Committee

The following student-athletes make up this year's Student Athlete Advisory Committee. They serve to be your voice to the College athletic department and the administration. Please let them know if you have any concerns or questions about the athletic department. Jennifer Claybrook serves as an advisor to the committee.

Baseball	J.J. Martone Linwood Roberts Jordan Martinec
Basketball – Men's	Nick Whitfield Britt Gaylor Marcus Vaughn
Basketball – Women's	Heather Miller Kiah Britton
Cheerleading	Alex Smith Kristian Perkins
Cross Country	Christa von Borstel Joe Strickland
Football	George Lankford Sean McNamee Craig Ryan Devin Billings
Golf	Adam Garrett
Soccer – Men's	Cameron Williams Daniel Yim
Soccer – Women's	Jillian Matthews Stephanie Fowler
Softball	Kayla Grizzle Katie Hein Brittany Ellisor
Swimming	Josh Ledbetter
Tennis	Jessica Shaver Blake Craft
Volleyball	Kristen Barton Hayley LaFontaine
Lacrosse	Kelsey Griffin

Student-Athlete Code of Conduct

All LaGrange College athletic staff will comport themselves in an ethical and legal manner at all times. When representing the college, whether on campus or off, staff will abide by all policies of the college, the GSAC, the SLIAC, and the NCAA.

All LaGrange College student-athletes should conduct themselves in an appropriate manner at all times as well. Respect for one's institution, teammates, coaches, opponents and officials should be emphasized at all times.

LaGrange College, as a church-related college, is committed to an honorable and seemly standard of conduct. As an educational institution the college is concerned not only with the formal in-class education of its students, but also with their welfare and their growth into mature men and women who conduct themselves responsibly as citizens.

Regulations of the college are formulated to meet changing student needs within the framework of college policy. These regulations become effective when the student enrolls. Some regulations may not be agreeable to everyone because they have been formulated to meet the needs of the entire group. This however, does not lessen the individual's obligation to uphold them. Regulations do not have as their primary purpose the punishment of the individual. The regulations are formulated to insure the right of all community members to have the best possible living and learning conditions.

The college reserves the right to dismiss at any time a student who, in its judgment, is undesirable and whose continuation in the school is detrimental to him or his fellow student.

Furthermore, students are subject to federal, state and local laws as well as college rules and regulations.

A student is not entitled to greater immunities before the law than those enjoyed by other citizens generally. Students are subject to such disciplinary action as the administration of the college may consider appropriate, including possible suspension and expulsion for breach of federal, state or local laws, or college regulations. This principle extends to conduct off campus which is likely to have adverse effect on the college or on the educational process or which stamps the offender as an unfit associate for the other students. A complete description of student conduct policies, rules and regulations can be found in the student handbook.

Academics

Classroom Attendance

Attendance in class is a must for all LaGrange College student-athletes. A student-athlete is expected to attend all classes, including labs, for all courses for which they are registered. Only classroom absences due to travel and games are excusable. Practice is never an excuse to miss class.

- Student-athletes should inform teachers ahead of time of any impending absence due to an athletic event.
- The instructor should not penalize the student-athlete for missing class due to a scheduled athletic contest.
- The student-athlete should make all of the necessary arrangements in order to make up any work or tests missed with the instructor. Ideally this time will be convenient for both instructor and student-athlete.
- If possible, all assignments and tests should be handed in before the absence.
- The instructor may ask a member of the coaching staff to administer a test during the trip to prevent any advantage to the student-athlete from occurring.
- Head coaches shall decide what regulatory method and punishment is appropriate for missed class time and inform their student-athletes at the beginning of the school year. Punishment includes, but is not limited to, extra conditioning, study halls, game suspensions, or dismissal from the team.

The student-athlete faces many challenges. Trying to excel at two different endeavors is very demanding. The need for academic excellence as well as athletic excellence should be taken very seriously.

Honor Code

“As a member of the student body of LaGrange College, I confirm my commitment to the ideals of civility, diversity, service, and excellence. Recognizing the significance of personal integrity in establishing these ideals within our community, I pledge that I will not lie, cheat, steal, nor tolerate these unethical behaviors in others.”

The college’s honor code is stated above. All student-athletes are expected to abide by it and should not expect any special privileges in dealings with the Honor Council if the need should ever arise. More information about the Honor Code can be found in the latest edition of the LaGrange College Bulletin.

Study Halls

Some athletic teams may have study halls or study tables. The head coach of a team will decide if this is necessary and who must attend these extra sessions.

Athletic Training

Every LaGrange College student-athlete is entitled to state-of-the-art medical care while participating in intercollegiate athletics. The Athletic Training Department will coordinate and deliver professional and comprehensive prevention, management, and rehabilitation services to all LaGrange College student-athletes.

The goal of the Athletic Training Department is to keep each student-athlete healthy and injury free. In the unfortunate case of injury or illness, the staff will provide quality medical care or appropriate referral to help return the student-athlete safely to their sport.

The Department will do everything within legal, ethical, and moral bounds to ensure that the student-athletes at LaGrange College receive necessary and appropriate medical care. The Athletic Training Department will follow guidelines, rules, and regulations for appropriate care as set by LaGrange College, the GSAC, and the NCAA. The Department follows the National Athletic Trainers' Association (NATA) Code of Ethics and supports and uses the National Collegiate Athletic Association (NCAA) Sports Medicine Handbook as a guide for conduct and action.

Athletic Training Room Rules

- Report all injuries and illnesses to the training room.
- Be on time for treatment. Being late for treatment or a doctor's appointment will be treated the same as missing a practice.
- The athletic training room staff reserves the right to refuse treatment if a student-athlete is late.
- Wait your turn. Not everyone can be helped at the same time.
- Do not operate any equipment in the athletic training room.
- Do not wear shoes or bring playing equipment in the athletic training room.
- Do not remove supplies from the athletic training room without permission.
- The athletic training room is not a lounge.
- No Food or Drinks are allowed in the athletic training room
- The student-athlete should allow time prior to practice for treatments, rehabilitation, and taping. The athletic training room staff will not be responsible for the student-athlete being tardy to practice due to treatment in the athletic training room.
- All student-athletes must provide a detailed medical history as well as personal insurance information.
- All student-athletes must undergo a physical examination by the LaGrange College team physician. A record of this exam must be on file with the head athletic trainer prior to participation in practices or games.
- Any changes in medical history, insurance coverage, or ability to participate should be reported to the head athletic trainer.
- The student-athlete's personal insurance is the primary provider for all injuries and illnesses. If the injury is directly related to intercollegiate participation, LaGrange College is the secondary provider. The LaGrange College policy does not cover pre-existing injuries or non-athletic injuries. The team physician and

head athletic trainer have the final authority to restrict a student-athlete from participation for medical reasons.

- The student-athlete bears all costs associated with any expenses that might occur because of the pre-participation examination.
- A second opinion may be obtained only with the knowledge and consent of the head athletic trainer. LaGrange College will not be responsible for any cost associated with an unapproved second opinion. Treatment for injuries seen by unapproved second opinions is at the discretion of the AT staff.
- The athletic training staff is here to serve the student-athlete. The staff will treat the student-athlete in a professional manner and expect the same.

Athletic Training Hints

- Do not neglect injuries. With proper, **EARLY** treatment, you can limit the severity of your injury and be able to return to full activity quickly. However, you must come to treatment in order to do so.
- Respect pain. Pain is your body's way of telling you that you are injured; your body is hoping that you will slow down your activity until your body has healed. If you continue to play and the pain increases or does not settle down, stop playing. Everyone knows athletes compete with pain – it is important to learn the difference between minor pain from a minor injury and the pain of a major injury. It is also important to learn the difference between soreness and pain.
- It will take more than one treatment to recover from an injury. Follow the treatment and rehabilitation plan initiated for you to return to your sport as quickly and as safely as possible.
- When arriving in the athletic training room for treatment, ask what you should do. Before leaving the athletic training room be sure to determine when you need to come back (post practice, the next day, and/or later in the week). The athletic training staff will not chase student-athletes down to ensure compliance with treatment, treatment protocols, and appointment schedules. The staff will inform head coaches when student-athletes are not in compliance.
- If you are undergoing a rehabilitation program, it is essential that you do your exercise as painlessly as possible. If you continue to exercise despite pain, you are making the injury worse, or at a minimum, delaying healing. Progression of resistance should be made under the supervision of the athletic training staff. A good rule of thumb is to progress in a step-wise manner. For example, for heavy weights, try to go up in weight one set at a time instead of waiting to increase weight until all sets can be lifted at a higher weight.
- If you have a nagging injury that becomes painful or swells after activity, it is helpful to apply ice to the area. Take the time to ice for 20 minutes. This time investment now might allow you to continue to participate while neglecting the injury might cause you to miss time.
- Heat applied to a new injury may increase swelling and make the injury worse.
- Wounds occurring in athletic settings often become infected. Make sure all wounds are thoroughly cleaned properly and treated to prevent infection. If the wound becomes swollen or red, show an athletic trainer immediately.

