



**Amherst College**  
**Student-Athlete Handbook**

# AMHERST COLLEGE STUDENT-ATHLETE HANDBOOK

## TABLE OF CONTENTS

	<b>PAGE</b>
<b>INTRODUCTION</b>	
Welcome	2
Department Contact Information	3
Mission Statement	4
Philosophy	4
Non-Discrimination Policy	5
Title IX	5
<b>NESCAC</b>	
Statement on Sportsmanship	7
Transgender Policy	8
<b>FACULTY LIAISONS PROGRAM</b>	
2021-2022 Faculty Liaisons Listing	9
<b>AMHERST COLLEGE CODE OF CONDUCT</b>	
The Statements on Intellectual Responsibility and Respect for Persons	10
The Alcohol and Other Drugs Policy	10
The Hazing Policy	10
The Community Standards Adjudication Process	10
The Sexual Misconduct Policy	10
The Sexual Misconduct Adjudication Process	10
<b>ATHLETIC DEPARTMENT POLICIES</b>	
Academic / Athletic Conflicts	10
Alcohol	11
Social Media	11
Student-Athlete Conduct	11
Out-Of-Season Activities	12
Overnight Recruiting Visits	13
Host Responsibilities	13
Prospective Student-Athlete Responsibilities	13
Consequences	13
Coach Evaluations	13
<b>LEADERSHIP IN THE CAMPUS &amp; COMMUNITY</b>	
Amherst LEADS	14
SAAC	14
CACSCAC	15
Captains' Council	15
<b>STUDENT-ATHLETE SERVICES</b>	
Sports Medicine	15
Student Well-Being	16
Statement on Concussions	16
Sickle Cell / Exertional Heat Illness	17
Insurance	17
NCAA ADHD Regulations	18
Strength & Conditioning	18
Equipment Room	20
Resources	21



AMHERST COLLEGE

Department of Physical Education and Athletics

Dear Student-Athlete,

Welcome! Amherst is very fortunate to attract top notch student-athletes like you who are driven in both academics and athletics. It is the goal of the Athletics Department to support all student-athletes as they work to become the best person, student and athlete they can – in that order. This commitment will help you to achieve excellence in all aspects of your personal, academic, and athletic lives.

We have developed a student-athlete handbook to provide you with some valuable information you will need to know relating to Athletics Department, Amherst College, NESCAC and NCAA policies and procedures. I ask that you review this handbook and use it as an additional resource when needed. Please note that this handbook does not replace or supersede the Amherst College Student Code of Conduct or other applicable policies and procedures of the college.

Representing Amherst College in intercollegiate varsity athletics is a privilege, and comes with heightened responsibilities and expectations (as set forth below). As a member of the Amherst College athletics family you are agreeing to represent Amherst College in only a positive manner, whether it is in the classroom, on the playing field, or in the community. By adhering to the College's Code of Conduct, as well as the Athletics Department policies set forth in this handbook, you are helping to maintain a safe, healthy, and successful campus environment.

If you have any questions about the information included in this handbook, please consult your head coach or contact my office and I will be happy to be of assistance.

Again, welcome to Amherst College and I look forward to watching you succeed.

Sincerely,

Don Faulstick  
Director of Athletics

## DEPARTMENT CONTACT INFORMATION

Mailing Address:  
Amherst College Department of Athletics  
266 South Pleasant Street  
Amherst, MA 01002

Department Phone: 413-542-2274  
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### ADMINISTRATION

Name	Title	Phone	Email
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Gregg DiNardo	Associate Athletic Director Business/Facilities	413-542-5630	<a href="mailto:gdiNardo@amherst.edu">gdiNardo@amherst.edu</a>
Dale Gurek	Equipment Room Manager	413-542-2530	<a href="mailto:dgurek@amherst.edu">dgurek@amherst.edu</a>
Jen Hughes	Assistant AD/Compliance Officer/Head Women's Soccer Coach	413-542-2362	<a href="mailto:jhughes@amherst.edu">jhughes@amherst.edu</a>
Kelly Mannix	Assistant AD/Business Manager	413-542-2276	<a href="mailto:kmannix@amherst.edu">kmannix@amherst.edu</a>
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Maria Rello	Director of Sports Medicine/Asst. AD	413-542-8467	<a href="mailto:mnrello@amherst.edu">mnrello@amherst.edu</a>
Catherine Sanderson	Faculty Athletic Representative	413-542-2438	<a href="mailto:casanderson@amherst.edu">casanderson@amherst.edu</a>
Randy Valdez	Assistant Equipment Room Manager	413-542-5076	<a href="mailto:rvaldez@amherst.edu">rvaldez@amherst.edu</a>

### HEAD COACH INFORMATION

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G.P. Gromacki	Head Coach Women's Basketball	413-542-8557	<a href="mailto:ggromacki@amherst.edu">ggromacki@amherst.edu</a>
Cassie Funke-Harris	Head Coach Men & Women's Cross Country	413-542-5547	<a href="mailto:cfunkeharris@amherst.edu">cfunkeharris@amherst.edu</a>
Carol Knerr	Head Coach Field Hockey	413-542-8376	<a href="mailto:crknerr@amherst.edu">crknerr@amherst.edu</a>
EJ Mills	Head Coach Football	413-542-8097	<a href="mailto:ejmills@amherst.edu">ejmills@amherst.edu</a>
Elizabeth Davis	Head Coach Men & Women's Golf	413-542-5926	<a href="mailto:emdavis@amherst.edu">emdavis@amherst.edu</a>
Jack Arena	Head Coach Men's Ice Hockey	413-542-7950	<a href="mailto:jaarena@amherst.edu">jaarena@amherst.edu</a>
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Todd Doebler	Head Coach Men's Tennis	413-542-8559	<a href="mailto:tdoebler@amherst.edu">tdoebler@amherst.edu</a>
Jackie Bagwell	Head Coach Women's Tennis	413-542-2316	<a href="mailto:jkbagwell@amherst.edu">jkbagwell@amherst.edu</a>
Stephen Rubin	Head Coach Men & Women's Track & Field	413-542-8117	<a href="mailto:strubin@amherst.edu">strubin@amherst.edu</a>
Valerie Jones	Head Coach Volleyball	413-542-7939	<a href="mailto:vjones@amherst.edu">vjones@amherst.edu</a>

## MISSION STATEMENT

Amherst College educates men and women of exceptional potential from all backgrounds so that they may seek, value, and advance knowledge, engage the world around them, and lead principled lives of consequence. The Department of Physical Education and Athletics promotes this mission through the offering of recreational, intramural, club and intercollegiate activities that encourage students to shape their education within and beyond the curriculum. Academic excellence, high ethical standards, good sportsmanship and equal opportunities are the foundations of the Department's commitment to the health and well-being of the students and of the greater campus community.

