

Millikin University Student-Athlete Handbook

“BIG BLUE”



MILLIKIN UNIVERSITY

DEPARTMENT OF INTERCOLLEGIATE ATHLETICS STUDENT-ATHLETE HANDBOOK

Millikin University Athletics “Quick Facts”

Name	Millikin University
Founded	1901
Opened	1903
Mailing Address	1184 West Main Street Decatur, IL 62522
Athletic Department Phone	217-424-6344
Athletic Department Fax	217-420-6629
Athletic Affiliation	NCAA Division III
Conference	College Conference of Illinois and Wisconsin (CCIW)
Enrollment	1,400
Nickname	Big Blue
School Colors	Blue (Pantone 2955) and White
Football/Soccer/Track and Field Facility	Frank M. Lindsay Field (4,000)
Basketball/Volleyball Facility	Griswold Center (3,052)
Baseball Facility	Workman Family Baseball Field (500)
Softball Facility	Workman Family Softball Field (300)

MILLIKIN VARSITY SPORTS

Men's Sports

Baseball
Basketball
Cross Country
Football
Golf
Soccer
Swimming
Tennis
Track and Field (Indoor and Outdoor)
Wrestling

Women's Sports

Basketball
Cross Country
Golf
Soccer
Softball
Swimming
Tennis
Track and Field (Indoor and Outdoor)
Triathlon
Volleyball

ABOUT THE CCIW

Millikin University is proud to be a part of a strong, fiercely competitive NCAA Division III conference, the College Conference of Illinois and Wisconsin. The CCIW is held in a high esteem, as one of the best small college conferences in the nation. The conference has had many teams account for national championships and All-American honors.

Celebrating its 79th year of competition in 2024-25, the league was formed with nine members at a meeting in Jacksonville, Illinois, on April 26, 1946, and opened competition in the 1946-47 school year as the College Conference of Illinois. The name was officially changed in May 1967 to recognize its Wisconsin members.

The conference now has nine members:

- Millikin University “Big Blue”
- Augustana College “Vikings”
- Carthage College “Red Men” and “Lady Reds”
- Carroll University “Pioneers”
- Illinois Wesleyan University “Titans”
- Elmhurst University “Bluejays”
- North Central College “Cardinals”
- North Park University “Vikings”
- Wheaton College “Thunder”

STUDENT-ATHLETE CODE OF CONDUCT

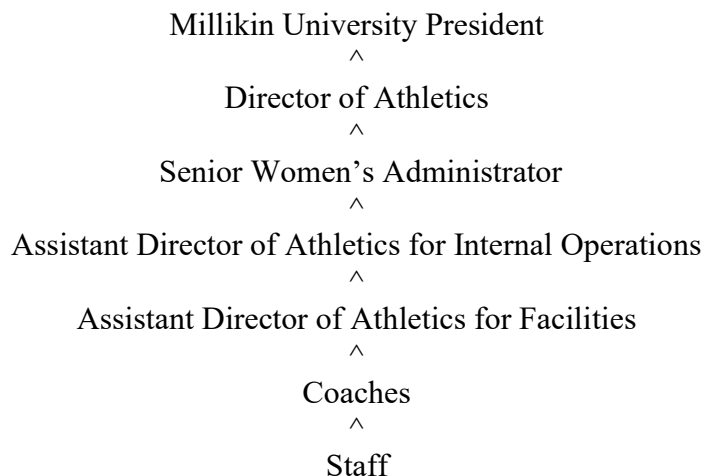
This code of conduct handbook includes both academic and athletic conduct and applies to all undergraduate, graduate, and athletic administrators at Millikin University. It is the responsibility of all university personal who this applies to, to familiarize themselves with the code of conduct at the beginning of each academic year. The code of conduct is presented to students in order to bring awareness of what is expected of them while representing the Big Blue and community. The code of conduct is not written to be a strict disciplinary rulebook, but a standard to be held accountable to that will only benefit yourself while in attendance at Millikin University. The Student-Athlete Code of Conduct shall apply to a student's conduct even if the student-athlete withdraws from class or school while a disciplinary matter is pending. All question/concerns can be directed to an Athletic Administrator or a SAAC representative.

- **It is a privilege, and not a right, to be a member of a team and to represent Millikin University in that capacity.**

MISSION STATEMENT

Millikin University Athletics is committed to preparing student-athletes to become leaders and productive members of society upon graduation. In keeping with Millikin University's philosophy of "performance learning," intercollegiate athletics at Millikin will educate through sport, enriching the college experience by enabling additional growth and development through the challenge of competitive athletics. Millikin Athletics will create a culture committed to producing success both in the classroom and the arena of competition. The goal of the administration and coaches of Millikin Athletics is to ensure that student-athletes have a quality experience geared towards earning a degree, developing outstanding character and integrity, and competing with determination, perseverance, teamwork, and sportsmanship – traits that can be carried forward in life.

CHAIN OF COMMAND FOR MU ATHLETICS



PRINCIPLES OF SPORTSMANSHIP AND ETHICAL CONDUCT

At Millikin University, a positive environment will be created and maintained by all parties associated with the Athletics Department for all activities. This includes, but is not limited to, athletic events, practice activities, and campus and community relations (i.e., sport camps, recreational, and intramural activities).

All facets of the University community will be committed to providing an atmosphere of fair play and responsible behavior. Visiting teams, along with their fans, will be treated with respect (and in the same manner in which we will treat our own athletic teams). Also, contest officials shall be treated as members of the university while on campus. They will be afforded every opportunity while on campus to officiate in the best atmosphere possible. Taunting, baiting, and fighting are unacceptable behavior associated with athletic contests.

Coaches will be advised each year of their responsibility of, and influence over the young adults in their respective programs. Millikin University coaches are expected to teach the principles of sportsmanship to the student-athletes on this campus. **Student-athletes** will be expected to honor their opponents with sportsmanship. Millikin University students-athletes are a visible representation of the institution. Their behavior is observed by many members inside and outside of the campus community. As a student-athlete, you must realize the responsibilities associated with representing Millikin University and honor the privilege of being a student-athlete on and off-campus.

Millikin University **fans** are encouraged to support their teams without engaging in confrontational or threatening actions. Fans associated with inappropriate behavior may be dismissed from the event.

STUDENT-ATHLETE ADVISORY COMMITTEE

The Student-Athlete Advisory Council was developed several years ago and is still continuing to show great, positive growth with the help of student-athletes. As student leadership continues to grow, the committee will serve student-athletes and the community in various capacities.

Mission Statement: to enhance the total student athlete experience by promoting opportunity, protecting student welfare, and fostering a positive student-athlete image.