- Medication is sometimes necessary to aid recovery. Popular over-the-counter medications include ibuprofen (Advil, Motrin IB, Nuprin) and naproxen sodium (Aleve). The proper dosage for ibuprofen is three 200mg tablets three times per day with food. The proper dosage for naproxen sodium is two 220mg tablets two times per day with food. Never mix these medicines together and do not take more than the recommended amount. **More is NOT better.**
- Good stretching and warm-up can make your body flexible and prepared for vigorous activity. Not only does stretching reduce injuries, it can permit you to perform better. Preventing injuries is easier than treating injuries.
- Drink plenty of fluids before, during, and after practice and competition. Hydration is very important in preventing heat illness and assuring optimal performance.

****Never attempt to move an injured athlete. Moving a teammate may cause further damage and injury to an already serious condition****

Awards

At the conclusion of the playing season each student-athlete who has finished the season on the team receives a letter award. All student-athletes in their first year of participation in a sport will receive a freshman award regardless of their class standing in school. The only exception will be if a student-athlete has lettered in this same sport at another college. All other class awards will be based on the student-athlete's class standing per NCAA eligibility.

In addition to the letter awards, the head coach of each sport shall determine what other awards to give as well as criteria for achieving said awards.

LaGrange College student-athletes are also eligible for NCAA and GSAC awards. Coaches will nominate student-athletes who might be deserving of these honors.

Eligibility

A student-athlete must be in good academic standing with college. A student-athlete must pass 24 hours the previous two (2) semesters to be eligible. The college's policy for eligibility standards is detailed below.

LaGrange College Eligibility Academic and General Requirements

Institutional Responsibility

An institution shall not permit a student-athlete to represent it in intercollegiate athletics competition unless the student-athlete meets all applicable eligibility requirements and the institution has certified the student-athlete's eligibility.

Academic Status

To be eligible to represent an institution in intercollegiate athletics competition, a student-athlete shall be enrolled in at least a minimum full-time program of studies, be in good academic standing and maintain satisfactory progress toward a baccalaureate or equivalent degree. A student-athlete must pass 24 hours the previous two (2) semesters to be eligible. They may count hours earned during the interim term and summer school to count toward the 24 hours. A waiver of the minimum full-time enrollment requirement may be granted for a student enrolled in the final term of the baccalaureate program (see Bylaw 14.1.7.2.1.3). Also, a student may represent the institution while enrolled as a graduate or professional student or while enrolled and seeking a second baccalaureate degree at the same institution (see Bylaw 14.1.8).

Good Academic Standing

To be eligible to represent an institution in intercollegiate athletic competition, a student-athlete shall be in good academic standing as determined by the academic authorities who determine the meaning of such phrases for all students of the institution, subject to controlling legislation of the conference(s) or similar association of which the institution is a member. (Note: The restrictions, exceptions and waivers set forth in Bylaws 14.4.1.2.1, 14.4.1.2.2 and 14.4.1.3 also apply to the general requirement for good academic standing and satisfactory progress.)

Institutional Responsibility for Eligibility Certification

The chief executive officer is responsible for approving the procedures for certifying the eligibility of an institution's student-athletes under NCAA legislation. The chief executive officer may designate an individual on the institution's staff to administer proper certification of eligibility. Certification of eligibility must occur prior to allowing a student-athlete to represent the institution in intercollegiate competition. See Bylaw 14.01.1.

Equipment

LaGrange College strives to provide the best possible equipment for its student-athletes and athletic teams. At no time should student-athletes abuse or mistreat this equipment. This includes, but is not limited to, game uniforms, practice gear, playing equipment, locker rooms, weight room equipment or athletic training equipment. Student-athletes are expected to return all issued equipment upon request.

Evaluations

All student-athletes will have an opportunity to evaluate the coaching staff of their sport in a confidential manner at the conclusion of the playing season.

Exit Interviews

All student-athletes upon completion of eligibility, through written and oral communication, will have the opportunity to advise the department administration of any concerns or suggestions related to the operation of the department.

Facilities

All LaGrange College facilities should be maintained in a respectable manner. This includes, but is not limited to, offices, weight rooms, locker rooms and fields. At no time should any staff member let a student-athlete use a facility unsupervised. When a staff member unlocks an area, he or she becomes responsible for securing the area when finished. In addition, every member of the staff must be vigilant about securing doors and gates when finished using a particular area during "off" hours.

Fitness Center and Weight Room

The CEB Weight Room and the Simpson Room Fitness Center are available for all student-athletes to use during normal hours of operation and at other times as the coach may require. Rules for use of the facilities are outlined below.

- Proper identification must be presented upon request
- Bags are not permitted
- Food, drinks or tobacco are not permitted (only plastic water bottles are acceptable and must have a lid)
- Shirt, shorts and a clean pair of athletic shoes are required
- Do not wear jewelry such as loose necklaces, bracelets, hanging earrings or watches
- Absolutely no foul language permitted
- All weights, bars, etc. should be placed neatly back in their original locations when finished

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Gambling

LaGrange College, the GSAC, and the NCAA prohibit gambling of any kind.

NCAA Gambling Bylaws:

10.02.1 SPORTS WAGERING. Sports wagering includes placing, accepting or soliciting a wager (on a staff member's, or student-athlete's own behalf or on behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; Internet sports wagering; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

10.02.2 WAGER. A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value.

10.3 SPORTS WAGERING ACTIVITIES. The following individuals shall not knowingly participate in sports wagering activities or provide information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics competition:

(a) Staff members of an institution's athletics department;

(b) Non-athletics department staff members who have responsibilities within or over the athletics department (e.g., chancellor or president, faculty athletic representative, individual to whom athletics reports);

(c) Staff members of a conference office; and

(d) Student-athletes.

10.3.1 SCOPE OF APPLICATION. The prohibition against sports wagering applies to any sport or institutional practice or competition (intercollegiate, amateur or professional) in a sport in which the association conducts championship competition, in bowl subdivision football and in emerging sports for women.

10.3.1.1 EXCEPTION. The provisions of Bylaw 10.3 are not applicable to traditional wagers between institutions (e.g., traditional rivalry) or in conjunction with particular contests (e.g., bowl games). Items wagered must be representative of the involved institutions or the states in which they are located.

10.3.1.2 SANCTIONS. The following sanctions for violations of Bylaw 10.3 shall apply as follows: **(a)** A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (i.e., "point shaving"), or who solicits or accepts a bet or participates in any gambling activity through a bookmaker, a parlay card or any other method employed by organized gambling that involves sports wagering on activity involving the student-athlete's institution, shall permanently lose all remaining regular season and postseason eligibility in all sports.

(b) A student-athlete who solicits or accepts a bet or participates in any sports wagering activity that involves intercollegiate athletics or professional athletics, through the Internet, a bookmaker, or a parlay card or any other method employed by organized gambling, shall be ineligible for all regular-season and postseason competition for a minimum of a period of one year from the date of the institution's determination that a violation has occurred and shall be charged with the loss of a minimum of one season

of competition eligibility. If the student-athlete is determined to have been involved in a subsequent violation of any portion of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

10.4 DISCIPLINARY ACTION

Prospective or enrolled student-athletes found in violation of the provisions of this regulation shall be ineligible for further intercollegiate competition, subject to appeal to the Committee on Student-Athlete Reinstatement for restoration of eligibility (see Bylaw 10.3.12 for sanctions of student-athletes involved in violations of Bylaw 10.3).

Institutional staff members found in violation of the provisions of this regulation shall be subject to disciplinary or corrective action as set forth in Bylaw 19.5.2.2 of the NCAA enforcement procedures, whether such violations occurred at the certifying institution or during the individual's previous employment at another member institution.

10.3.1 SANCTIONS. The following sanctions for violations of Bylaw 10.3 shall apply as follows:

(a) A student-athlete who engages in activities designed to influence the outcome of an intercollegiate contest or in an effort to affect win-loss margins (i.e., "point shaving") or who *solicits or accepts a bet* or participates in any *gambling activity through a bookmaker, a parlay card or any other method employed by organized gambling that involves sports wagering on* activity involving the student-athlete's institution shall permanently lose all remaining regular-season and postseason eligibility in all sports.