## PHILOSOPHY

### The Amherst College Athletics Three Pillars for Student – Athlete Excellence

It is the goal of the athletic department to support all student-athletes as they work to become the best person, student and athlete they can – in that order. This commitment to our student-athletes will help them achieve excellence in all aspects of their personal, academic, athletic and social lives, which in turn will strengthen the entire campus community and enrich their total Amherst College experience.

#### Becoming the Best Person:

- Provide mandatory sexual respect training, bystander training, hazing awareness, and alcohol awareness for all varsity and club student-athletes.
- Student Life Inclusion - encourage our students-athletes to take full advantage of residential and student life offerings on campus and beyond.
- Campus Inclusion Awareness - encourage students to embrace race, color, religion, sexual orientation, gender, socio-economic differences throughout the campus and community.
- LEADS program – a leadership development program that provides a comprehensive and educational view of leadership that can be used both during and after a student-athlete's experience at Amherst.
- Community Engagement – reinforcement of giving back to the community participating as a team or individually through the CCE and or ATELS.
- Career Initiatives - coaches will organize career nights that are held in Boston and NYC with former alumni.
- Personal Wellness - Mental Health Task Force, Student Support Network, Eating Disorder Task Force are just a few examples of committees committed to supporting our student body.
- Life Mentoring – helping student-athletes become better spouses, parents, co-workers, and community members after their life at Amherst. Coaches will meet with student-athletes to discuss personal, academic, individual and team goals.

#### Becoming the Best Student:

- Taking advantage of the open curriculum – Amherst has the best professors in the world wanting to teach undergrads. Intellectual curiosity is a must and is reinforced by coaches.
- Faculty Liaison Program - Each team has a faculty liaison that is genuinely interested in the student-athlete's academic goals as well as showing interest in them as a person. There is a goal of having departmental and or senior and junior faculty liaisons giving student-athletes even more support in and out of the classroom.
- Advising – Each student is assigned a faculty advisor that can play a crucial role in the academic pursuits of student-athletes. Students are also encouraged to make connections with other faculty members.

- Academic Support – a variety of services is available to support students’ academic efforts. The Writing Center and the Moss Quantitative Center can be extremely beneficial. Peer tutoring is also available and requests can be made through the Dean of Students office.
- Amherst College Career Center - the Career Center is a great place to learn of the many different options available upon graduation. Getting involved early with internships and or summer jobs is crucial to employment after Amherst. It is important to make an appointment with a Peer Career Advisor or a staff advisor.
- Campus Integration - being committed to Amherst as a larger community can be important in the quality of academic and social life and is strongly encouraged by coaches and staff.
- Mentoring by Coaches – Coaches are constantly reminding student-athletes that academics is their number one priority. Academics will always come before practice or a game. Students must familiarize themselves with the Missing Class guidelines, found in the Amherst College Student Code of Conduct, and are personally responsible for speaking with professors well ahead of potential conflicts. Time management is extremely important for student-athletes. Coaches will reinforce the importance of the utilization of the Moss Quantitative Center, Writing Center, student study groups, peer tutors and professor’s office hours.

### **Becoming the Best Athlete:**

- Hiring the Best Coaches – you will be exposed to some of the best coaches in the country who understand the Amherst student-athlete. Student-athletes will be exposed to different styles of film and sport analysis along with state of the art preparation and strategies. The fields and courts are our classrooms. Coaches are meant to “take you where you can’t take yourself”.
- Sports Medicine – working alongside Health Services, our sports medicine staff works tremendously hard at evaluating, treating and rehabilitating student-athletes in and out of season.
- Strength and Conditioning – our mission is to achieve excellence by supplementing the Amherst College students’ experience by safely enhancing their athletic performance. We pursue this objective through diligence, integrity, education, and sound strength and conditioning practices.
- Overall Wellness – coaches and sports medicine staff continually remind our student-athletes about making healthy choices. Sports psychologists may also be involved with teams.

### **NON-DISCRIMINATION POLICY**

Amherst College does not discriminate in admission, employment, or in the administration of its programs and activities on the basis of race, national or ethnic origin, color, religion, sex or gender (including pregnancy, sexual orientation, gender expression, and gender identity), age, disability, genetic information, military service, or any other characteristic or class protected under applicable federal, state, or local law. Amherst College complies with all state and federal laws that prohibit discrimination, including Title VII of the Civil Rights Act, Title IX of the Education Amendments Act of 1972, Section 504 of the Rehabilitation Act, the Americans with Disabilities Act, and the Age Discrimination in Employment Act.

### **TITLE IX**

Title IX of the Education Amendments of 1972 (“Title IX”) prohibits discrimination on the basis of sex in any federally funded education program or activity. Sexual harassment, which includes sexual violence, is a form of sex discrimination. Amherst College is committed to providing an environment free from discrimination, including discrimination based upon sex. Amherst provides support and resources to students, faculty, and staff to address concerns related to sex discrimination and have appointed Laurie Frankl as its Title IX Coordinator. As Title IX Coordinator, she has the following responsibilities:

- Oversee overall Title IX compliance

- Support Deputy Title IX Coordinators
- Ensure prompt and equitable resolutions
- Establish a centralized reporting process for all sexual harassment/misconduct allegations on campus
- Conduct on-going and annual climate checks/tracking/monitoring of sexual harassment/misconduct allegations on campus
- Coordinate all training, education and prevention efforts

You may reach Laurie Frankl at 413-542-5707 or by email at [lfrankl@amherst.edu](mailto:lfrankl@amherst.edu).

