



CLARKS SUMMIT UNIVERSITY

Student-Athlete Handbook
Department of Athletics

2022-2023

Table of Contents

Athletics Department Mission Statement	3
NCAA DIII Philosophy Statement	4
Affiliations – National & Conference.....	6
Sport Offerings.....	7
Directory of Department of Athletics Personnel	8
Student-Athlete Responsibilities.....	9
Academic	
Attendance - classes	
Social	
Financial	
Academic Eligibility	11
Transfer Students	
Hardship waivers	
Dual Sport Student Athletes.....	12
Student Services.....	13
OSD	
Academic Office	
Health Services	
Faculty Athletic Representative	14
Medical Policies.....	15
Medical Staff	
Injury Procedure	
Training Room Guidelines	
Insurance Coverage	
Physical Examination	
Sickle Cell Trait	
Athletic Eligibility	
NCAA Banned Drugs	18
Gambling Policies.....	19
Alcohol & Drug Policies.....	20
Hazing	21
Amateur Status.....	22
Outside Competition	23
Financial Aid / Scholarships	25
Department Code of Conduct	26
Travel Policies	27
Student-Athlete Advisory Committee.....	28
Honors and Awards.....	29
CSAC Weather Policy	30
Athletic Logo Policy	32
Student Host Regulations.....	33
Student Athlete Academic Success Program.....	34

Mission Statement of Athletic Department

The mission of the Department of Athletics is to cultivate Christ-Centered, Career-Ready student-athletes through intercollegiate athletics.

Athletic Vision

To point an unbelieving world to a believable God by pursuing athletic excellence. We desire to have our attitude, effort, and responses reflect Jesus Christ. We desire to honor and glorify God by teaching the skills of denying self and leading by serving (servant-leadership).

General

It is our responsibility to create an environment through proper leadership and atmosphere that provides the student-athlete with an opportunity to achieve spiritual and educational objectives. We are committed to developing the student-athlete intellectually, spiritually, socially, morally, emotionally, culturally, vocationally, as well as physically. Our training must emphasize the values of sportsmanship, fairness, personal integrity, and must aid in the development of Christ-honoring character qualities that include loyalty, respect, cooperation, teamwork, gratefulness, personal responsibility, and spiritual sensitivity.

Core Values

- Intercollegiate athletics are for the student-athletes who participate in them. A student-athlete should develop educational and spiritual leadership as a result of participation in athletics.
- Intercollegiate athletics are an integral part of the educational system.
- The athlete is an integral part of the student body.
- There is a clear line of demarcation between college athletics at Clarks Summit University and professional sports. Amateurism is highly valued.
- Equity, fairness, sportsmanship, and Christian deportment should be rigorously promoted values.

These policies and purposes are in keeping with the interests of the National Collegiate Athletics Association and the Colonial States Athletic Conference. It is our intention to abide by these principles.

As we support and contribute to the modern educational programs through opportunities in athletics, we are promoting the development of the student-athlete through our instruction, attitudes, behavior, and example.

NCAA Division III Philosophy Statement

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

1. Expect that institutional presidents and chancellors have the ultimate responsibility and final authority for the conduct of the intercollegiate athletics program at the institutional, conference and national governance levels;
2. Place special importance on the impact of athletics on the participants rather than on the spectators and place greater emphasis on the internal constituency (e.g., students, alumni, institutional personnel) than on the general public and its entertainment needs;
3. Shall not award financial aid to any student on the basis of athletics leadership, ability, participation or performance;
4. Primarily focus on intercollegiate athletics as a four-year, undergraduate experience;
5. Encourage the development of sportsmanship and positive societal attitudes in all constituents, including student-athletes, coaches, administrative personnel and spectators;
6. Encourage participation by maximizing the number and variety of sport offerings for their students through based-based athletics programs;
7. Assure that the actions of coaches and administrators exhibit fairness, openness and honesty in their relationships with student-athletes;
8. Assure that athletics participants are not treated differently from other members of the student body;
9. Assure that student-athletes are supported in their efforts to meaningfully participate in nonathletic pursuits to enhance their overall educational experience;
10. Assure that athletics programs support the institution's educational mission by financing, staffing and controlling the programs through the same general procedures as other departments of the institution. Further, the administration of an institution's athletics program (e.g., hiring, compensation, professional development, certification of coaches) should be integrated into the campus culture and educational mission;
11. Assure that athletics recruitment compiles with established institutional policies and procedures applicable to the admission process;
12. Exercise institutional and/or conference autonomy in the establishment of initial and continuing eligibility standards for student-athletes;
13. Assure that academic performance of student-athletes is, at a minimum, consistent with that of the general student body;
14. Assure that admission policies for student-athletes comply with policies and procedures applicable to the general student body.
15. Provide equitable athletics opportunities for males and females and give equal emphasis to men's and women's sports;
16. Support ethnic and gender diversity for all constituents;
17. Give primary emphasis to regional in-season competition and conference championships;
and
18. Support student-athletes in their efforts to reach high levels of athletics performance, which may include opportunities for participation in national championships, by providing

all teams with adequate facilities, competent coaching and appropriate competitive opportunities.