(b) A student-athlete who solicits or accepts a bet or participates in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling, shall be ineligible for all regular-season and postseason competition for a minimum period of one year from the date of the institution's determination that a violation has occurred and shall be charged with the loss of a minimum of one season of competition. A request for reinstatement may be submitted on behalf of a student-athlete who has participated in such activity only upon fulfillment of the minimum condition indicated above. If the student-athlete is determined to have been involved in a subsequent violation of any portion of Bylaw 10.3, the student-athlete shall permanently lose all remaining regular-season and postseason eligibility in all sports.

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Gender equity in intercollegiate athletics describes an environment in which fair and equitable distribution of over-all athletics opportunities, benefits and resources is available to women and men and in which student-athletes, coaches and athletic administrators are not subject to gender-based discrimination.

LaGrange College strives to provide equitable treatment for male and female student-athletes in all aspects of the program. These areas include, but are not limited to, equipment and supplies, game and practice scheduling, facilities, medical access and care, publicity, recruiting, and administrative support services.

Hazing

LaGrange College believes that any team has the responsibility to create an environment within which all activities are pursued in a sound and productive manner. Any team, which includes hazing as part of its activities, creates a risk for hazardous conditions.

LaGrange College defines hazing as “any activity or action which subtly, flagrantly, recklessly, or deliberately demeans, embarrasses, threatens, invites ridicule or draws inappropriate or negative attention to a student-athlete or a group of student-athletes.” Hazing also includes an attitude that implies one student-athlete is superior to another or that membership on the team must be earned through personal service or meaningless activities. Furthermore, this definition includes any actions that result in the impairment of academic performance.

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

- Any activity or action that may create a risk to the health, safety, welfare, or property of the College or any member of its community.
- Paddling, beating or otherwise permitting a student-athlete to hit other student-athletes.
- Requiring or encouraging a student-athlete to wear degrading or uncomfortable garments.
- Depriving a student-athlete of the opportunity for sufficient sleep or interference with academic efforts.
- Requiring or encouraging a student-athlete to consume alcohol or drugs.
- Forcing, coercing, or permitting a student-athlete to eat or drink foreign or unusual substances such as raw meat, raw eggs, salt water, onions, etc.
- Having substances/objects such as eggs, mud, paint, honey, etc. thrown at, poured on, or otherwise applied to the body of a student-athlete.
- Morally degrading or humiliating games or any other activity that makes a student-athlete the object of amusement, ridicule, or intimidation.
- Subjecting a student-athlete to cruel and unusual psychological conditions.
- Requiring or encouraging a student-athlete to carry objects (i.e. paddles or bricks).

- Any requirement that compels a student-athlete to participate in any activity which is illegal, perverse, publicly indecent, contrary to his/her genuine morals and/or beliefs, e.g. public profanity, indecent or lewd conduct, or sexual gestures in public.
- LaGrange College and the athletic department unconditionally oppose any form of hazing. Any violation of this policy will be reported to the head coach of the team, the athletic director, and if necessary the Dean of Students. Any student-athlete who violates this policy will be subject to penalization.

Insurance

All student-athletes are covered by LaGrange College's athletic insurance policy for activities related to their sport. The coverage includes games, practices, conditioning sessions, weightlifting, and travel. This policy does not cover voluntary activities. This policy is an excess policy. The college's policy takes effect once the student-athlete's policy has paid its share. The student-athlete's primary insurance carrier will send an Explanation of Benefits (EOB) statement, which should be forwarded to the Head Athletic Trainer. Once this is provided, the college's insurance carrier will then consider the remaining portion for payment.

LaGrange College is not responsible financially for any injury until all requested pre-participation paperwork has been submitted satisfactorily to the Athletic Training Room.

Multi-Sport Athletes

Once a student-athlete begins training or playing with a team, he or she may not train or play with another team until the season of the first team is completed.

The athletic director may make exceptions to this rule after consulting with the student-athlete and both head coaches.

If a student-athlete quits one team, he or she is not eligible to train or play with another team until the season of the first team is completed.

NCAA Rules

All student-athletes are expected and required to follow all NCAA rules. This includes, but not limited to, all regulations concerning academics, recruiting, eligibility, financial aid, sportsmanship, and drug use. A copy of the Summary of NCAA Rules pertaining to Division III athletics is attached as appendix as well as a copy of the Student-Athlete Statement that must be signed before a student-athlete is eligible to compete.

Please refer any questions concerning any NCAA rules, regulations, and policies to the Athletic Director.

Nutrition

Student-athletes need to be careful about what they put in their bodies. Drugs and alcohol as well as some legal and natural products are not conducive to maximizing athletic performance. Good nutrition involves eating foods that provide the body with the right amount of energy, vitamins, minerals, and fluids.

A student-athlete should eat a well balanced diet that is high in carbohydrates and relatively low in fat. Carbohydrates are the main fuel for the muscles of the body. Some fat is essential and complete avoidance of fat in the diet can decrease performance. However, not all fat is good. Only unsaturated fats help the body. Protein is needed to build and maintain muscles. Athletes need a little more protein than the normal population but megadoses provide no benefit. Carbohydrates are still needed during weight training otherwise protein will be used as a fuel source instead of a building block.

Water is the most important nutrient. Fluids should be consumed before, during, and after athletic activity. Try to avoid drinks containing caffeine because caffeine acts as a diuretic, which can contribute to dehydration. Sport drinks generally provide little extra benefit when rehydrating but are not generally harmful.

Vitamin and mineral supplements should only be used if the student-athlete is not getting the appropriate amounts through diet. Emphasis should be placed on the eating of a wide variety of foods so that supplementation is not necessary. Most other nutritional supplements should be avoided as well. Many of these supplements contain banned substances. It has been proven that often the ingredient list on the product does not always match the ingredients in the product.

Sexual Harassment

Sexual harassment by members of the athletic department staff and student-athletes will not be tolerated in any manner. The sexual harassment policy of the college is listed below.

LaGrange College Sexual Harassment Policy

All members of the College community have the right to be free from sex discrimination in the form of sexual harassment. Sexual harassment may take two forms: (1) creating a hostile environment, and (2) quid pro quo.

A hostile, demeaning, or intimidating environment created by sexual harassment interferes with an individual's full and free participation in the life of the College. Sexual harassment quid pro quo occurs when a position of authority is used to threaten to impose a penalty or withhold a benefit in return for sexual favors, whether or not the attempt is successful. Sexual harassment may involve behavior by a person of either gender against a person of the same or opposite gender. It should be noted that the potential of sexual harassment exists in any of the following relationships: student/student, faculty/student, student/faculty, and faculty/faculty. Here and

subsequently "faculty" refers to faculty, staff, and administration. Because of the inherent differential in power between faculty and students, sexual relationships between faculty and students are prohibited.

Sexual harassment may result from many kinds of behavior. These behaviors may range from the most egregious forms, such as sexual assault, to more subtle forms. Explicit behaviors include but are not limited to requests for sexual favors, physical assaults of a sexual nature, sexually offensive remarks, and rubbing, touching or brushing against another's body. More subtle behaviors may be experienced as intimidating or offensive, particularly when they recur or one person has authority over another. Such behaviors may include but are not limited to unwelcome hugs or touching, inappropriate staring, veiled suggestions of sexual activity, requests for meetings in non-academic settings, and risqué jokes, stories, or images.

Accusations of sexual harassment that are made without good cause shall not be condoned. Such accusations are indeed grievous and can have damaging and far reaching effects upon the careers and lives of individuals.

Any member of the College community having a complaint of sexual harassment may raise the matter informally and/or file a formal complaint. The informal process is an attempt to mediate between the parties in order to effect a mutually agreeable solution without entering into the formal hearing process.

Informal Procedures

The following informal procedures may be followed:

Clearly say "no" to the person whose behavior is unwelcome.

Communicate either orally or in writing with the person whose behavior is unwelcome.

The most effective communication will have three elements:

(1) A factual description of the incident(s) including the time, place, date and specific behavior.

(2) A description of the complainant's feelings, including consequences of the incidents.

(3) A request that the conduct cease.

Speak with a department chair, dean, director, counselor, or chaplain who may speak to the person whose behavior is unwelcome. The name of the complainant need not be disclosed. The purpose of such conversation is the cessation of the unwelcome behavior.

In the case of harassment of a student, it may be appropriate first to seek advice of his or her advisor.