# NESCAC

## STATEMENT ON SPORTSMANSHIP

Friends:

New England serves as the proud home to eight NCAA Division III athletic conferences comprised of more than 80 colleges and universities. Our eight conferences provide intercollegiate athletic experiences which support the academic missions of each of our member institutions for thousands of student-athletes.

As Division III conference commissioners, we strive to ensure that our conferences are providing positive athletic opportunities as an integral aspect of the educational experience of student-athletes. We place the utmost importance on sportsmanship, personal conduct, and safe and collegial environments in which our student-athletes compete.

Good sportsmanship and a positive participatory experience are not just words and catchphrases, but values to which student-athletes, coaches, athletics administrators, game officials and spectators must be fully committed in order to provide a positive climate for athletics competition. We must all work together and be fully committed to fostering the principles of good sportsmanship and positive game environments for which we all strive.

The member institutions from each of the conferences listed here are choosing to make a commitment to enhance the experience of all participants by joining the New England Division III Sportsmanship Initiative. The philosophy behind this initiative is based upon the simple commitment to fair and respectful conduct toward all participants and supporters. Each conference will put its own stamp on this program with a shared commitment to:

- Athletics Administrators and Contest Managers ensuring that all coaches and student-athletes are aware of the importance of good sportsmanship and holding them accountable for their conduct.
- Coaches educating assistant coaches and student-athletes about the importance of ethical behavior and being a positive role model.
- Student-Athletes serving as exceptional representatives of their team and their institutions and making a commitment to always acting in a proper manner.
- Conference Office Personnel reinforcing the importance of ethical behavior and good sportsmanship with institutional personnel, student-athletes and game officials.
- Game Officials firmly addressing issues of unsporting behavior and negative actions and exhibiting the highest level of professionalism.
- Spectators cheering for their team's student-athletes, and refraining from cheering against opponents.

As conference commissioners, we hope that you will join us in our combined effort to promote good sportsmanship and positive game environments.

Thank you for your support.

Gregg M. Kaye, Commissioner, *The Commonwealth Coast Conference*

Joe Walsh, Commissioner, *Great Northeast Athletics Conference*

Jonathan C. Harper, Commissioner, *Little East Conference*

Angela Baumann, Commissioner, *Massachusetts State Collegiate Athletic Conference*

Del Malloy, Commissioner, *New England Collegiate Conference*

Andrea Savage, Executive Director, *New England Small College Athletic Conference*

Patrick Summers, Executive Director, *New England Women's and Men's Athletic Conference*

Julie Muller, Commissioner, *North Atlantic Conference*

## TRANSGENDER POLICY

The language below is based on current NCAA policy related to transgender student-athlete participation and medical exceptions for the use of banned drugs. The policies below clarify participation of transgender student-athletes undergoing hormonal treatment for gender transition:

- A trans male (FTM) student-athlete who has received a medical exception for treatment with testosterone, for purposes of NCAA and NESCAC competition may compete on a men's team, but is no longer eligible to compete on a women's team without changing that team status to a mixed team.
- A trans female (MTF) student-athlete being treated with testosterone suppression medication, for the purposes of NCAA and NESCAC competition may continue to compete on a men's team but may not compete on a women's team without changing it to a mixed team status until completing one calendar year of testosterone suppression treatment.

Any transgender student-athlete who is not taking hormone treatment related to gender transition may participate in sex-separated sports activities in accordance with his or her assigned birth gender.

- A trans male (FTM) student-athlete who is not taking testosterone related to gender transition may participate on a men's or women's team.
- A trans female (MTF) transgender student-athlete who is not taking hormone treatments related to gender transition may not compete on a women's team.

The use of an **anabolic agent or peptide hormone must be approved by the NCAA before the student-athlete is allowed to participate in competition while taking these medications.** The NCAA recognizes that some banned substances are used for legitimate medical purposes. Accordingly, the NCAA allows exception to be made for those student-athletes with a documented medical history demonstrating the need for regular use of such a drug. Exceptions may be granted for substances included in the following classes of banned drugs: anabolic agents\*, stimulants, beta blockers, diuretics, anti-estrogens, beta-2 agonists and peptide hormone\*.

In the event that the student-athlete and the physician (in coordination with sports-medicine staff at the student-athlete's institution) agree that no appropriate alternative medication to the use of the banned substance is available, the decision may be made to continue the use of the medication. However, the use of an **\*anabolic agent or peptide hormone must be approved by the NCAA before the student-athlete is allowed to participate in competition while taking these medications.** The institution, through its director of athletics, may request (to the NCAA) an exception for use of an anabolic agent or peptide hormone by submitting to the NCAA medical documentation from the prescribing physician supporting the diagnosis and treatment.

## FACULTY LIAISONS PROGRAM

The Faculty Liaisons program was created to foster support for student-athletes to reach his/her goal of excellence in both academic and athletic endeavors. Intercollegiate athletic teams are partnered with a member of the faculty create a stronger support network as well as a resource for student-athletes. Faculty Liaisons will serve as mentors and role models to student-athletes by providing additional academic counseling, assisting in balancing academic responsibilities with their athletic commitments, and serve as a mediator to help with any issues or conflicts when they arise.