Philosophy: using Division III student-athletes to better the community through involvement in service opportunities, philanthropy, and Special Olympics partnership.

Purposes of SAAC:

- To help promote and facilitate communication from the athletics department administration to the student-athlete population.
- To foster opportunities that enables student-athlete community to effectively communicate with the athletic department administration and provide ideas on activities that would help address their needs.
- To help encourage positive involvement of student-athletes in campus and community projects. This benefits the project and student-athlete by developing the student-athlete into a democratic citizen in a global environment.
- Design and execute programs or ideas that will encourage academic achievement, social responsibility, communication skills, health promotion, and life skills awareness.
- To help promote and support other sports through student-athletes attending Millikin's scheduled sport events.

Representation and Meetings:

- Applications will be sent out and finalized by September 1st for SAAC general members.
- The final business meeting of the fall will hold elections to elect the officers and executive board members for the following calendar year.
- Meetings will be held at least 2 times a month during the school year. If need be, additional meetings may be called during the year. Keep in mind upcoming events may require additional meetings.
- Items of importance, in regards for discussion, can be placed on the agenda for each meeting by either student-athlete or the SAAC Sponsor.
- The committee will elect the following officers:

President

- Leads executive staff
- Plans SAAC meetings
- Creates agendas
- Presides over meetings
- Oversees Chair of Fiscal Operations, Special Olympic Liaison, Diversity Chair, Participation Opportunities including Olympic and Emerging Sports Committee Chair

Vice-President

- Second in command
- Presides over meetings with the President
- Oversees Service Chair, Academic and Reinstatement Committee Chair, Sportsmanship and Ethical Conduct Committee Chair, Liaison to Campus Wellness

Secretary

- Takes notes during meetings
- Oversees the Webmaster Chair, Internal Communications Chair, External Communications Chair

Chair of Fiscal Operations

- Maintains financial records
- Works with the Athletic Director and Vice Presidents to understand institutional budgets supporting athletics

Webmaster Committee Chair

- Maintains Millikin SAAC website

Internal Communications Committee Chair

- Maintains communication between Millikin SAAC and Millikin students/campus

External Communications Committee Chair

- Maintains communication between Millikin SAAC and the community, CCIW SAAC, and NCAA SAAC

Special Olympic Liaison

- Creates connections with local and district Special Olympic leadership and athletes

Diversity and Inclusion Committee Chair

- Promote and encourage inclusion of diversity within our student athlete community

Service Committee Chair

- Create opportunities through which student-athletes can serve to learn and learn to serve
- To work with the Career and Experiential Education Office

Academic and Reinstatement Committee Chair

- To work closely with the Faculty-Athletic Representative (Dr. Travis Wilcoxon), the Registrar, and the Office of Student Success to support intellectual development and curiosity and professional preparation for graduation or career

Sportsmanship and Ethical Conduct Committee Chair

- To educate the campus community about athletic student code of conduct
- Work with the Athletic Director and Student Development professional staff to promote behaviors consistent with “wearing the blue”
- To convene a student athlete judicial process when appropriate

Participation Opportunities including Olympic and Emerging Sports Committee Chair

- To survey the campus community and understand high school athletic participation data to make appropriate recommendations to University Administration about participation opportunities

Liaison to Campus Wellness

- To work with the campus Wellness Committee, counseling services, health services, Athletic Training Staff, and dining services to promote health and wellness
- To promote opportunities for students to explore and practice faith

Merle Chapman Leadership Award: The award, which began during the 2002-03 academic year, is named after the longtime football coach/athletics director at Millikin University and the second commissioner of the CCIW. Chapman served in that capacity from 1997-2002. The award identifies two student-athletes (one male and one female) from the eight member institutions that best exemplify the traits that Chapman displayed and encouraged during his three-plus decades of service as teacher, coach, and mentor to the athletes, coaches and administrators of the CCIW. Those traits are loyalty, enthusiasm, and commitment to academic, athletic and personal excellence, leadership and sportsmanship.

AWARDS

Anyone who has participated in athletics knows that it takes a lot of time to do so, with that, Millikin University, the CCIW, and NCAA recognizes athletics with these following awards.

College Conference of Illinois and Wisconsin (CCIW) Awards:

The CCIW recognizes athletes from schools throughout the conference in each sport.

In sports such as cross country, golf, and track, all-conference selections are made based on the athlete’s finish in the CCIW championships at the end of the season.

In all other sports--baseball, basketball, football, soccer, softball, and volleyball--the head coaches vote for deserving individuals for all-conference honors.

The CCIW presents Academic All-Conference Awards to student-athletes who meet the following criteria: An individual must have an overall grade point average of 3.30 or above at the beginning of the season of competition, must have participated in intercollegiate athletics and must have completed two full semesters at their current institution.

The CCIW also presents the “The Jack Swartz All-Academic Award” to two student-athletes (one male and one female) from the eight member institutions during each season (fall, winter, spring). Recipients need to meet the following criteria: An individual must have an overall grade point average of 3.50 or above at the beginning of the season of competition, must have participated in intercollegiate athletics and must have completed two full semesters at their current institution.

Depending on the sports, the conference awards certificates, medals, and/or plaques to each all-conference, all-academic selection, and Jack Swartz recipients.

BEFORE YOU CAN PRACTICE AND COMPETE

Health Related Requirements:

Every athlete has to be physically and mentally sound in order to be able to participate in strenuous athletic activity. Therefore, Millikin University is invested in making sure that all athletes are healthy before participating in any physical activity. If you participate in competitive athletics, you know that it is inevitable that some student-athletes will sustain injuries during the course of participation. Please review the following information regarding to your physical well-being. Information regarding these requirements can be discussed with the trainers and health center.

- *An annual athletics physical is required to be completed on campus by a team affiliated physician or Millikin’s Sports Medicine staff. Before any intercollegiate participation is allowed at Millikin University, first year and transfer student-athletes will be required to have an athletic physical examination by a physician by a team affiliated physician. Returning student-athletes will be required to submit and updated medical history and be evaluated by Millikin’s Sports Medicine staff. These physical examinations are good for one academic year. New students are also required to complete and return the Health Services Immunization Record and Health History form which is separate from the Pre-Participation Packet.*

Eligibility Standards: NCAA and Millikin University

There are high standards to compete as a student-athlete at Millikin University. As student-athlete, you are a role model for other student-athletes, the campus community, and the Decatur community. It is important to realize that what actions you partake in, or initiate can impact not only yourself, but people that look up to you. In essence, the student-athlete should be a leader on and off the field by making smart choices every day.