Formal Procedures

To initiate a formal grievance procedure the complainant shall submit a written statement to the chair of the Review Subcommittee of the Academic Standards Committee who shall report the complaint to the President of the College. The President, after such consultant as is deemed appropriate, will request the names of several persons from each party to the dispute, and the President shall choose one person's name from each list to be added to the three-person Review Committee.

Member of the Committee will meet to discuss the complaint. Unless the Committee concludes that the complaint is without merit, the parties to the dispute will be invited to appear before the Committee and to confront any adverse witnesses. The Committee may conduct its own inquiry, call witnesses, and gather whatever information it deems necessary to assist in reaching a determination as to the merits of the accusation. Once a determination has been reached, the Committee shall report its finding to the President of the College.

Possible outcomes of the investigation are (1) that the allegation is not warranted and cannot be substantiated, (2) a negotiated settlement of the complaint, or (3) that the allegation is substantiated requiring a recommendation to the President that disciplinary action be taken.

Sports Information

The Sports Information Department at LaGrange College aids in the dissemination of information to the public about the athletic program at LaGrange College. From time to time, the SID staff may ask for information or from student-athletes. Please respond in a timely manner.

Sportsmanship

It is incumbent of all student-athletes to behave in a sportsmanlike manner at all times. Student-athletes should treat teammates, opponents, officials, and fans in a civil and respectful manner during pregame activities, competition, post game activities, and any other time opponents may come in contact. The GSAC and NCAA consider sportsmanship to be a high priority. Sportsmanship is a very important aspect of LaGrange College athletic program. To that end, student-athletes may face disciplinary action from their head coach and/or the athletic director if it is determined that they have acted in a manner inconsistent with good sportsmanship.

The NCAA bylaw pertaining to sportsmanship and ethical conduct is outlined below.

NCAA Bylaw 2.4 - The Principles of Sportsmanship and Ethical Conduct

For intercollegiate athletics to promote the character development of participants, to enhance the integrity of higher education and to promote civility in society, student-athletes, coaches, and all others associated with these athletics programs and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should be manifest not only in athletics participation but also in the broad spectrum of activities affecting the athletics program.

Student Athlete Advisory Committee

The Student Athlete Advisory Committee (SAAC) is set up to help the student-athletes at LaGrange College. The SAAC meets regularly to discuss issues of importance to the

student-athlete at LaGrange College. Any student-athlete with a concern for the committee should contact their representative on the committee, their head coach or the athletics director.

Either the team or head coach picks team representatives. Any student-athlete on a team roster eligible to compete is allowed to sit on the committee.

The mission of the committee is as follows:

The Student-Athlete Advisory Committee of LaGrange College vows to represent and to educate the student-athletes on all NCAA rules and regulations. The SAAC is committed to building and maintaining a positive student-athlete image on or off campus, and on or off the field. The SAAC is determined to develop the student-athletes' image as well rounded and widely respected. The SAAC will promote and protect the welfare of all student-athletes. The SAAC serves as one voice for all the student-athletes at LaGrange College.

Substance Use and Abuse

At no time is use or possession of alcohol or drugs allowed at LaGrange College regardless of the legal drinking age. This includes dormitories, parking lots, and athletic facilities. This ban is also in effect while traveling with a college group (i.e. – a team road trip). These policies are in effect year round. All student-athletes are banned from consuming alcohol for a minimum of 24 hours before one of their athletic contests.

If a LaGrange College student-athlete is found to have violated this policy, the student-athlete's head coach will impose the penalties outlined below. The following measures are minimum standards. Teams may have more stringent policies. The head coach will inform you of any deviations from this policy. Any penalty levied by a head coach or the athletic department is in addition to any penalties the Dean of Students may impose.

For this policy "caught drinking alcohol" refers to being seen consuming or being seen with alcohol by a college official including, but not limited to, a coach, administrator, Resident Director, or Resident Advisor.

Under 21 – caught drinking alcohol on or off campus

Over 21 – caught drinking alcohol on campus

- 1st offense coach's discretion
- 2nd offense in-season: 5 day suspension with a minimum of 1 game
out-of-season: 15 hours community service
- 3rd offense suspended rest of season

Caught drinking alcohol less than 24 hours before an athletic contest:

- 1st offense in-season: 5 day suspension with a minimum of 1 game missed
out-of-season: 15 hours community service
- 2nd offense suspended rest of season

Caught using illegal drugs on or off campus:

- 1st offense in-season: 10 day suspension with a minimum of 2 games missed
out-of-season: 30 hours community service
- 2nd offense dismissal

Arrested for any alcohol related infraction:

- 1st offense in-season: 10 day suspension with a minimum of 2 games missed
out-of-season: 30 hours community service
- 2nd offense dismissal

Arrested for illegal drug related infractions:

- 1st offense dismissal

A student-athlete may not play one sport while suspended or having been dismissed from an athletic team of another sport for violation of these rules. All infractions and punishments as a result of this policy will be reported to the Athletic Director in writing.

**LaGrange College Athletic Department
Drug Education, Screening, and Intervention Program
STATEMENT OF POLICY**

A. Program Philosophy

LaGrange College emphasizes the importance of student-athletes' health and wellness in each of its intercollegiate sports. The college strives to ensure that each student-athlete remains physically, psychologically, and socially at his/her optimum level of performance in order to compete safely and successfully at the Division III level. An integral part of this effort is the Drug Education, Screening and Intervention Program. The Athletic Department at LaGrange College believes strongly that drugs and athletics are incompatible. It is not possible for the student-athlete to perform at the high level required to meet collegiate academic, athletic, and social standards, even if minimal abuse is allowed.

There are many problems that drug use combined with intercollegiate sports participation may cause which the non-athlete user does not face. To begin with, many drugs, when used in connection with athletic participation, pose serious risks to the health of the student-athlete. Symptoms of illness, temporary injury, heat illness, and even death can be caused by such drug use. Secondly, the use of certain drugs and supplements may temporarily improve some types of athletics performance and thereby create an unfair competitive advantage for the person using them. Such uses of drugs may impair the long-term health of the user and compromise the standards of fair play.

Therefore, LaGrange College has established a drug use prevention program in order to ensure its student-athletes will progress towards their academic and athletics goals in a healthy, drug-free environment.

B. Program Purposes

This program has five primary objectives:

1. To educate student-athletes concerning the effects of banned or illegal drugs on their physical, psychological, and social health;
2. To educate student-athletes concerning nutritional supplements and the current status of research on performance enhancement and potential side-effects;
3. To identify potential drug users/abusers and provide them with a mechanism for counseling and rehabilitation;
4. To remove the stigma of drug use/abuse from the vast majority of student-athletes who are not users/abusers;
5. To reassure student-athletes, parents, alumni, and our community that the health, safety, and academic progress of each student-athlete is the Athletic Department's primary goal.

C. Program Notification and Consent

Prior to participation in practices and games, all students will be required to attend a meeting concerning the Drug Education, Screening, and Intervention Program. Any student who inquires about participating in intercollegiate athletics after the scheduled meeting will be made aware of this policy by the athletic training staff and be required to view a video tape outlining the drug education and screening procedures. This policy, as well as all appendices, will be provided in writing and will be made available at the LaGrange College Athletic Department website at www2.lagrangecollege.edu/athletics/index.html.

After having the opportunity to read through the policy and ask questions, students will be required to sign the consent form (Appendix 4) which states that the student agrees to cooperate in the drug screening program in accordance with the published guidelines.

Students who refuse to sign this waiver will not be given the privilege of practicing or competing on an intercollegiate squad at LaGrange College. All signed consent waivers will be kept on file in the Athletic Office.

D. Program Education Component

An integral element of this program is an on-going educational component designed for the student-athletes, coaches, and intercollegiate staff. The Athletic Training staff, the Athletic Director, the Director of Counseling, the Team Physician, and members of the student development staff will collaborate to plan and present various educational approaches that emphasize the deleterious effects of drugs and alcohol on athletic performance as well as on other aspects of life. The intent is to increase the student-athletes awareness, to prevent involvement with drugs and alcohol, as well as to recognize and handle drug and alcohol related problems. Each member of every intercollegiate athletics team shall be required to participate in prescribed drug education activities.

E. Prohibited Drugs

LaGrange College is using the NCAA Banned Substances List as the LaGrange College Banned Substances List. Student-athletes, during the period of their membership on or affiliation with an intercollegiate athletic team, may not use the drugs specified by the NCAA's Banned – Drug Classes 2008-2009 (see Appendix 1 for the complete listing) regardless of whether such use occurs **before, during, or after** the student-athlete's competitive season.