### FACULTY LIAISON LISTING – 2021-2022

SPORT	NAME – COACH	NAME - LIAISON	LIAISON'S DEPARTMENT
Baseball	J.P. Pyne	Austin Sarat	Associate Dean of Faculty / Political Science
		Greg Call	Mathematics and Statistics
		Trent Maxey	Asian Languages and Civilizations
		Lauren Reutenauer	Chemistry
Men's Basketball	Marlon Sears	Olufemi Vaughan	Black Studies
Women's Basketball	GP Gromacki	Molly Mead	Emeritus
Cross Country	Cassie Funke-Harris	Ashley Carter	Physics and Astronomy
Field Hockey	Carol Knerr	Sandi Burkett	Chemistry
Football	EJ Mills	Sarah Turgeon	Psychology
		Danielle Benedetto	Mathematics and Statistics
		Vanessa Walker	History
Men's Golf	Elizabeth Davis	Stephen Cartier	Chemistry
Women's Golf	Elizabeth Davis	Carmen Granda	Spanish
		Stephen Cartier	Chemistry
Men's Ice Hockey	Jack Arena	Catherine Sanderson	Psychology
Women's Ice Hockey	Jeff Matthews	Frank Couvares	History
Men's Lacrosse	Jon Thompson	Matthew Schulkind	Psychology
Women's Lacrosse	Chris Paradis	Nicola Courtright	Art and the History of Art
		Carrie Palmquist	Psychology
Men's Soccer	Justin Serpone	Rhonda Cobham-Sander	English
		Chris Durr	Chemistry
Women's Soccer	Jen Hughes	Wendy Bergoffen	American Studies
Softball	Jessica Johnson	Judy Frank	English
Squash	Busani Xaba	Ryan Alvarado	Mathematics and Statistics
Swimming	Nick Nichols	Mark Marshall	Chemistry
Men's Tennis	Todd Doebler	Joe Moore	Philosophy
Women's Tennis	Jackie Bagwell	Richmond Ampiah-Bonney	Chemistry
Track & Field	Stephen Rubin	Rebecca Sinos	Classics
Volleyball	Sue Everden	Julia McQuade	Psychology
		Jonathan Obert	Political Science
CACSAC- Council of Amherst College Student- Athletes of Color	Billy McBride	Pat O'Hara	Chemistry

## AMHERST COLLEGE CODE OF STUDENT CONDUCT

All students – including student-athletes – are bound by the Honor Code, as well as the policies and procedures of Amherst College. Most such policies and procedures are set forth in the Amherst College Student Code of Conduct (<https://www.amherst.edu/offices/student-affairs/community-standards/student-code-of-conduct>). Student-athletes are responsible for familiarizing themselves with the entire Amherst College Student Code of Conduct, including, without limitation:

- The Statements on Intellectual Responsibility and Respect for Persons  
<https://www.amherst.edu/offices/student-affairs/community-standards/college-standards/honor-code>
- The Alcohol and Other Drugs Policy  
<https://www.amherst.edu/offices/student-affairs/community-standards/college-standards/alcohol-and-other-drugs>
- The Hazing Policy  
<https://www.amherst.edu/offices/student-affairs/community-standards/college-standards/hazing>
- The Community Standards Adjudication Process  
<https://www.amherst.edu/offices/student-affairs/community-standards/community-standards-processes/community-standards-adjudication-process>
- The Sexual Misconduct Policy  
<https://www.amherst.edu/offices/student-affairs/community-standards/college-standards/examples-of-sexual-misconduct>
- The Sexual Misconduct Adjudication Process  
<https://www.amherst.edu/offices/student-affairs/community-standards/community-standards-processes/Sexual-Misconduct-Adjudication-Process>

## ATHLETICS DEPARTMENT POLICIES

In addition to the generally-applicable policies of Amherst College, the Athletics Department has specific policies on the following:

- Academic / Athletic Conflicts
- Alcohol
- Social Media
- Student-Athlete Conduct
- Out of Season Activities
- Overnight Recruiting Visits

## ACADEMIC / ATHLETIC CONFLICTS

- Academic commitments should always take priority over athletic participation.
- Attendance at all academic and skills classes is expected. Away and home contests can, at times, result in a loss of classroom time. Therefore, unnecessary skipping of class should not be the decision of choice.
- Classes, meetings or examinations cannot be missed for scrimmages or practice.
- Because intercollegiate schedules are established before academic registration, conflicts will be evident before classes begin. Students are expected to communicate any potential absences from class with their professor. Depending upon the circumstances, instructors may be willing to work out a solution, but in those instances when this is not possible, the academic commitment must always take precedence. All such

discussions should take place at the earliest possible moment in the semester and, whenever possible, in the office hours of the faculty member. It is unacceptable to leave the request of absence until the day of the game. Coaches and faculty liaisons can also notify professors of any potential conflicts through a letter when necessary.

- When establishing academic schedules, students should give consideration to athletic participation but should never avoid taking a course simply to avoid conflicts with a sport.

**Please remember that this is the Department of Physical Education and Athletics' policy and thus may not always conform to faculty members' policies for their classes.**

## **ALCOHOL**

In addition to other restrictions that the Director of Athletics and/or individual coaches may establish, the Department of Physical Education and Athletics prohibits the use of alcohol by student-athletes under certain circumstances, particularly in connection with official team activities. More specifically, the possession or use of alcohol is prohibited:

- During any official team trip, including the entire time from departure from campus until return to campus. This includes, but is not limited to, any spring trips and winter training trips, and any travel whether on vans, buses, etc.;
- In locker rooms (whether home or away) or hotel rooms;
- At practices or games (whether home or away); and
- At team banquets or any other team meal: i) that is funded in whole or in part by College funds; and/or ii) at which a member of the coaching staff is present.

The foregoing is an illustrative, not an exhaustive, list of the circumstances in which alcohol use/possession by student-athletes is prohibited. Questions about circumstances not explicitly covered above should be addressed in advance with the Director of Athletics.

## **SOCIAL MEDIA**

Student-athletes may not author, forward, or post vulgar or offensive notes, texts, photographs, or other content that reflect negatively on themselves, their team, other individuals, or Amherst College, or that conflict with the spirit or intent of the policies in the Amherst College Student Code of Conduct (including the Honor Code) and/or this Student-Athlete Handbook. Whenever possible, student-athletes are expected to discourage others from posting text or photographs that could be deemed unflattering or damaging to their reputation, others' reputations, or the reputations of the team or Amherst College.