This list of eligibility standards are those that can be helpful for the student-athlete, in order to take responsibility for their own eligibility.

- You may compete in a particular sport for no more than 4 seasons. [NCAA]

- You must be registered for a minimum of 12 credit hours during the semester(s) you are competing. If you drop or withdraw from a course and are no longer registered for at least 12 credit hours, you are immediately ineligible. (The only exception to this is if you are in your final semester prior to graduation and you do not need 12 credit hours to meet graduation requirements.) [NCAA]
- For freshmen to participate in a sport during their second semester, they must have completed at least 12 credit hours towards graduation and have at least a 1.50 cumulative GPA prior to the semester of participation. [MU].
- To participate in a sport after the second semester of your first year at Millikin you must be in Good Academic Standing and have a 1.75 cumulative GPA (on a 4.00 scale) prior to the semester of participation. [MU]
- To participate in a sport after your third semester at Millikin and beyond, you must be in Good Academic Standing at Millikin and have a 2.00 cumulative GPA prior to the semester of participation. [MU]
- To be eligible to compete in a second season of a particular sport, you must have completed 24 credit hours towards graduation. In a third season of a sport, you must have completed 48 credit hours; and, in a fourth season of a sport, you must have completed 72 credit hours. [MU]
- If you are a transfer student admitted to Millikin University, you may be immediately eligible to compete during that first semester here if you meet one the NCAA transfer rule exceptions. [NCAA]
- If you transfer to Millikin University, you may only compete if you would have been academically eligible had you remained at the previous institution. [NCAA]
- If you practice or compete during or after the first contest in the traditional segment, it counts as a year of eligibility. [NCAA]
- If you participate in a preseason scrimmage or preseason exhibition conducted prior to the first contest, a season of participation or year of eligibility shall not be counted. [NCAA]
- A season of participation is not charged for engaging in practice activities at any time during the nontraditional segment. [NCAA]
- In the sports of baseball, soccer, softball, and volleyball, a season of participation shall not be counted if you participate in the one date of competition during the nontraditional segment.
- If you are injured early in the season and it is a season-ending injury, you may apply for a “hardship waiver” and have a year eligibility restored. [NCAA]

- If you break the Millikin University or team regulations, the coach or appropriate college administrator may, as part of the disciplinary action, restrict you from participation in athletics. [MU]
- If you choose not to follow the regulations as laid out by the athletic or University codes of conduct, regarding drug testing, student conduct action may be pursued regarding your eligibility or university standing. [MU]
- You must complete your eligibility by your tenth semester as a full-time student. [NCAA]

MU's Requirements for Good Academic Standing

Millikin University promotes excellence in every aspect of the University experience. To ensure academic excellence, the University has set minimum standards regarding grade point average. However, students are expected to achieve at the highest level of their ability in order to be successful in the completion of their degree.

A degree-seeking student at Millikin is in good academic standing and making satisfactory progress toward a degree, if the student maintains a 2.0 minimum overall grade point average and maintains a 2.0 GPA for all work attempted at Millikin. Some programs require higher overall grade point averages (See Business, Education, Nursing, and Athletic Training). A student must also successfully pass 76% of all coursework attempted.

Some University organizations place restrictions on their members who fail to meet requirements for good standing. Each organization is responsible for notifying its own members about its requirements. Requests for confidential information regarding the academic standing of members of University organizations must be made through the Office of Student Development.

MU's Academic Probation

The first time any student fails to achieve a Millikin overall grade point of 2.0, the student will be placed on probation for the following semester. Students on academic probation for the first time will be required to enroll in IN 110, Strategies for Academic Success for that term.

While on Academic Probation, students are not permitted to be enrolled in more than 17 credits, without the written permission of their academic advisor.

MU's Academic Dismissal (Suspension)

A student may be dismissed from the University, if his or her Millikin cumulative grade point average falls below the following suspension schedule:

<u>Required Millikin Semesters of Study</u>	<u>Minimum G.P.A.</u>
After two semesters	1.5
After four semesters	1.8
After six semesters	2.0

A student already on probation may be suspended if the Millikin cumulative grade point average is not improved to a 2.0, or if the term grade point average is not a 2.25.

Special permission can be given by the Council on Student and Academic Standards for the student to remain on probation for an additional semester.

A suspended student may present a written petition for reinstatement for a subsequent semester to the Council on Student and Academic Standards through the University Registrar. Students are responsible for explaining in the petition why their ability to meet academic requirements has improved. Petitioning the Council does not assure reinstatement. Exceptions to the semester suspension will be made only in extraordinary cases.

A student may also be suspended from attendance at the University for reasons other than academic failure as determined through the University student conduct process.

[See the Student Handbook.](#)

COMMUNICATION

In order to be successful, communication must be a vital part of your everyday activities, whether it be with your professors, coaches, family members, or your peers. As a student-athlete, it is important to communicate with your professors when you will miss a class due to a sporting event. It is also important when talking to your coaches concerning academics, or to other outside parties when it comes to seeking advice on everyday activities. There may be instances where a coach or professor needs to contact you via email, so check it daily to be kept up to date on all communications.

“The single biggest problem with communication is the illusion that it has taken place.”

— [George Bernard Shaw](#)

HOSTING A PROSPECTIVE STUDENT-ATHLETE

WHAT TO DO

- Answer any questions that the recruit or family may have to the best of your ability.
- Show the recruit around campus for a more in-depth, get to know campus, tour during the time of their visit, if time allows.
- If staying overnight, allow the prospective athlete to get a good night sleep.
- Introduce the prospective athlete to other team members.
- Make sure the prospective athlete gets to their destinations on time.
- Be prepared for the prospective athlete. Think of some fun, safe activities to do before their arrival.

WHAT NOT TO DO

A student-athlete host:

- Must not take the recruit to a party that has alcohol and drugs.
- Must not provide alcohol to any person who is underage, to any prospective student-athlete, or to an enrolled student-athlete.
- Must not consume alcohol or condone the consumption of alcohol in the presence of, or by, a prospective student-athlete.
- Must not leave the recruit unaccompanied at the residence of choice if staying the night or during a day visit. If you have something you need to finish, find a fellow teammate to help you look after the recruit.
- Must not provide drugs of any sort to a prospective student-athlete, use drugs in the presence of a prospective student-athlete, condone the use of drugs in front of a prospective student-athlete, or condone the use of drugs by a prospective student-athlete.