Any student-athlete who has a medical condition for which the use of a banned-drug is authorized must provide a statement by a licensed physician of such authorization to the Head Athletic Trainer at the beginning of each academic semester. Documentation of authorization will be placed on file in the Athletic Office with the Consent Form.

LaGrange College discourages the use of nutritional supplements for performance enhancement. For inquiries regarding nutritional supplements, the NCAA recommends student-athletes visit the National Center for Drug Free Sport's Resource Exchange Center (REC) Website (<http://www.drugfreesport.com/REC/Default.html>)

"All nutritional/dietary supplements carry some risk of containing an NCAA banned substance because they are not well regulated and may be contaminated. Failure to check out any supplement with your sports medicine staff prior to use may result in a failed appeal for a positive drug test. Student-athletes are responsible for anything they ingest".

F. Program Description

The LaGrange College program follows the established minimum guidelines put forth by the NCAA for institutional drug testing programs (NCAA Drug Testing Programs 2006-2007). The basis for the screening process is informed consent, a chain of custody and handling of specimens, and state-of-the-art laboratory testing. **All student-athletes will be eligible for selection to unannounced random screening procedures throughout the academic year.**

LaGrange College contracts with the Clark-Holder Clinic to randomly select student-athletes, perform the urine sample collections, maintain the chain of custody, and coordinate analysis and notification of results. The date and time of each drug test will be planned in cooperation with the Athletic Director, the Head Athletic Trainer, and the Clinic.

Individuals, who in the judgment of the Head Athletic Trainer and the Athletic Director, exhibit behavior that is symptomatic of drug use, may be tested independently of the random sample based on the reasonable suspicion standard.

G. Selection and Notification of Athletes

LaGrange College may select student-athletes for drug screen either through random sampling or through individual reasonable suspicion.

1) Random Sampling

LaGrange College will supply team rosters. Team rosters will be updated regularly to maintain accuracy. The Clinic will randomly select a total of twenty percent of the student-athlete population per academic year. On the day prior to a scheduled test date, the Clinic will notify the Head Athletic Trainer of the names of the student-athletes to be tested. The Head Athletic Trainer will make every effort to contact each selected student-athlete by phone on the evening before the test date to notify them of their selection, the location of the testing site, and the time to report with identification. The Head Athletic Trainer will remind student-athletes of the consequences if they fail to report for testing. The Head Athletic Trainer will also notify the Head Coach of any student-athletes selected for testing on that date and confirm that notification has been made. In the event that the Head Athletic Trainer is unable to contact the student-athlete by phone, the Head Coach will assume responsibility for contacting the student-athlete on the morning of the test date and reminding them of the consequences if they fail to report for testing.

2) Individualized reasonable suspicion:

Individualized reasonable suspicion may be based on information received from any of the following individuals: the Athletic Director, Head Athletic Trainer, the Team Physician, Assistant Athletic Trainers, Head Coaches, Assistant Coaches, the Dean of Students, and the faculty. It is at the discretion of the Athletic Director and/or Head Athletic Trainer to verify the allegations and make the determination to test.

Additional sources of information which warrant individualized reasonable suspicion include, but are not limited to: 1) observed possession or use of substances that reasonably appear to be drugs of the type prohibited; 2) arrest or conviction for a criminal offense related to the possession, use or trafficking in drugs of the type prohibited; and 3) observed abnormal appearance, conduct or behavior, including unusual patterns of absence from training, competition, or class, reasonably interpretable as being caused by the use of drugs of the type prohibited.

The Head Athletic Trainer will make every effort to contact the student-athlete selected based on reasonable suspicion by phone on the evening before the test date to notify them of their selection, the location of the testing site, and the time to report with identification. The Head Athletic Trainer will remind athlete of the consequences if they fail to report for testing. The Head Athletic Trainer will also notify the Head Coach of any athletes any athletes selected based on reasonable suspicion for testing on that date and confirm that notification has been made. In the event that the Head Athletic Trainer is unable to contact the student-athlete by phone, the Head Coach will assume responsibility for contacting the student-athlete on the morning of the test date and reminding them of the consequences if they fail to report for testing.

Upon arrival at the testing site, the student-athlete will be asked to verify their identity through a valid college or state issued photo identification card. The

student-athlete will then be provided with written notice of their selection, and the student-athlete will be asked to sign the Individual Notification Form (Appendix 2). The student-athlete will be asked to identify any medications that he/she has recently taken.

H. Sample Collection

LaGrange College has contracted with the Clark-Holder Clinic to provide urine sample collection. The Clark-Holder Clinic will follow the procedures outlined by its procedure manual.

I. Chain of Custody and Analysis

Once a specimen has been provided that meets the on-site specific gravity and pH parameters, the Clark-Holder Clinic will assume the chain of custody for the specimen. The Clark-Holder Clinic staff will seal the samples with chain of custody tape, label the samples, complete the necessary forms, and package the samples. The Center will ship all samples collected from the test site to one of its designated laboratories. The samples will be identified by number rather than by name to insure confidentiality. The Center will retain the master list of athletes' names and identification numbers. The laboratory will analyze the specimen for the presence of drugs, masking agents, and diuretics.

J. Notification of Results

After analysis, all negative specimens will be discarded. If a specimen is found positive, it will undergo a confirmation testing procedure to verify and minimize the risk of false-positive test results. The laboratory will notify the *Center* of the test results based on identification number. The Center will then notify the Head Athletic Trainer at LaGrange College of the positive test results who will share the results with the Athletic Director and the appropriate Head Coach. **Please note: If a student-athlete tests positive for a prescription medication (i.e. codeine) and cannot show proof of a prescription from a licensed physician, then they will follow the same consequences as any other positive.**

K. Voluntary Admission and Request for Counseling

If **prior to being selected for testing** a student-athlete discloses that he/she has recently used a banned or illegal substance to a member of the athletic department staff, the student will be referred to the Director of Counseling. The student-athlete must schedule an appointment with the Director within 72 hours of admitting drug use. The Director of Counseling will confirm with the Head Athletic Trainer when the appointment has been made. The student-athlete will not be suspended from competition or participation in team activities as a result of self-identification. The Director of Counseling will determine whether the student requires a more formal assessment with an outside facility and any appropriate referral for counseling. Any and all charges for the assessment, referral, subsequent testing, and counseling will be at the student-athlete's expense.

During the course of the academic year, the aforementioned student-athlete will be subject to at least one drug screening (based on reasonable suspicion) to ensure compliance with the program. Subsequent test results will be treated according to the schedule of consequences outlined below.

L. Consequences

1. Failure to Participate

Any student-athlete who refuses to sign the release form will **not** be given the privilege of participating in the practices or games of a LaGrange College intercollegiate athletics team.

Any student-athlete who refuses to provide an appropriate urine sample once selected for testing will automatically progress to Second Offense status (see Item 4 below).

2. Tampering with Sample

Tampering with a urine sample during collection will be viewed as a positive test result and carry the same sanctions as a Second Offense (see Item 4 below). Tampering with a urine sample includes manipulation, substitution, adulteration, and intentional dilution.

3. First Offense – within the student-athlete’s 4-year eligibility period

In the event a student-athlete tests positive, the Athletic Director or the Head Athletic Trainer will schedule a meeting between the student-athlete, the Athletic Director, the Head Athletic Trainer, the Head Coach, and a representative from the office of Student Development within 48 hours of notification. During this meeting, the student-athlete will be informed of the sanctions listed below and be required to sign an Agreement to Comply with Sanctions (Appendix 3). If the student-athlete refuses to sign the agreement to comply or fails to follow through with the sanction procedures, the student-athlete will remain ineligible until all sanctions and forms have been completed. Following the meeting, the student-athlete will meet individually with a representative of the office of Student Development to determine the judicial implications of the positive drug test.

Sanctions:

- 1) The student-athlete will be required to contact a parent or guardian by telephone in the presence of the Athletic Director or the Head Athletic Trainer and make them aware of the positive test results and the sanctions.
- 2) The student-athlete will be suspended from participation in **20 percent** of the total number of eligible intercollegiate contests within an academic year. If an athlete is unable to fulfill his/her entire suspension during a single academic year, remaining

ineligibility will be carried over into the following academic year.
All suspensions are rounded up to the nearest game.