## **STUDENT-ATHLETE CONDUCT**

The number one and most important reason student-athletes attend Amherst College is for the education. Academic success and being a positive, contributing member of the campus community are expected. Athletics are part of education and require much self-discipline from the student-athlete in regards to balance, priorities and time-management. Student-athletes must understand that they are leaders and as such need to always represent Amherst College in a positive manner.

## OUT-OF-SEASON ACTIVITIES

NESCAC institutions support all students in their desire to engage in activities that promote health and fitness. Students at NESCAC schools who participate in varsity athletics will often look to engage in athletic activity out-of-season. Most have played year-round before coming to college; therefore, it is natural and healthy for them to remain physically active. At the same time, our schools offer a wonderful array of opportunities and those on teams deserve the chance to explore new and different options. Activity out-of-season is viewed positively so long as it abides by NESCAC regulations and one's participation is never seen as a condition for making a team.

NESCAC rules state that all out-of-season activities must be **STRICTLY VOLUNTARY** and should never conflict with any academic obligation.

The following guidelines have been developed to assist member institutions in the implementation and application of the Conference policy governing out-of-season activities:

- All out-of-season activities must be **STRICTLY VOLUNTARY** and should never conflict with any academic obligation.
- There can be no scripting of activity, no attendance taken, no reporting back to the coaching staff, no implication that participation is or might be a condition of making a team, and no involvement of any kind by any member of the coaching staff.
- Team captains and members may not coach or direct practices on or off campus. These activities are to be structured in as a "free play" environment. They are not to duplicate a practice that would be led by a coach. If a pick-up game is open to the rest of the student body, team members may participate.
- Facilities may not be reserved for a team activity out-of-season. In a multipurpose facility (i.e. field house) this rule would not preclude scheduling of activity limitations for safety reasons. In such instance, however, the activity may not be restricted to varsity candidates and must be open to all members of the student body. Procedures established for the general college community must be followed in the scheduling of such facilities.
- Off-campus facilities may not be rented or reserved for a varsity team activity, however, an institution may arrange for off-campus space for recreational activities.
- Students may not use or be issued college-owned apparel or equipment out-of-season, unless it is available to the college community in general.
- Voluntary strength and conditioning programs are permitted. Coaches may design voluntary workout programs for their players. Sport coaches are not permitted to require, direct, or supervise these activities out-of-season. Strength and conditioning personnel may monitor voluntary individual workouts for safety purposes.
- There are to be no contests or scrimmages by teams against outside competition out-of-season.
- Insurance policies written to provide coverage for accidents occurring from intercollegiate athletics may only cover accidents that occur when students participate in events that are permitted as an in-season activity under NESCAC guidelines. Also, students injured in out-of-season activities will not be covered by NCAA catastrophic injury insurance.
- Permissible out-of-season activities include team community service activities, educational programming including leadership, alcohol and hazing education. Students may volunteer to work in sport-based clinics for youth provided clinics are conducted when classes are not in session, and students work no more than two days in any given sport in an academic year.

## **OVERNIGHT RECRUITING VISITS**

### **HOST RESPONSIBILITIES**

There may be times when your coach will ask you to serve as a host to a prospective student-athlete during his or her visit to campus. This is a very serious responsibility and must be treated as such. Please be sure to discuss with your coach any questions or concerns you may have prior to agreeing to this responsibility. The role of the student-host is to provide the necessary support so that the prospective student-athlete has a positive and safe experience during their time on campus. Student-hosts must accompany the prospective student-athlete at all times. While hosting prospective student-athletes, team members are not to provide the recruit with alcoholic beverages. Amherst students that provide underage recruits with alcohol may be subjected to the College's disciplinary actions and the recruit(s) that are involved in the underage consumption of alcohol may jeopardize their opportunity to attend Amherst College.

### **PROSPECTIVE STUDENT-ATHLETE RESPONSIBILITIES**

While visiting Amherst College, prospective student-athletes are expected to adhere to Amherst College policies and procedures. These can be found in the Amherst College Student Code of Conduct. Prospective student-athletes and their parent or guardian must sign the "Prospective Student Agreement" upon arrival for their overnight visit. While on campus, the prospective student-athlete will be responsible for their behavior and understand that any negative behavior may jeopardize their opportunity to attend Amherst College.

### **CONSEQUENCES**

**Participation in athletics at Amherst College is a privilege that comes with heightened responsibilities and expectations. Any violation or alleged violation of NCAA or NESCAC rules/policies, Amherst College policies (including the Honor Code) or community standards, Athletics Department policies, and/or team rules may result in athletics-related consequences – up to and including dismissal from the team or temporary or permanent loss of the privilege of representing Amherst College in intercollegiate varsity athletics. Team-related consequences may be imposed on an entire team or individual members of a team by that team's coach and/or the Director of Athletics, in their sole discretion. Permanent loss of participation in Amherst College intercollegiate varsity athletics may be imposed by the Director of Athletics, in his sole discretion, upon consultation with the head coach.**

**Note that any athletics-based consequences are entirely separate from any discipline or disciplinary process that may be applicable under the Amherst College Code of Student Conduct. Athletics-based consequences are not contingent upon any outcome or process under the Amherst College Code of Conduct.**

### **COACH EVALUATIONS**

At the end of each playing season, student-athletes will be asked to complete an evaluation of their coaching staff as well as their athletic and academic experience of their time at Amherst College. This information is gathered annually to serve as a systemic way of understanding the experience of students in our athletic program over time. Student-athletes will also have the option to meet with the Director of Athletics to discuss in more detail their experiences with being a student-athlete.