STUDENT ATHLETE ALCOHOL AND DRUG USE

A student-athlete:

- Must adhere to all federal, state, local, University, Athletic Department, team, CCIW, and NCAA laws, rules, guidelines, policies and procedures pertaining to alcohol and drugs.
- Must not purchase or consume alcohol, while representing Millikin University. This includes at any time during team training, competition and/or travel.
- Must not use, possess, sell, purchase, manufacture or distribute illegal drugs, which includes, but is not limited to, controlled substances and prescription drugs not prescribed for the student-athlete (collectively “drugs”).
- Must not condone the use, possession, sale, manufacture or distribution of drugs.

DRUG TESTING INFORMATION

MU Substance Abuse Policy Summary Sheet

- The policy addresses the use of illegal drugs and alcohol, non-medical or non-prescribed use of prescription drugs and the use of dietary supplements with a mandatory program of drug testing, education, counseling and rehabilitation to protect student-athlete health and safety.
- All student-athletes, including those who are academically or medically disqualified, are subject to drug testing. Additionally, student managers and student trainers are also subject to drug testing.
- All student-athletes must comply with the Millikin University Alcohol and Drug Policies. A Level I violation is defined as illegal possession, use, or facilitating the possession/use of alcohol and marijuana. A Level II violation includes, but is not limited to, any violation involving the operation of a motor vehicle after consumption of alcohol and/or use of drugs, acts of violence while using alcohol or drugs, destruction of property, disorderly conduct, or intoxication level that requires medical treatment or results in medical personnel being called, even if treatment is refused, and any drug violation with intent to distribute for monetary gain. Any Level II violation committed by a student-athlete is considered the same as a positive drug test and a violation of the substance abuse policy.
- The Drug testing panel will include common drugs of abuse such as marijuana, synthetic marijuana, amphetamine/methamphetamine, opiates/opioids (including OxyContin, Lortab, Percocet, Vicodin, and others), cocaine/crack, Ecstasy, Eve, MDA, PMA, barbiturates, benzodiazepines and Ethyl Glucuronide (EtG). It may also include performance enhancing compounds such as anabolic steroids, stimulants (including ephedrine), diuretics, beta blockers, narcotics, and banned or impermissible nutritional supplements.
- Level I, 1st offense sanctions include no less than 20 hours of community service plus attendance at a counseling and evaluation session at Millikin University Health Clinic.
- Level I, 2nd offense sanctions include suspension from competition of no less than 10% of total sports season and no less than 20 hours of community service, plus attendance at a counseling and evaluation session at Millikin University Health Clinic.
- Level I, 3rd offense will result in no less than 20% suspension of total sports season and no less than 40 hours of community service. Plus attendance at a counseling and evaluation session at Millikin University Health Clinic.
- Level I, 4th offense will result in no less than 40% suspension of total sports season and no less than 80 hours of community service. Plus attendance at a counseling and evaluation session at Millikin University Health Clinic.

- Level II, 1st offenses will be no less than 20% suspension of the total sport season and 20 hours of community service. Plus attendance at a counseling and evaluation session at Millikin University Health Clinic.
- Level II, 2nd offense sanctions include suspension from competition of no less than 30% of total sports season and no less than 40 hours of community service. Plus attendance at a counseling and evaluation session at Millikin University DMH Health Clinic.
- Level II, 3rd offense, the student-athlete will be permanently suspended.

Introduction

The Millikin University (MU) Student -Athlete Substance Abuse Policy (hereafter the "Policy") addresses the use of illegal drugs and alcohol, non-prescribed use of prescription drugs and the use of dietary supplements, which are detrimental to the physical and mental well-being of student athletes. MU has implemented a mandatory program of drug testing, education, counseling and rehabilitation to protect student-athlete health and safety. This policy may be amended any time by MU. Student-athletes will be notified of any changes. The Policy shall not be construed to create a contract between student-athletes and MU; however, student-athletes are expected to abide by this policy.

MU advocates the development of healthy and responsible lifestyles for student-athletes as long term enrichment and enhancement of their lives. Substance abuse can remain undetected leading to personal tragedy, which may include diminished academic and athletic performance, self-injury or injury to others, drug dependence or addiction, legal problems, disastrous financial consequences, and premature death. Substance abuse may also cast a negative image on all student-athletes due to public visibility and the reputation of an academic center of higher education. Student-athletes have a responsibility to themselves and the institution to maintain high standards of conduct and a sound respect for their physical health.

Substance abuse, chemical dependency, crimes and other situations which occur while under the influence of mood-altering substances are a major health and safety hazard in our society. The use of illegal substances, under-age drinking, and the illegal use of drugs are crimes that cannot be condoned. The use of performance enhancing drugs is detrimental to student health and, as a form of cheating, constitutes unacceptable behavior. Alcohol use by MU student-athletes who are under the legal drinking age in Illinois is against the law; for those student-athletes who are of legal drinking age in Illinois, alcohol use is ill-advised and is strongly discouraged.

As a student at Millikin University, all student-athletes must comply with the Millikin University Alcohol and Drug Policies as well as the MU Student-Athlete Substance Abuse Policy. Additionally, any and all student-athlete misconduct is also subject to resolution under the MU Standards of Conduct and the Student Conduct System.

Purpose of the Policy

The purpose of the policy is to prevent substance abuse in athletics and, where detected, to eliminate it through counseling, rehabilitation and medical treatment. Specific goals are to:

1. Educate student-athletes regarding the dangers of substance abuse, the Millikin University policies regarding substance abuse, and Illinois state laws and statues regarding substance abuse.
2. Identify drug use by student-athletes through testing.
3. Deter drug use by student-athletes.
4. Provide counseling and rehabilitation.
5. Provide resolution and support to address misconduct.

Substances of Abuse

Student-athletes are prohibited from illegal use or attempted use, purchase, possession, manufacture, distribution and/or sale (or aiding and abetting or being an accomplice to another) any of the below substances. This list is in addition to any substance that is categorized as part of the list of NCAA Banned-Drug Classes (<http://www.ncaa.org>).

1. Alcohol
2. Tobacco Products (including smokeless tobacco)
3. Marijuana
4. Synthetic Marijuana
5. Stimulants
6. Amphetamines
7. Performance Enhancing Drugs
8. Illegal use of Prescription Drugs
9. Street Drugs

A special note about over-the-counter medications and nutritional supplements: Student-athletes should be warned that many over-the-counter medications (cough and cold medicines, antihistamines, etc) may contain chemicals that are prohibited by MU and/or the NCAA. The use of these medications by the student-athlete may result in a positive drug test and punishable as outlined by this policy and the NCAA. Therefore, student-athletes should take caution when using these medications or nutritional supplements without advisement from a health professional. The student-athlete should check with the **Head Athletic Trainer** before taking such substances. Nutritional supplements (vitamins, amino acids, weight-gain products) may also contain substances prohibited by MU and the NCAA. These products are not controlled by the Food and Drug Administration and therefore may not be pure, or contain substances not identified on the label. The student-athlete is solely responsible for what he/she ingests and should make certain that those substances will not result in a possible failed drug test. The student-athlete should check with the

Head Athletic Trainer before taking such substances. If the student-athlete decides to ingest substances that contain chemicals prohibited, by MU and/or the NCAA, regardless of advisement by Athletic staff, the student-athlete will be held responsible for a positive drug test.