- 3) The student-athlete will be required to schedule an appointment within 48 hours of the notification conference with the Director of Counseling to coordinate a formal drug addiction and rehabilitation assessment with an outside facility. Once the student-athlete has completed the assessment and the results reported to the Director of Counseling, the Director will notify the Head Athletic Trainer in writing. The Director of Counseling will make the appropriate recommendations regarding follow-up counseling.
- 4) The student-athlete agrees to submit to a second urine sample at any time after completing his/her suspension. If the second sample tests positive, then the sanctions outlined below apply.
- 5) In order to maintain his/her eligibility for the next scheduled post-season competition (i.e. Great South Athletic Conference tournaments and NCAA tournaments), the student-athlete must pass an additional drug screen prior to the start of post-season play.
- 6) Any and all charges for the assessment and additional drug testing will be at the student-athlete's expense.

4. Second Offense – within the student-athlete's 4-year eligibility period

In the event a student-athlete tests positive on a second test, tampers with a drug specimen, or refuses to provide a urine sample once selected, the Athletic Director or the Head Athletic Trainer will schedule a meeting between the student, the Athletic Director, the Head Athletic Trainer, the Head Coach, and a representative from the office of Student Development within 48 hours of notification. During this meeting, the student-athlete will be informed of the sanctions listed below and be required to sign an Agreement to Comply with Sanctions (Appendix 3). If the student-athlete refuses to sign the agreement to comply or fails to follow through with the sanction procedures, the student-athlete will remain ineligible until all sanctions and forms have been completed. Following the meeting, the student-athlete will meet individually with a representative of the office of Student Development to determine the judicial implications of the positive drug test.

Sanctions:

- 1) The student-athlete will be required to contact a parent or guardian by telephone in the presence of the Athletic Director or Head Athletic Trainer and make them aware of the second positive test results and the sanctions.
- 2) The student-athlete will be suspended from participation in intercollegiate competition for **one calendar year** from the test

date. Ineligibility will carry over from one academic year to the following year as necessary.

- 3) The student-athlete will be required to schedule an appointment within 48 hours of the notification conference with the Director of Counseling to coordinate a second drug addiction and rehabilitation assessment with an outside facility. Once the student-athlete has completed the assessment and the results reported to the Director of Counseling, the Director will notify the Head Athletic Trainer in writing.
- 4) The student-athlete agrees to submit to a third urine sample at any time after completing his/her suspension in order to reinstate his/her eligibility. If the third sample tests positive, then the sanctions outlined below apply.
- 5) Any and all charges for the assessment and additional drug testing will be at the student-athlete's expense.

5. Third Offense – within the student-athlete's 4-year eligibility period

In the event a student-athlete tests positive on a third test, it must be assumed that the student-athlete has a significant problem or has made some conscious value judgment as to his or her behavior and this must be treated as serious. Upon notification of the positive test result, the Athletic Director or the Head Athletic Trainer will schedule a meeting between the student, the Athletic Director, the Head Athletic Trainer, the Head Coach, and a representative from the office of Student Development within 48 hours of notification. Following the meeting, the student-athlete will meet individually with a representative of the office of Student Development to determine the judicial implications of the positive drug test.

Sanctions:

- 1) The Athletic Director will contact the parent(s) or guardian directly by phone to notify them of the positive test results and the required sanctions.
- 2) The third offense will dictate **a permanent suspension** of the student-athlete from any practice and athletic competition for the remainder of the student-athlete's eligibility at LaGrange College.
- 3) At the notification meeting, the student will be advised of the need to pursue further drug and psychological services with the Director of Counseling or an outside provider.
- 4) Any costs of such services will be assumed by the student-athlete.

M. Grievance Procedures and Appeals

Prior to suspension the student-athlete will have the opportunity to discuss the matter with the Appeals Board and to present evidence of any mitigating circumstances that the student-athlete feels are important.

If a student-athlete wishes to file a grievance or appeal the decision and sanctions resulting from a positive test result, the student-athlete must submit an appeal in writing no more than 48 hours after the notification conference to the Faculty Athletic Representative who will convene the Appeals Board which consists of the Senior Women's Administrator for Athletics, the Faculty Athletics Representative, the Dean of Students, the Chair of the Faculty Student Affairs Committee, and the SAAC President. The Appeals Board will hear evidence from both the Athletic Director or designee and the student-athlete or his/her representative. After hearing such evidence, as it deems relevant, the board shall deliberate in private for the purpose of making findings of fact. The findings and conclusions shall be based exclusively on information supplied at the hearing. Within three days after it concludes its inquiry, the Board shall report its conclusions regarding the facts, as well as any advice concerning the severity of sanctions proposed to the Vice President and Dean for Student Life and Retention, who will decide what sanction, if any, shall be imposed. The decision of the Vice President and Dean for Student Life and Retention shall be final.

N. Confidentiality

Any information concerning a student-athlete's alleged or confirmed improper use of drugs, solicited or receives pursuant to implementation of this policy, shall be restricted to institutional personnel identified within this document and to parents of minors. All forms, correspondence, and meeting notes with regard to positive test results will be kept in a separate file located in the Head Athletic Trainer's office and will not be included in the student-athletes' personal medical record or academic record. No other release of such information will be made without the student-athlete's written consent, unless it is in response to the appropriate judicial process. The institution cannot guarantee that law enforcement or prosecuting authorities will not gain access to information in the possession of the institution since valid subpoena or other enabling court order might be issued to compel disclosure. The institution, however, will not voluntarily disclose such information, in the absence of a court order, unless specified below.

If asked by any member of the community or the media, the institution will reply with the following statement, "The student-athlete in question was found in violation of LaGrange College's eligibility rules and has been declared ineligible for a period of _____."

If a student-athlete decides to pursue transfer to another institution **while in a period of suspension** due to a positive drug test, test refusal, or tampering with a specimen sample, the athletic department will inform on documents provided by schools seeking transfer permission and related information the following statement: "The student-athlete in question was found in violation of LaGrange College's eligibility rules related to its Drug Education, Screening, and Intervention Program and has been declared athletically ineligible at LaGrange College for a period of _____."



Appendix 1

2009-10 NCAA Banned Drugs

The NCAA bans the following classes of drugs:

- a. Stimulants
- b. Anabolic Agents
- c. Alcohol and Beta Blockers (banned for rifle only)
- d. Diuretics and Other Masking Agents
- e. Street Drugs
- f. Peptide Hormones and Analogues
- g. Anti-estrogens
- h. Beta-2 Agonists

Note: Any substance chemically related to these classes is also banned.

The institution and the student-athlete shall be held accountable for all drugs within the banned drug class regardless of whether they have been specifically identified.

Drugs and Procedures Subject to Restrictions:

- a. Blood Doping.
- b. Local Anesthetics (under some conditions).
- c. Manipulation of Urine Samples.
- d. Beta-2 Agonists permitted only by prescription and inhalation.
- e. Caffeine if concentrations in urine exceed 15 micrograms/ml.

NCAA Nutritional/Dietary Supplements Warning:

➤ **Before consuming any nutritional/dietary supplement product, review the product and its label with your athletics department staff!**

- Dietary supplements are not well regulated and may cause a positive drug test result.
- Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Many dietary supplements are contaminated with banned drugs not listed on the label.
- Any product containing a dietary supplement ingredient is taken at your own risk.

**It is your responsibility to check with athletics staff
before using any substance.**

Some Examples of NCAA Banned Substances in each class

NOTE: There is no complete list of banned drug examples!!

Check with your athletics department staff to review the label of any product, medication or supplement before you consume it!

Stimulants:

amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); etc.
exceptions: phenylephrine and pseudoephedrine are not banned.

Anabolic Agents:

boldenone; clenbuterol; DHEA; nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.

Alcohol and Beta Blockers (banned for rifle only):

alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.

Diuretics and Other Masking Agents:

bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.

Street Drugs:

heroin; marijuana; tetrahydrocannabinol (THC).

Peptide Hormones and Analogues:

human growth hormone (hGH); human chorionic gonadotropin (hCG); erythropoietin (EPO); etc.

Anti-Estrogens :

anastrozole; clomiphene; tamoxifen; formestane; etc.

Beta-2 Agonists:

bambuterol; formoterol; salbutamol; salmeterol; etc.

Any substance that is chemically related to the class of banned drugs, unless otherwise noted, is also banned!

NOTE: Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or <http://www.drugfreesport.com/rec/> password ncaa1, ncaa2 or ncaa3.