# LEADERSHIP IN THE CAMPUS & COMMUNITY

## AMHERST LEADS

**Leadership. Teamwork. Commitment. Dedication.**

**Educating Amherst College Student-Athletes in the Classroom of Athletics.**

**Strong Leadership Development Enhances Academic and Athletic Success.**

Amherst LEADS is a leadership development program that provides a comprehensive and educational view of leadership that can be used both during and after a student-athlete's experience at Amherst. Designed specifically for the varsity student-athlete, the program features a variety of symposia, workshops, speakers, and interactive experiences to educate the college's student-athletes about becoming strong, ethical and influential leaders.

### **Three Tailored Programs Build Leadership Experience throughout Amherst Career**

Customized curriculum for each of its three programs provides the building blocks for a successful leader. The program grows with each student-athlete during their career at Amherst College. During the 2013 – 2014 academic year, there were over 400 student-athletes enrolled in the program.

- **FYI Program** - The FYI Program includes all First-Year varsity student-athletes, empowers the student-athletes to think deeply about their role as first year team members and to lead themselves. The program discusses what is expected of student-athletes on campus, teaches the proud history of Amherst College, and impresses upon them a set of responsibilities as Amherst College student-athletes.
- **Futures Program** - The Futures Program prepares student-athletes for the challenges that await them as team leaders. Participants, who include Amherst sophomore and junior student-athletes, will assess their own strengths and weaknesses, examine different leadership styles, learn effective communication skills, as well as develop strategies to continue to grow into future leaders.
- **Captains Program** - The Captains Program is designed specifically for the captains of Amherst's 27 varsity teams and serves as the capstone program of Amherst LEADS. Beginning with the Captains Symposium in the fall, our student-athletes share in their successes and lessons learned as they navigate their ultimate leadership role. Our captains are challenged to become leaders on and off the field, as well as in their lives after Amherst College.

For more information, please contact Justin Serpone at 413-542-2956 or [jserpone@amherst.edu](mailto:jserpone@amherst.edu).

## **SAAC – STUDENT-ATHLETE ADVISORY COMMITTEE**

The Amherst SAAC provides a voice for student-athletes, promotes communication between student-athletes and the administration, builds a sense of community within athletics and between athletics and the larger Amherst community, organizes community engagement efforts, and promotes a positive student-athlete image on campus.

If you would like to become involved with SAAC and their projects, please contact Jen Hughes, Staff Point Person at 413-542-2362 or by email to [jhughes@amherst.edu](mailto:jhughes@amherst.edu).

## CACSAC – COUNCIL OF AMHERST COLLEGE STUDENT-ATHLETES OF COLOR

The Council of Amherst College Student-Athletes of Color (CACSAC) promotes unity, excellence, and a welcoming space for student-athletes of color through mentorship, community engagement, and solidarity.

If you would like to become involved with CACSAC and their projects, please contact Billy McBride, Staff Point Person at 413-542-7947 or by email to [btmcbride@amherst.edu](mailto:btmcbride@amherst.edu).

## CAPTAINS' COUNCIL

Captains of in-season sports will meet twice a month with the director of athletics to discuss current issues and events as they relate to their teams, to the department of athletics and to the Amherst College community. Issues such as leadership, team-building, campus-wide initiatives and the continuing development of the ideal Amherst College student-athlete profile are central themes for discussion. Captains are directly involved in the decision-making process necessary to continue our program's elevation.

## STUDENT-ATHLETE SERVICES

### SPORTS MEDICINE

The Sports Medicine Department offers evaluation and care of sports related injuries as well as the commitment to student-athlete education and well-being. They want you to feel at home in their facilities and encourage you to seek their advice whenever you feel they may be of some assistance. Their doors are always open and you are always welcome.

### MISSION STATEMENT

The Amherst College Sports Medicine Department is comprised of Athletic Trainers who specialize in preventing, recognizing, managing, and rehabilitating injuries that result from physical activity. Our staff includes Massachusetts Licensed, NATA Certified Athletic Trainers operating under the supervision of the Director of Health Services.

We are committed to providing the best possible care for all of our student-athletes. The supervising physicians and the NCAA Sports Medicine Handbook serve as the basis for policy decisions. The main Sports Medicine Facility is located in Alumni Gymnasium. There are satellite rooms in Orr Rink and the field house located at the Pratt / Gooding Complex.

## STAFF

Maria Rello	Director	413-542-8467	<a href="mailto:mnrello@amherst.edu">mnrello@amherst.edu</a>
Kathy Jekanowski	Assistant Athletic Trainer	413-542-5303	<a href="mailto:kjekanowski@amherst.edu">kjekanowski@amherst.edu</a>
Mark Klingensmith	Assistant Athletic Trainer	413-542-5284	<a href="mailto:mtklingensmi@amherst.edu">mtklingensmi@amherst.edu</a>
Ben Marcus	Assistant Athletic Trainer	413-542-8472	<a href="mailto:bmarcus@amherst.edu">bmarcus@amherst.edu</a>
Andrea Sulavik	Assistant Athletic Trainer	413-542-5713	<a href="mailto:asulavik@amherst.edu">asulavik@amherst.edu</a>
Evan Ostrowski	Assistant Athletic Trainer	413-542-5736	<a href="mailto:eostroski@amherst.edu">eostroski@amherst.edu</a>

## HOURS OF OPERATION

Monday - Friday --- 9 a.m. to 7 p.m.

Weekends --- Open for games and practices only

\*Accommodations will be made for early morning and evening practices and games as needed.

## PROPER ATTIRE

All students must be properly attired in the Sports Medicine Facilities. Proper attire for men and women includes a shirt and shorts; this includes when a student is in a whirlpool. Students in spandex, sports bras, undergarments, etc. will not be permitted in any Sports Medicine Facility. Please plan accordingly.