Millikin University Alcohol and Drug Policies

The Millikin University (MU) Student -Athlete Substance Abuse Policy supports the University's already established alcohol and drug policies which appear in the Millikin University Student Handbook (www.millikin.edu/studenthandbook). Students are responsible for understanding both the Millikin University policies as well as the athletic related policies. Millikin University reserves the right to hold a student or team responsible for violation of the Millikin University alcohol and/or drug policies **AND** the Millikin University (MU) Student -Athlete Substance Abuse Policy. Students found violating either of these policies can expect to have contact with staff from Student Development as well as the Department of Athletics.

Alcohol use at Athletic Functions

Alcohol beverages of any kind will not be served to student-athletes at functions (team gatherings, awards banquets, etc.) hosted by the Millikin University Athletic Department or any of its staff members, alumni and/or booster clubs. There should be no alcoholic beverages of any kind served at functions attended solely by student-athletes in the company of their coaches and/or athletic department staff members.

Coaches involved in recruiting of student-athletes should ensure that student-athletes are aware of the Millikin University Student-Athlete Substance Abuse Policy. Additionally, alcoholic beverages are not to be used during the recruitment process of any prospective student-athlete. Alcohol consumption is prohibited by recruits and absolutely no alcoholic beverages can be provided for recruits during any official or unofficial visits to campus.

Millikin Employee Responsibilities

A student-athlete who is observed in the act of drug or illegal alcohol use, or is observed demonstrating the effects of drug or illegal alcohol use, by a MU employee, or law enforcement officer may be subject to drug testing and/or found in violation of the substance abuse policy. A MU employee who observes a student-athlete in the act of or demonstrating the effects of drug or illegal alcohol use must report this as soon as possible to the Department of Safety and Security and/or Student Development. The Student Athlete will then be subject to action as described in the Millikin University Student Conduct Process.

Substance Abuse Education Policy

MU considers education to be an important part of the Policy. At the beginning of each academic year, each student-athlete will be required to attend a session which will address the National Collegiate Athletic Association (NCAA) and MU alcohol and drug policies and testing guidelines. Each student-athlete will receive written copies of the policies and testing guidelines and will sign drug testing consent forms

(*Appendices C & D*) for both organizations. Educational in-services will be offered to student-athletes and athletic staff throughout the year. These programs will address the MU policies and are coordinated by the Athletic and Student Development staff. All MU personnel, particularly head coaches, should cooperate in making sufficient time available during team meetings for presentations and lectures. The drug and alcohol education programs will be reviewed and updated, as necessary.

SOCIAL EVENTS POLICY- MILLIKIN UNIVERSITY ATHLETICS

This policy governs all recognized Millikin University Athletics teams and related student-athletes, coaches, interns, and other volunteers. The Social Events Policy is a supplement to the policies of Millikin University Student Handbook. The Department of Athletics reserves the right to change, modify, add, or remove all or part of this Social Events Policy at its sole discretion.

TEAM SOCIAL EVENT DEFINED

For the purposes of defining a team event, an activity shall be deemed to be a team event if a reasonable person examining the totality of the event would conclude that it was related to the team. Any event or situation sponsored or endorsed by the team, team leadership, or any event an observer would associate with the team is considered a team event. Team events may include, but are not limited to meetings, ceremonies, retreats, banquets, conferences, social functions, fundraisers, and community service projects.

Factors to be used in making a determination of whether activities are related to the team include: the nature and purpose of the event, the involvement of the team or team leadership in planning, organizing, promoting and/or financing the event, the location of the event, who was invited to the event, and who was in attendance.

Unregistered pre-parties, "pre-gaming" and other spontaneous or planned events involving the team are prohibited. It does not matter where or when the events are held—if team members are present, it is a team function, regardless of what members might call the event. Off-Campus or "unofficial" team events held away from the campus or at off-campus student residences are also prohibited.

RESPONSIBILITY AS A SPONSOR/CO-SPONSOR OF AN EVENT

Student-Athletes and athletic teams are responsible for abiding by all social event policies of the University. When your team decides to sponsor/co-sponsor an event, you assume several responsibilities for the safety and welfare of your team members and guests. It is important that student-athletes and team leadership review state, local, and campus based policies about social host liability.

ALCOHOL and DRUGS

Team social events shall not include alcohol or drugs of any kind. Infrequently, and in very special circumstances, the serving of alcoholic beverages may be approved for events as long as a third-party vendor is utilized, and the team obtains approval through the University's Event Registration Process.

Approval of events with alcohol is considered seriously, with risk management and liability as driving variables. Teams may apply for event registration consideration through Student Affairs.

THEMED EVENTS

Event themes should be in good taste and NOT be disrespectful or degrading to any person or population. Care should be given to implement event themes that are free of discriminatory or offensive language, innuendo, artwork or imagery. Events themes may not be centered around alcohol or illegal substances.

UNSANCTIONED STUDENT EVENTS

Student Athletes are expected to refrain from attending any student-organized events that violate any of the aforementioned policies and expectations, or those that expressly violate any Millikin University Policy, whether or not they are related to Millikin University Athletics. Student athletes and teams may not organize teams or groups for events that violate these standards.

Drug Testing Procedure Guidelines

1. All student-athletes, including those who are academically or medically disqualified, are subject to drug testing. Additionally, student managers and student trainers are also subject to drug testing.
2. Student-athletes may be notified in advance of drug testing and provided information on the time and site of the scheduled test.
3. Under this policy, no notice testing is permissible.
4. Failure or refusal to appear, or appearing more than 1 hour late for a scheduled drug test will be treated as a positive test.
5. The student-athlete will report at the scheduled check-in time and location. The student-athlete should bring their Millikin University student ID to the collection station. The student-athlete will complete a form in the presence of the testing staff disclosing all medications (prescription and/or over the counter) and dietary supplements that he or she is taking. The standard drug testing panel will include common drugs of abuse such as marijuana, synthetic marijuana, amphetamine/methamphetamine, opiates/opioids (including OxyContin[®], Lortab[®], Percocet[®], Vicodin[®], and others), cocaine/crack, Ecstasy, Eve, MDA, PMA, barbiturates, benzodiazepines and Ethyl Glucuronide (EtG). The drug testing panel may also include performance enhancing compounds, such as anabolic steroids, stimulants (including ephedrine), diuretics, beta blockers, narcotics, and banned or impermissible nutritional supplements.
6. Millikin University will be notified by the certified laboratory of all test results.