**It is your responsibility to check with your athletics staff
before using any substance.**

Appendix 2

LaGrange College
Drug Education, Screening, and Intervention Program
Individual Notification Form

To: _____ Date: _____
Student Athlete's Name

Student ID #

From: _____ Time: _____
Head Athletic Trainer

RE: Scheduled Urinalysis

Check one of the following:

- Your name has been selected, by anonymous random sample, from the members of the _____ team. You will be required to provide a urine specimen consistent with the policies and procedures established by the LaGrange College Drug Education, Screening, and Intervention Program

- Based on individualized reasonable suspicion that you may be engaged in the impermissible use of drugs prohibited by the Drug Education, Screening, and Intervention Program at LaGrange College, you have been selected to provide a urine specimen consistent with the polices and procedures established by the Program.

Student-Athlete's Signature

Date

Witness's Signature

Date

LaGrange College
Drug Education, Screening, and Intervention Program
Agreement to Comply with Sanctions

I, _____, understand that I have violated the LaGrange College Athletic Department policy regarding drug use and agree to comply with the following sanctions in order to remain in good standing with the department and reinstate my eligibility to participate in intercollegiate athletics.

Circle appropriate violation:	1 st Offense	2 nd Offense	3 rd Offense
Sanctions:			
Notification of Parents	Yes	Yes	Yes
Loss of Eligibility	20 Percent	1 year	Permanently
Required re-test prior to post-season play	Yes	Yes	N/A
Assessment and Referral	Required	Required	Recommended
Re-test	Yes	Yes	No

Failure to comply with the above sanctions will be seen as a decision by the student-athlete to no longer participate in intercollegiate athletics at LaGrange College. Student-athletes will not be reinstated with an intercollegiate team unless they fulfill the all of the sanctions listed above.

Student-Athlete's Signature _____ Date _____

Athletic Director's Signature _____ Date _____

LaGrange College

Drug Education, Screening, and Intervention Program

Consent to Participate Form

I, _____,

have read this Statement of Policy and been given the opportunity to ask any questions

I may have had about the Policy. I understand the Policy and my responsibilities under

it. I have decided voluntarily to participate in the intercollegiate athletics program as a

member of the _____ team(s) at LaGrange College to which

this Policy applies.

Signature of Student-Athlete

Date

Signature of Parent or Guardian (if student is under age 18)

Date

LaGrange College Substance Abuse Policy Education

The Student Development Office provides numerous support functions for the security of the campus. A variety of programs are available to students and employees. Some of the programs presented include: Opportunity Crime and Operation ID, Safety Programs in the Residence Halls, Self Defense for Women, Information about Alcohol and Alcoholism and Illegal Drugs.

Campus groups are encouraged to sponsor these programs to increase attendance and bring together individuals with common concerns. The programs focus on taking personal responsibility for individual safety, how to avoid unsafe situations, services available from student development, and how to obtain assistance. Individuals interested in the educational programs should contact the Dean of Students. The Counseling Center and Residence Life offer related programs on acquaintance rape, alcohol, relationships, and self-defense.

The athletic department works in tandem with the Student Development Office to offer many of these educational programs. At least once a year, a guest of the department gives a lecture focusing on drug and alcohol abuse. Throughout the year, student-athletes receive instruction from athletic department personnel about the dangers of drugs and alcohol. This includes, but is not limited to, discussions, posters, and pamphlets.

Alcohol and Other Drugs

As members of the College community, we recognize that we have an obligation to examine critically the issues surrounding drug and alcohol abuse on campuses, to provide appropriate institutional responses, and to promote responsible personal decisions. Community members have the right to live, work, learn and study in an environment free from the damaging effects of drug and alcohol abuse. To this end, LaGrange College sponsors a variety of programs and provides information and resources regarding drug and alcohol abuse. In addition, the College's policies for faculty, staff and students are consistent with federal and local law and reinforce the belief that people are accountable for their own actions. The college's policy is stated in the Student Code of Conduct. This section was provided to give the student information to make an informed choice about alcohol and drug use.

Health Risks Associated with Substance Abuse

This section summarizes the health risks associated with drug and alcohol abuse and resources for addressing drug and alcohol abuse.

Caffeine, alcohol and tobacco are commonly used drugs. Although some are regulated, they are not per se illegal. It is important to realize that for some people, even these licit

drugs taken in moderation can produce serious health risks, and under certain circumstances, these drugs can prove as insidious and damaging as some illegal substances.

Some illicit drugs and controlled substances have valid pharmaceutical uses. When properly administered by a physician their effect can be beneficial, yet, as with the licit drugs mentioned above, these same drugs can also prove damaging. Other substances, such as inhalants and analogs, have no legitimate claim to healing. Their use is by definition, abuse, and the results are, unpredictable and sometimes fatal.

Regardless of the licit or illicit status of a substance, abusing drugs is never beneficial physically, socially, psychologically, or economically.

The following discussion provides a listing of common drugs and substances along with the associated physical and psychological and effects and risks. Keep in mind that the effects and risks may vary depending upon dosage, frequency of use, duration of use, combination with other substances, as well as the age, sex and health of the person.

Physical Health Risks

Depressants (quaaludes, barbiturates, tranquilizers, and alcohol)

Health Risks:

General – depression of the central nervous system, slow response time, loss of rational judgment, decreased coordination and motor skills, death. These drugs are particularly dangerous when combined.

Alcohol – Fetal Alcohol Syndrome, metabolic changes (e.g. hypoglycemia, elevated triglycerides), cancer of the mouth, pharynx, larynx, esophagus, and liver, heart disease, nervous system damage, gastrointestinal disorder (e.g. peptic ulcers, pancreatitis, gastritis), liver damage (e.g. alcoholic hepatitis, cirrhosis, and fat accumulations), death from overdose (2,000 per year in U.S.), blackouts, accidental injuries, anemia.

Narcotics (heroin, methadone, codeine, morphine, meperidine, opium, and other)

Health Risks:

General – nausea, vomiting, convulsion, coma, possible death. The use of contaminated syringes may result in disease such as AIDS, endocarditis and hepatitis. Addiction during pregnancy can lead to premature, stillborn or addicted infants.

Stimulants (caffeine as found in coffee, tea, soft drinks, diet and caffeine pills; cocaine; crack; amphetamines such as benzedrine, Dexedrine, methadrine - speed)

Health Risks:

Caffeine – increased motor activity, diminishes small muscle coordination and timing, insomnia or restlessness and disturbed sleep, increased basal metabolic rate, increased urination, premature systoles heat palpitation, tachycardia,

gastrointestinal irritation, ulcers, diarrhea, constipation (from high tannin content of tea) mild delirium, auditory and visual disturbances.

Cocaine – (highly addictive) elevated blood pressure, increased temperature, nosebleeds, erosion of the nasal septum, paranoia, nervousness, insomnia, malnutrition, tactile hallucinations, seizures, convulsions, death from effect on cardiac function and respiration.

Crack – (highly addictive) dilated pupils, increased pulse rate, elevated blood pressure, insomnia, loss of appetite, tactile hallucination, paranoia, seizures, agitation, increased temperature, convulsions, possible death from cardiac arrest.

Amphetamine – elevated blood pressure, nervousness, hyperactivity, insomnia, malnutrition, acute psychoses.

Hallucinogens (phencyclidine – PCP, lysergic acid diethylamide – LSD, mescaline-peyote, psilocybin – mushrooms, marijuana)

Health Risks:

PCP – unexpected psychotic episodes, perceptual distortions, sense of estrangement, poor muscular coordination, impaired speech, long term persistent memory and speech impairments, depression, anxiety, violent behavior, hallucination, coma, heart failure, lung problems, ruptured blood vessels in the brain, death.

LSD – peyote mushrooms – illusions, hallucination, increased temperature and heart rate, elevated blood pressure, loss of appetite, insomnia, tremors, panic, confusion, paranoia, loss of control, long term persistent flash backs, psychosis, dementia.

Marijuana – perceptual distortion of time, increased heart rate, dilation of blood vessels, loss of short term memory, impaired comprehension, decreased visual perception and psychomotor skills, loss of motivation, fatigue, chronic bronchitis, decreased vital lung capacity, lung cancer, lower levels of testosterone and increased abnormal sperm in men, paranoia, psychosis.

Inhalants (nitrous oxide, amyl nitrate, butyl nitrite, chlorohydro-carbons, hydro-carbons-found in aerosol sprays, solvents, chemicals and gasoline)

Health Risks:

General – nausea, sneezing, coughing, nose bleeds, fatigue, lack of coordination, loss of appetite, decreased heart and respiratory rates, impaired judgment, violent behavior, disorientation, rapid pulse, headaches, incontinence, hepatitis, renal and hepatic damage, peripheral neuropathy, convulsions, encephalopathy, cardiac arrhythmia, ataxia, chorea, tremors, organic lead encephalopathy, myopathy, brain hemorrhage, unconsciousness, and death from asphyxiation.