## STUDENT-ATHLETE WELL-BEING

In addition to providing athletic injury care, the Sports Medicine department at Amherst College is dedicated to student-athlete health and well-being. We are equally committed to providing an inclusive environment for all members of the Amherst College Community. To this goal, we work with the Athletic Department at large as well with other trained members of the Amherst College community to provide workshops on such areas as:

- Alcohol Awareness (mandatory for every team)
- Sexual Respect and Bystander Training (mandatory for every team)
- Sports Nutrition
- Body Diversity
- Self-Care and boundary setting
- Inclusivity in the locker room and on the playing field

## STATEMENT ON CONCUSSIONS

Please refer to our site on the Athletic Department's website for comprehensive information regarding our policy and procedure regarding diagnosis, treatment, and return to play guidelines regarding concussion.

A concussion can occur when a person receives a traumatic force to the head or upper body that causes the brain to shake inside of the skull. The injury is defined as a concussion when there is a change in mental status such as loss of consciousness, amnesia, disorientation, confusion or mental foginess.

Following a concussion, there is a period of change in brain function that varies in severity and length with each individual. During this time the brain is vulnerable to more severe or permanent injury. If the person sustains a second concussion during this time period, the risk of more serious brain injury increases.

Chronic traumatic encephalopathy (CTE), the degenerative brain disease caused by (repeated) head trauma, was initially diagnosed in professional boxers. Diagnosing CTE in athletes from other sports has gained increased attention as researchers learn more. Those of us who are responsible for the welfare of student-athletes have an obligation to follow the research closely, to use the most sophisticated assessment tools in the training room, and to continue to communicate with governing authorities and the public regarding the best thinking of our medical professionals.

Mainstream neurodiagnostic techniques, such as CT scan and MRI, though invaluable in discerning more serious intracranial pathology (e.g. skull fracture, hematoma), are generally insensitive in measuring the subtle effects of

concussion. Symptoms indicative of brain impairment can be understated and may go unnoticed by the athlete, team medical staff, parents, and/or coaches.

Therefore, Amherst uses additional neurodiagnostic tools for assessing and monitoring concussive events. At the forefront of proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation can help to objectively assess the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. Varsity athletes in contact sports, as well as all club rugby and wrestling participants, are required to undergo baseline neurocognitive testing prior to competition.

A return to play decision is based on the evaluation of all of this information and is made with the best professional judgment that returning an athlete to participation is medically prudent and in the student's best interest. IMPACT helps medical staff to identify deficits and make appropriate decisions about when it is safe for an athlete to return to play. The biggest risk of returning an athlete to athletics before their concussion is completely resolved is the athlete's susceptibility to "second impact syndrome." Second Impact syndrome results from acute, potentially fatal, brain swelling that occurs when a second concussion is sustained before complete recovery from a previous concussion.

The Amherst Sports Medicine staff of certified athletic trainers adheres to the most up-to-date protocols in assessing, treating and monitoring all injuries; with particular attention to head, neck and spine injuries. These protocols are reviewed regularly in conjunction with the Amherst Health Services Director.

## **SICKLE CELL/ EXERTIONAL HEAT ILLNESS**

Please refer to our site on the Athletic Department's webpage for comprehensive information regarding our policy and procedures regarding sickle cell trait and risk of sudden death in athletes.

Sickle cell trait is the inheritance of one gene for sickle hemoglobin and one for normal hemoglobin. Sickle cell trait will not turn into the disease. Sickle cell trait is a life-long condition that will not change over time. The NCAA mandates sickle cell testing or the signing of a waiver for all varsity athletes competing in NCAA sanctioned sports. Preventing collapse due to exertional heat exhaustion, with or without sickle cell trait can be prevented. The NCAA provides the following recommendations,

- Know your sickle cell trait status
- Engage in a slow and gradual preseason conditioning regimen
- Build up your intensity slowly while training
- Set your own pace. Use adequate rest and recover between repetitions)
- Avoid pushing with all-out exertion longer than 2-3 min. without rest
- If you experience symptoms such as muscle pain, abdominal weakness, undue fatigue or breathlessness, stop activity immediately and notify your Athletic Trainer or Coach.
- Stay well hydrated at all times, especially in hot and humid conditions.
- Avoid using high-caffeine energy drinks or supplements, or other stimulants, as they may contribute to dehydration.

## **INSURANCE**

Please refer to our page on the Athletic Department's website for comprehensive information regarding our policy and procedures regarding insurance coverage for athletes.

In the event that during the academic year, you sustain a sports injury that requires medical evaluation, treatment, and/or services outside of the Sports Medicine Department or the Student Health Service (such as a referral to an Orthopedic Specialist, an MRI, Bone or CT scan, and/or Orthopedic Bracing), we wanted to make you aware of potential limitations of private coverage. Many times during the year, a student without proper insurance coverage will have one or more of these services delayed or denied due to the service being “out of network”. Although all intercollegiate and club sport athletes may qualify for additional benefits under the Sports Injury Insurance which is purchased by the college, this coverage is only applicable when the injury is sustained during a sanctioned and supervised contest or practice (i.e. captains’ practices and unsupervised lifting/workout sessions are not covered). Additionally, the Athletics Insurance policy has a \$500.00 deductible. Students who do not carry the Student Medical Insurance are responsible for meeting the deductible with either a primary insurance or out of pocket payment.

Sports Injury Medical Insurance is provided by the College to all intercollegiate and club sport athletes.

The Student Medical Insurance Plan is designed to work in conjunction with the Sports Injury Insurance Policy by satisfying the policy’s \$500 deductible. If a student waives the Student Medical Insurance Plan, the \$500.00 Sports Injury deductible will be the responsibility of the student. In order to access this secondary insurance coverage, a claim form must be completed and signed by the student athlete and submitted by the Sports Medicine or Health Center Staff. Without a claim form submitted in a timely fashion, coverage will be denied. If you sustain an injury during a sanctioned supervised session for which you seek treatment outside of Amherst College, you must work with Sports Medicine or Health Services to ensure proper procedure is followed.

## **NCAA ADHD REGULATIONS**

Please refer to our site on the Athletic Department’s webpage for comprehensive information regarding our policy and procedures regarding ADHD regulations.