Types of Testing

Random: Throughout the school year, random drug testing may be performed.

Reasonable Suspicion: any student-athlete participating in the intercollegiate athletic program is subject to reasonable suspicion drug testing if there is reason to believe they may be using prohibited substances. Reasonable suspicion includes, but is not limited to, the following:

- a. current or past involvement with the criminal justice system for drug or alcohol related activities
- b. prior treatment for drug or alcohol problems
- c. admission of a current drug or alcohol problem
- d. prior positive test for any banned substances
- e. physiological signs of possible impairment from drugs or alcohol
- f. a pattern of aberrant behavior (e.g., increase/decrease in weight in a short period of time, increase in absence from class or athletic activities, increase in injury rate, mood swings, etc.).
- g. A report filed with the University that includes to alcohol or drug use and/or suspicion of use.
- h. An open Student Conduct Case related to alcohol or drug use and/or suspicion of use.

Any MU employee concerned with a particular student-athlete should express this information confidentially to the Dean of Student Development, Director of Safety & Security, or the Director of Athletics.

Notification of Student-Athlete

The student-athlete will be notified in person by athletic department staff of a scheduled random drug test. The notification will be made no less than 2 hours prior to the scheduled time of the test. At the time of notification, the student-athlete is required to complete a drug testing notification form, acknowledging notification and verifying the date, time and location of the test.

Specimen Collection Manipulation or Adulteration

Any attempt to substitute, manipulate, adulterate or intentionally dilute a drug testing sample (which is defined as a urine, hair, and/or saliva sample) will be treated as a positive drug test. Manipulation refers to the use of any product, including excessive water consumption, used for the purpose of providing a diluted urine and/or saliva sample or substitution of any urine, hair, or saliva sample. Adulteration refers to the use or attempted use of any chemical or product (including water) added directly to the urine or saliva sample, or the attempt to use a sample from other than the individual identified, for the purpose of interfering with the testing procedures used to identify the presence of drugs.

Classification of a Positive Drug Test

Specimens are analyzed by a laboratory accredited by the United States Department of Health and Human Services Substance Abuse and Mental Health Services Administration (SAMHSA). If a student-athlete tests positive, their medical record will be reviewed at that time to determine whether any medications (prescription and/or over the counter) or dietary supplement may have caused the positive test. In this event, athletic staff would consult with the appropriate personnel (prescribing physician, toxicologist) to confirm whether the use of the medication or dietary supplement was appropriate and used properly in the correct dosage. If so, this would be considered a "medical exception." Absent a medical explanation the test is considered positive. The student-athlete will continue to be tested on a regular basis until testing negative for the prohibited substance on two sequential urine samples, or as often as deemed necessary by the substance abuse treatment team. If during follow-up testing the quantitative result indicates an increased amount of prohibited substance the student will be subjected to the remedial guidelines for the second or third offense, as applicable.

Substance Abuse Treatment Team

The Substance Abuse Treatment Team is a multi-disciplinary group consisting of the Athletic Director, and the Dean of Student Development and/or Designee. Occasionally, other University employees or medical personnel may be invited to participate on the team in order to better assess a case. The Substance Abuse Treatment Team will determine whether the student-athlete is unfit to participate in athletics and should be admitted for inpatient (hospitalized) or outpatient (without hospitalization) treatment. Counseling sessions may be a prescribed outcome. Expenses associated are responsibility of the student-athlete. The frequency and duration of counseling sessions will be determined by the Substance Abuse Treatment Team in collaboration with the Millikin University Director of Counseling Services.

Student-athletes who abuse drugs or alcohol may require long term counseling and/or in-patient comprehensive care to help them deal with the medical condition known as addiction. Financial responsibilities must be determined prior to any form of long-term counseling (including semester breaks when counseling is to be continued off campus), in-patient therapy, or hospitalization. The student-athlete or his or her parent(s) or guardian are responsible for these costs.

Substance Abuse Policy Offense Guidelines

Guidelines are based upon a positive drug test, an alcohol and/or drug policy violation, or whether the substance abuse policy violation is a first, second, or third offense. Substance abuse offenses are cumulative throughout a student-athletes period of eligibility. With any substance abuse policy offense, the student-athlete will meet with the appropriate University Staff. An NCAA positive drug test will count as an institutional positive test. The below process will occur in addition to any University Student Conduct action that results from the violation.

Substance Abuse Policy Guidelines: First Offense

1. The following individuals will be notified:
 - a. The Director of Residence Life (residential students) and Dean of Student Development (non-residential students) will notify the Athletic Student Conduct Liaison, who will in turn notify the appropriate Athletic department personnel.
2. The Director of Athletics/designee, Head Sport Coach and the student-athlete will meet to discuss the alleged violation.
3. If found responsible for the violation, the student-athlete will:
 - a. attend a counseling and evaluation session at Millikin University Health Clinic. Further need for counseling, to include the frequency and duration of sessions as well as the need for referral to the Decatur community, will be determined by the Millikin University Director of Counseling. Following completion of the session(s), the student-athlete will schedule a meeting with the Substance Abuse Treatment Team.
 - b. be monitored with drug testing on a regular basis until a) testing is negative for the prohibited substance on two sequential samples and b) the Substance Abuse Treatment Team determines the need to discontinue the drug test-monitoring program.
 - c. perform no less than twenty (20) hours community service. Community service work will be arranged and monitored through the Career Center and/or Head Coach. Note that community service work hours assigned to a student-athlete by MU may run concurrently with any community service work hours assigned by the Student Conduct System for the same offense.
 - d. Level II violations there will be a suspension for no less than 20% of the total sport season. The Director of Athletics and Head Sport Coach will review the case and determine whether the student-athlete is allowed to practice during the suspension.

Substance Abuse Policy Guidelines: Second Offense

1. The following individuals will be notified:
 - a. The Director of Residence Life (residential students) and Dean of Student Development (non-residential students) will notify the Athletic Student Conduct Liaison, who will in turn notify the appropriate Athletic department personnel.
2. The Director of Athletics/designee, Head Sport Coach and the student-athlete will meet to discuss the alleged violation.
3. If found responsible for the violation, the student-athlete will:
 - a. attend a counseling and evaluation session at Millikin University Health Clinic. Further need for counseling, to include the frequency and duration of sessions as well as the need for referral to the Decatur community, will be determined by the Millikin University

Director of Counseling. Following completion of the session(s), the student-athlete will schedule a meeting with the Substance Abuse Treatment Team.