Designer Drugs or Analogs (synthetic chemical modification of older drugs, sometimes several hundred to several thousand times stronger than the drugs they are designed to imitate.)

Health Risks:

General – depression, anxiety, paranoia, illusions, hallucinations, impaired perception, tremors, drooling, impaired speech, paralysis, irreversible brain damage, death.

Smoking (cigarette smoking in particular, cigar and pipe smoking to a lesser extent.)

Health Risks:

General – nausea, vomiting, peripheral vasoconstriction, tachycardia elevated blood pressure, increased risk of heart disease as well as chronic bronchitis and emphysema decreased life expectancy, increased potential for serious adverse effects in women taking oral contraceptives, lung cancer and other cancers (mouth, larynx, esophagus, bladder, pancreas, kidney). When used during pregnancy: premature and low birth weight babies, increased risk of miscarriage and still birth, hyperirritability, and hyperkinesia in infants.

Early recognition and treatment of alcohol and drug abuse are important for successful rehabilitation and reduced personal, family and social disruption. The College encourages and supports the earliest possible diagnosis and treatment for substance abuse. Whenever feasible, the College will assist students in overcoming alcohol and drug abuse. However, the decision to seek diagnosis and accept treatment for any problem remains primarily the individual's responsibility.

Counseling/Treatment Resources

A number of counseling and treatment options are available to students at LaGrange College. All counseling is confidential (except as otherwise required by law in cases of child abuse or when the person presents a clear and present danger to him/herself or others). Students are encouraged to seek counseling and/or treatment in dealing with personal issues of substance abuse relating to themselves, their friends or their families. Specific counseling and/or treatment may be required of students as a result of conduct concerns or proceedings.

The following is a list of available counseling treatment resources:

Counseling Center – Individual and small group counseling sessions are available depending upon the specific needs of the students. Referrals are made to off-campus provider when the individual requires long-term or specialized assistance beyond the scope of the center staff. For more information or an appointment, call 880-8313.

Athletic Trainer – The College's athletic trainers are available for counseling as well as referrals to other resources as appropriate. For more information call 880-8099.

College Chaplain – Clergy is available for personal counseling and may refer students to other resources as appropriate. For information or appointment call 880-8297.

For additional resources on drug education contact: The National Council on Alcoholism and Drug Dependence Information Line at 1800-NCA-CALL, The Cocaine Hotline at 1-800-262-2463, or the National Institute on Drug Abuse Hotline at 1-800-662-HELP.

Programs

Programs offered through the Student Development Office, the athletic department, and other units focus on education, wellness, prevention and personal choice. Workshops and seminars are provided within the residence halls, as a part of Freshman Cornerstone Lab, during National Collegiate Alcohol Awareness Week and Drug Awareness Week, through Greek letter organization and throughout the year on an ad hoc basis.

How the College Views Alcohol and Drug Abuse

The use of alcohol and other drugs can have a negative impact on athletic performance, judgments and reaction, health and safety, but may lead to legal complications as well. Even more basic is the stance that drugs and alcohol has no place on this campus, among our students.

The College's Role

The college's principle role is to engage in education, which leads toward high standards and respectful conduct. When those are compromised, it will take action against organizations violating rules regarding alcohol and against individuals violating either the law or college policy concerning alcohol. The college will deal severely with students convicted of the illegal possession, use, or sale of drugs.

What the College Community can do to prevent alcohol and drug abuse.

Students can help control substance abuse by declining to use or condone the use of drugs and by insisting that organizations and individuals use alcohol within the law and adhere to college policy. Students should make an effort to prevent persons who have abused alcohol or used drugs from harming themselves or others, especially when driving a motor vehicle, and should encourage those needing professional help to seek it.

The same standards and regulations apply with equal force to members of the faculty, staff and administration.

Alcohol Policy

Any student on the campus who is in possession of or under the influence of alcohol will be charged with a violation of College policy. Persons under 21 years of age are also in violation of state laws. Additionally the possession and use of alcoholic beverages is prohibited at College functions and facilities, including those sponsored off campus. Students who violate this policy will be subject to college discipline up to and including separation from the college. Students are subject to Georgia State laws regarding alcoholic beverages.

Tobacco Products

The use of tobacco or tobacco products is not permitted by participants, coaches, cheerleaders, athletic trainers, game administrators, or officials in the playing areas during all LaGrange College sanctioned competition and practices for such competitions. LaGrange College's coaching staff and administrative staff shall enforce this policy.

Drinking Age Laws

Georgia State Statute 3-3-23 makes it unlawful for any person under the age of 21 years to have in his or her possession alcoholic beverages; to sell, give, serve or permit to be served alcoholic beverages to a person under 21 years of age or to permit a person under 21 years of age to consume said beverages on the premises; to misrepresent or misstate his or her age or any other person for the purpose of inducing any licensee or his agents or employees to sell, give, serve or deliver any alcoholic beverages to a person under 21 years of age.

Drug Policy

The College does not condone the possession, consumption, ingestion, injection, or inhalation (without prescription or medical authorization) of substances that have the capacity to change a person's mood, behavior, or mind, or modify and relieve pain, such as, but not limited to marijuana, opiates, amphetamines, barbiturates, hallucinogens, psychedelics, or solvents. Any student found to be in conflict with the above or local, state, and federal narcotics laws will be referred to the Dean of Students, who will determine the sanction. The sanction may result in separation from the College. Disciplinary action against a student under College rules does not preclude the possibility of criminal charges against that individual. The filing of criminal charges similarly does not preclude action by the College.

The use of illegal drugs and the misuse of prescription and other drugs pose a serious threat to the physical and mental well being of students, faculty, staff, visitors and guests of the College. The College is committed to providing accurate information and educational programs to prevent such use of drugs. If further information is required about these programs, services, and the assistance available at the College, please contact the Counseling Center, Chaplain's Office or the Student Development Office.



Travel

All college policies and are in effect while traveling with a team. Student-athletes should act appropriately while representing the college at functions off campus. Coaches will determine appropriate dress and behavior and communicate this to the team. Student-athletes should be on time for all departures and pack all gear ahead of time.

Policy for Transportation To and From Athletic Contests

Student-athletes will ride to and from all athletic contests with their team.

The only exceptions to this rule will be:

A student-athlete may drive to a contest only if they are going home afterwards. He or she must follow the team to the contest.

A student-athlete may ride home and/or back to campus with his or her parents if the head coach gives permission.

The athletic director will decide any further exceptions to the above rule on a case by case basis.

Student-athletes will not be permitted to:

Drive their personal car and stay at contest site.

Leave the game site with someone other than his or her parents.

***Under no circumstances will written permission from the student-athlete's parents be accepted to release LaGrange College from liability in order to circumvent this policy.

Any student-athlete granted an exception must sign a release of liability. This form is in the athletic director's office and has been approved by the administration of the college.

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Tips for Better Performance and Success in College

- Life is not fair – get used to it.
- If you mess up, don't whine about your mistakes, learn from them.
- Realize how much time your sport takes. Learn to manage your time so this will not be a problem.
- Do not get discouraged if you do not play a lot your first year. Many coaches progress freshman in practice so they do well when they get to play in later years.
- Put grades first; sports will not last forever.
- Always inform your professors that you are an athlete and that your sport may demand missed class time.
- Always work hard.
- Listen to your advisor; they really look out for your best interest.
- College sports are an environment of practice, practice and game time. If you spent the same time studying as you do practicing, you will become a smart jock.
- It is wise to do conditioning drills on your own prior to starting to team conditioning.
- Do not forget to study. Sometimes it is hard to find time, but you do not want to get behind.
- Do not let the pressure that the coaches may put upon you get to you. They are only trying to make you play to your full potential and teach you as well. It may not always feel that way but they are just trying to make you a better athlete.
- When playing, try to focus on the game and the game only. Push all other stuff to the back of your mind and concentrate on the task at hand. This goes the same for class and studying.
- Take classes requiring extra study time in the off-season.
- Do not be afraid to tell your coach you have schoolwork you need to do, but do not wait until the last minute.
- Do not be afraid to ask for help or advice.
- As a student-athlete, you are in the spotlight of other people. Like it or not, people are looking at you. People will notice things you do. Make sure you handle yourself with the same dignity off the field as you would on the field.
- Always have fun.
- Try to do your best in everything you do. Strive to succeed in school as well as your sport.
- Be on time.
- If you have a problem – let someone who can help you know.