Any student who tests positive for ADHD medication during drug testing must immediately provide documentation including a comprehensive clinical evaluation, recording observations and results from ADHD rating scales, a physical exam and any lab work, previous treatment for ADHD, and the diagnosis and recommended treatment. IF a student-athlete has not undergone an evaluation and/or cannot produce documents at the time the positive test is confirmed with the institution, the student-athlete must be declared ineligible until 1) the documentation can be produced or 2) a drug-test appeal is heard and approved.

## **STRENGTH & CONDITIONING**

Amherst College provides the community with a clean, safe, and well-equipped facility to achieve fitness and performance goals. Wolff Fitness Center is located at the heart of Amherst’s gymnasium complex and continues to receive upgrades in equipment and receives constant maintenance to provide the community with the necessary tools to be fit and healthy. The Head Strength and Conditioning Coach is responsible for the development and implementation of the strength and conditioning programs for Amherst’s 25 varsity athletic programs. Other duties include instruction and supervision of strength and conditioning programs for athletes, teaching fitness classes to the campus community, counseling athletes and students on strength, fitness and nutrition, supervision of fitness center and weight room, equipment maintenance, purchasing of equipment, supervising and training of personnel.

## **HOURS OF OPERATION**

Monday – Thursday: 6:00am – 11:00pm

Friday: 6:00am – 8:00pm

Saturday: 7:00am – 6:00pm

Sunday: 7:00am – 10:00pm

Hours of operation will be adjusted during winter break, spring break, and the summer.

## **RULES**

**Use of the Wolff Fitness Center and equipment is at your own risk. Amherst College is not responsible for injuries or aggregated health conditions that are the result of improper use of the facility or equipment.**

### **GENERAL REQUIREMENTS**

- Consult with your physician before beginning any exercise program.
- Persons using the Fitness Center shall be at least **16 years old** to enter.
- Persons 16 years old shall be closely supervised by an adult
- The College and fitness center are not responsible for lost or stolen items
  - Personal items of value should not be brought to the fitness center
- Music played within the facility shall be suitable for everyone and kept at a respectable volume
  - Music that is considered inappropriate or offensive will be turned off
  - Personal iPods with headphones shall be used for noncompliant music
- Be considerate of clients;
  - Allow others to work-in or through during multiple sets
  - Personal hygiene should not be offensive to others
  - Loud and obnoxious noises are distracting to others
  - There is a 30 minute limit on use of cardio equipment during peak hours

### **ATTIRE**

- Persons using the fitness center must wear appropriate athletic attire, which includes clean shirts, shorts or sweats, socks and athletic shoes or sneakers.
  - Casual clothing and outdoor shoes or sneakers are not permitted (a change of footwear is required to keep the equipment operational)
  - Bare feet are not permitted within the facility

### **EQUIPMENT**

- When using any fitness equipment, follow manufacturer's instructions.
- Persons unfamiliar with equipment must ask monitor/trainer for assistance
- Do not use broken, damaged or out-of-service equipment.
  - Report broken or damaged equipment to the monitor to prevent injuries

### **HEALTH & HYGIENE**

- Equipment, mats, stability balls and weights must be cleaned after each use
- Injuries that include bleeding must be covered and cleaned up immediately
- Persons who are ill with fever or other potentially contagious illness should not utilize the facility until they are symptom-free for 24 hours

## WEIGHTS

- Use of a “spotter” is required when lifting heavy weight
- Weights must be returned to the racks, and not left on the bars or floor
- Weights, including on the machines shall not be banged or dropped
- Amherst College reserves the right to refuse admittance to the Fitness Center for non-compliance with the above requirements
- **Emergency** - Serious illness and injury must be reported to the fitness center monitor and/or Amherst College Police Department **(413) 542-2111**

## **EQUIPMENT ROOM**

Equipment rooms are located in the lower level of the Alumni Gymnasium and in the field house located at the Pratt / Gooding complex. Hours of operation are Monday – Friday from 9:00am – 5:00pm and as needed by coaches request. Inventory of all gear and equipment is kept by the Equipment Managers. Equipment and practice gear will be issued at the beginning of the season to student-athletes. Once the gear and equipment are assigned it becomes the responsibility of the student-athlete. Practice gear is laundered on a daily basis; therefore, gear should be returned to the equipment room within one hour after practice has ended. Game gear is issued prior to each scheduled event and must be returned immediately following the scheduled event.

After the last event of the season all equipment and practice gear must be returned to the equipment room according to the procedures outlined by the Equipment Managers. A student-athlete who fails to return any items that were distributed will have their student account charged until the items have been returned.

## RESOURCES

### ACADEMIC SUPPORT

Amherst College offers a variety of services to support students' academic efforts. In addition to taking advantage of our faculty's teaching and advising, students can augment their academic work through these services:

The Moss Quantitative Center  
202 Merrill Science Center  
413-542-8331

Office of Student Affairs  
201 Converse Hall  
413-542-2337

The Writing Center  
101 Charles Pratt Hall  
413-542-2139

Frost Library  
61 Quadrangle Drive  
413-542-2373

### OTHER SUPPORT SERVICES

Campus Police  
Service Building  
413-542-2291

Career Center  
College Hall, 1<sup>st</sup> Floor  
413-542-2265

Counseling Center  
Scott House, 14 Hitchcock Road  
413-542-2354

Center for Women & Community – UMass Amherst  
180 Infirmary Way, New Africa House  
413-545-0883

Keefe Health Center  
95 College Street  
413-542-2267

Queer Resource Center/LGBTQQIAA  
Morrow Residence Hall  
413-542-5114

Religious Life  
Cadigan Center  
413-542-8149

Multicultural Resource Center  
Keefe Campus Center, Room 112  
413-542-5372

Title IX Coordinator, Laurie Frankl  
Converse Hall, Room 105-E  
413-542-5707

Center for Community Engagement  
Keefe Campus Center, Room 102  
413-542-5140

Women's and Gender Center  
Keefe Campus Center, Room 103A  
413-542-5667