- b. be monitored with drug testing on a regular basis until a) testing is negative for the prohibited substance on two sequential samples and b) the Substance Abuse Treatment Team determines the need to discontinue the drug test-monitoring program.
- c. perform no less than twenty (20) hours community service. Community service work will be arranged and monitored through the Career Center and/or Head Coach. Note that community service work hours assigned to a student-athlete by MU may run concurrently with any community service work hours assigned by the Student Conduct System for the same offense.
- d. Be suspended from competitions during the athletic season for no less than 10% of the total sport season (Level I), or no less than 30% of the sport season (Level II). The Director of Athletics and head Sport Coach will review the case and determine whether the student-athlete is allowed to practice during the suspension.

Substance Abuse Policy Guidelines: Third Offense

1. For third offenses, the notified individuals remain the same from the above with the following additions:
 - a. Third offenses will trigger the Millikin University Parental Notification Practices for Alcohol and Drug Offenses. The parent or guardian on record for the student-athlete will be contacted in regard to any second offenses.
2. If found responsible for the violation, the student-athlete will:
 - a. attend a counseling and evaluation session at Millikin University Health Clinic. Further need for counseling, to include the frequency and duration of sessions as well as the need for referral to the Decatur community, will be determined by the Millikin University Director of Counseling. Following completion of the session(s), the student-athlete will schedule a meeting with the Substance Abuse Treatment Team.
 - b. be monitored with drug testing on a regular basis until a) testing is negative for the prohibited substance on two sequential samples and b) the Substance Abuse Treatment Team determines the need to discontinue the drug test-monitoring program.
 - c. perform no less than forty (40) hours community service. Community service work will be arranged and monitored through the Career Center and/or Head Coach. Note that community service work hours assigned to a student-athlete by MU may run concurrently with any community service work hours assigned by the legal system and or Student Conduct System for the same offense.
 - d. be suspended from competition during the athletic season for no less than 20% of the total sport season (Level I). The Director of Athletics and Head Sport Coach will review

the case and determine whether the student-athlete is allowed to practice during the suspension. For a level II violation the student-athlete will be permanently suspended.

Substance Abuse Policy Guidelines: Fourth Offense

- a. attend a counseling and evaluation session at Millikin University Health Clinic. Further need for counseling, to include the frequency and duration of sessions as well as the need for referral to the Decatur community, will be determined by the Millikin University Director of Counseling. Following completion of the session(s), the student-athlete will schedule a meeting with the Substance Abuse Treatment Team.
- b. be monitored with drug testing on a regular basis until a) testing is negative for the prohibited substance on two sequential samples and b) the Substance Abuse Treatment Team determines the need to discontinue the drug test-monitoring program.
- c. perform no less than forty (80) hours community service. Community service work will be arranged and monitored through the Career Center and/or Head Coach. Note that community service work hours assigned to a student-athlete by MU may run concurrently with any community service work hours assigned by the legal system and or Student Conduct System for the same offense.
- d. be suspended from competition during the athletic season for no less than 40% of the total sport season (Level I). The Director of Athletics and Head Sport Coach will review the case and determine whether the student-athlete is allowed to practice during the suspension.

The student-athlete will be permanently suspended from athletic participation consistent with all university, conference and NCAA rules and regulations (Level II).

Suspension from Competition

If suspension is determined for the student-athlete by the Director of Athletics and Head Sport Coach, the suspension must be served immediately and in successive competitions. The suspension is for sanctioned athletic contests (e.g., scrimmages, summer athletic tours, etc. shall not be counted as game suspensions). The suspension percentage number calculated will be rounded to the nearest whole number. A suspension cannot be served concurrently with an injury or illness. If the suspension occurs during the season and the length of the remaining season, which includes post-season competition, is not sufficient to carry out the entire suspension, the remainder of the suspension will carry over until the next sport regular season. Student-athletes under competition suspension shall not dress in uniform during their suspension. Any exceptions related to dressing for competition will be determined by the Athletic Director in consultation with the Head Coach.

Appeal Process

Student-athletes who have been found responsible for a violation of the Student-Athlete Substance Abuse Policy, may appeal the finding of their case. The student must present a written appeal letter to the Dean of Student Development, Shilling 205, within 5 business days of the receipt of the decision of their case. The appeal must be based upon either, 1) breach of process, or 2) new and substantive information. The Dean of Student Development will then determine whether or not an additional hearing of the case will take place.



**Millikin University
Student-Athlete Drug Testing Consent Form**

By signing this form, I affirm that I am aware of the Millikin University Student-Athlete Substance Abuse Policy.

I consent to provide a sample for the purpose of performing drug testing, following the policies and procedures set forth by Millikin University and the Decatur Memorial Hospital testing site in use. A sample may include but are not limited to urine, saliva, and/or hair.

I understand that I may be notified in advance of drug testing and provided information on the time and site of the scheduled test. I understand that no notice testing is permissible.

I affirm that any attempt to substitute, manipulate, adulterate or intentionally dilute a sample (defined above) will be treated as a positive drug test.

I affirm I am aware of the Millikin University Student-Athlete substance abuse policy guidelines which will be implemented if I am found to have used a substance on the list of prohibited substances.

I understand that a positive drug test by NCAA will count as an institutional positive drug test.

I affirm I was provided an opportunity to review the procedures for Millikin University Student-Athlete drug testing that are described in the Millikin University Student-Athlete Handbook.

I understand that this consent and the results of the drug tests will be confidential, and information will be disclosed only to Millikin University personnel as deemed necessary.

Name of Student-Athlete (Please Print)

Student ID Number

Date

Signature of Student-Athlete

Sport(s) Participating In

Date of Birth

Signature of Millikin University
Athletics Representative

Date

HOW TO BEAT THE STEREOTYPE

Some of the best student-athletes succeed both on the field and in the classroom. How is this accomplished while they have so many demands placed upon them versus the traditional student? Well, many student-athletes work well with their coaches, teachers, advisors, and peers to meet the heavy demands of the student-athlete workload.

Creating Bad Impressions and Stereotypes

Instructors sometimes have negative opinions about students. Has there ever been that situation where you have had a teacher that has a bad impression of you? It is not the best situation to be in. Once there is a bad impression about you, it is hard to reverse the opinion. Some student-athletes, however, seem to go out of their way to make bad impressions. Too many times there are students who cause teachers to think they are unmotivated, irresponsible, and inconsiderate. Some students act like college would be great if only they did not have to study and go to classes! That unfortunately is not the case. College is a time to better yourself and further your education in a positive environment, which will benefit your future. The negative first impressions that some students create in classmates and instructors are hard to overcome. So, to beat this stereotype and create a positive impression of yourself here are a few things to consider.

- Go to classes every day. If you have to miss a class, send an email to the professor before your absence. If you have to miss a class due to an emergency or due to an accident, you should go to the professor before the next class period or as soon as possible and apologize for the absence.
- For any class that is missed whether due to an expected absence, accident, sporting event, or emergency, you should get notes from a responsible student in order to catch up in the class.
- Be on time to all classes. If you tend to run late, try to leave at an earlier time that would allow you to get to class at a reasonable time before it starts.
- Remove any hats or headgear that can distract yourself or classmates and be respectful to the instructor by showing them you are attentive and excited to be in their class.
- To stay in good academic standing and to be aware of your progress at MU, you should check in with your advisor, professors, and coach frequently in order to get updates on where you stand. Also, know that they are resources to help you with be successful here at MU.
- Come prepared to all classes. This means having all assignments, readings, and other tasks completed before the class starts. Also, coming prepared includes having a pen, pencil, paper, and textbooks on hand when attending every class.

- Sit towards the front of the class and show that you are an outgoing individual who would not purposefully go to the back to mess around on your computer or to not pay attention.
- Ask your professor for help at the first sign of difficulty so that you do not get behind. Many classes have a tutor available as well. Take advantage of the tutoring system to get ahead of the game and stay on top of the topics you are studying.

Preparing a Practical Time Budget

A time budget is a document or calendar that catalogs everything you do. It is helpful to have as a student-athlete because it is a quick, efficient resource that allows you to have all things you are doing available for easy scheduling purposes. You would be able to easily see what time you are available and when you are not. To prepare an efficient time budget, it must be realistic and practical. It also takes time to plan your schedule. It must be flexible to handle challenging requirements and be balanced between practice, academic work, and relaxation. This schedule will only benefit yourself in the long run and can make everything more efficient throughout the year.

- Record your fixed time commitments. This includes all regularly scheduled activities such as classes, labs, work, games, and practices, etc. on your schedule.
- Schedule daily living activities. Set aside ample---but not a ton---of time for eating, sleeping, working out, etc.
- Schedule study time! When writing down a study schedule for classes, write the specific class you want to study for and when. This will help you evenly study for classes and make sure you cover all subjects. Also, it will not take to much time on your part in deciding how or what to study, since it would be previously decided.

SOCIAL NETWORKING POLICY

It is important for student-athletes to be aware of the repercussions of partaking in social networking websites. It is necessary to understand that any information users make public via any site should follow acceptable social behaviors. For every choice, whether intentional or rash, there is an outcome that can be either good or bad. The following guidelines are to help student-athletes conduct themselves in a responsible manner in regard to online social networks.

- Be sure to protect your personal information such as phone numbers, social security numbers, class schedules, home or school addresses, or details about your daily routine on social networking websites and not make too many details public information. It is not wise to give away information that could affect your well being, personal life, or safety.
- Know that potential, current, and future employers can access information on social-networking sites. The information posted is considered public information, so make sure you post information that promotes a self-image you can be proud of now and many years later.

Prohibited Conduct:

- Derogatory language and remarks about teammates, coaches, other MU student-athletes, faculty, administrators, or any other representatives of the University.
- Demeaning statements or threats about any third party, including but not limited to any action that could create danger to the safety of another person.
- Incriminating photos or statements depicting violence, hazing, sexual harassment, vandalism, underage drinking, or any involvement with controlled substances.
- Indicating knowledge of an unreported felony theft or criminal damage to property.
- Indicating knowledge of an unreported NCAA violation regardless of if the violation was intentional or not.

DIRECTORY

Athletics Administrative / Support Staff

Director of Athletics and Recreation	217-424-3603	Craig White
Asst. A.D. for Internal Operations	217-362-6429	Bryan Marshall
Asst. A.D. for Events and Facilities	217-424-3605	Patrick Allgeier
Co-Head Softball Coach/SWA	217-420-6632	Katie Tenboer
Sports Information Director	217-424-5025	Morgan Vogels

Coaches

Baseball

Head Baseball Coach	217-424-3608	Brandon Townsend
Asst. Men's Baseball Coach	217-424-5008	Dylan Hamilton

Men's Basketball

Head Basketball Coach	217-420-6626	Kramer Soderberg
Asst. Men's Basketball Coach	217-424-3921	Mack Snyder

Women's Basketball

Head Women's Basketball Coach	217-420-6629	Kirsten Hammer
Asst. Women's Basketball Coach	217-420-6621	Mallory Liebl

Cross Country

Director of Cross Country	217-362-6431	Andrew Craycraft
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Football

Head Football Coach	217-424-3610	Carlton Hall
Asst. Football Coach	217-424-3605	Patrick Allgeier
Asst. Football Coach	217-420-6716	Toriano Williams
Asst. Football Coach	217-424-3604	Bryan Sander
Asst. Football Coach	217-425-4638	Corey Newsome

Men's and Women's Golf

Director of Golf	217-424-3948	Sam Osborne
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Men's Soccer

Head Men's Soccer Coach	217-424-3607	Charlie Ward
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Women's Soccer

Head Women's Soccer Coach	217-424-3601	Ian Doherty
Asst. Women's Soccer Coach	217-425-4638	Nathan Phillips

Softball

Co-Head Softball Coach	217-420-6632	Katie Tenboer
Co-Head Softball Coach	217-425-4642	Whitney Sowers

Swimming and Triathlon

Director of Swimming & Triathlon	217-420-6676	Edward Pacey
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Tennis

Director of Tennis	217-424-5002	Reiss Naylor
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Track and Field

Director of Track and Field	217-362-6431	Andrew Craycraft
Asst. Track and Field Coach	217-424-3564	Carroll Whitehouse
Asst. Track and Field Coach	217-424-3926	Forrest Donnell

Volleyball

Head Volleyball Coach	217-420-5208	Whitney Nichols
Asst. Volleyball Coach	217-424-6675	Hannah Dick

Wrestling

Head Wrestling Coach	217-424-5027	Ryan Birt
Assistant Wrestling Coach	217-424-5027	Brendan Ladd

Sports Medicine

Head Athletic Trainer	217-424-3955	Ben Clawson
Athletic Trainer	217-420-6053	Pat Larry
Athletic Trainer	217-420-6052	Chris Douglass
Athletic Trainer	217-424-3955	Torre Knootz