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

Found: <http://www.ncaa.org/governance/division-iii-philosophy-statement?division=d3>

Affiliations – National & Conference

NCAA – National Collegiate Athletic Association, Division III

Clarks Summit University was a member of the NCAA as a Division III institution for the 1984-85 academic year. The school did not rejoin the NCAA until 1996 when the university received corresponding status. In 1998 the status was elevated to provisional membership. Full (active) status was reached in August of 2003. Division III is the largest body in the NCAA with over 400 members. There are over 1000 member colleges and universities in the combined divisions (I, II, III). Division III schools grant no athletic-related financial aid.

CSAC – Colonial State Athletic Conference (NCAA DIII)

On July 1, 2008, Clarks Summit University became a full member of the CSAC.

“The Colonial States Athletic Conference (CSAC) – formerly known as the Pennsylvania Athletic Conference (PAC) – was formed to meet the needs of small, private, four-year colleges in eastern Pennsylvania. As the institutions’ athletic programs continued to grow, it became increasingly necessary to address individual and collective concerns about intercollegiate athletics.

From the start it was a collective effort, with administrators from all member institutions contributing to the overall management of the conference. In 2000, following several years of growth and success for its members, the conference hired its first full-time Commissioner. In 2005, the current Commissioner took over the helm and, in 2006, the conference was awarded the NCAA Strategic Alliance Matching Grant, allowing for the hiring of the first full-time Assistant Commissioner/Sports Publicist.

The CSAC sponsors 17 championships in 15 sports. The conference qualifies and maintains Automatic Qualifiers (AQs) in 13 sports, sending the conference champion to NCAA Championships in Field Hockey, Men’s and Women’s Soccer, Women’s Volleyball, Men’s and Women’s Basketball, Baseball, Men’s Golf, Men’s and Women’s Lacrosse, Softball and Men’s and Women’s Tennis.

Members of the CSAC wholly embrace the NCAA Division III “student first” philosophy by ensuring that institutions place the overall educational experience and successful completion of academic programs above all else. For this reason, student-athletes are treated no differently than any member of the student population. CSAC members embrace gender equity among student-athletes and are committed to providing athletics programs that are equitable for both genders.”

*(Found on CSAC website – Conference – History)

Sport Offerings

Fall – Traditional Season

Women's Cross Country
Men's Cross Country
Men's Golf
Women's Volleyball
Women's Soccer
Men's Soccer

Winter

Women's Basketball
Men's Basketball

Spring – Traditional Season

Baseball
Men's Golf
Men's Tennis
Softball
Women's Tennis

Fall – Non-traditional Season

Baseball

Men's Tennis

Women's Tennis

Softball

Spring – Non-traditional Season

Men's Soccer

Women's Soccer

Women's Volleyball

Directory of Department of Athletics Personnel

Office Personnel	Title	Work	Cell	Email
Mike Show	Athletic Director	570.585.9225	570.498.1480	mshow@clarkssummitu.edu
Betty Wheeler	Assistant Athletic Director / Compliance Coordinator / SWA	570.585.9384	267.315.1038	ewheeler@clarkssummitu.edu
Mikaela Meaders	Sports Information Director	570.585.9228	570.665.0968	mmeaders@clarkssummitu.edu
Ronnie Chastain	Athletic Trainer	570.585.9326	570.561.6181	rchastain@clarkssummitu.edu
Joseph Tibbs	Game Day Manager	570.585.9334	518.209.4263	jtibbs@clarkssummitu.edu
Reed Plantz	Strength & Conditioning Coach	570.585.9335	215.398.8900	replantz@clarkssummitu.edu
Marvin Evans	Recreation Center Director	570.585.9256	443.850.9671	mevans@clarkssummitu.edu
Josh Knight	Assistant Recreation Center Director / Game Day Manager	570.585.9325	570.441.0180	jknight@clarkssummitu.edu
Sherrie Holloway	Faculty Athletic Representative	570.585.9238	570.815.7010	sholloway@clarkssummitu.edu
Men's Head Coaches				
Josh Knight	Baseball	570.585.9325	570.441.0180	jknight@clarkssummitu.edu
Brian Deschaine	Basketball	570.585.9324	301.351.2167	bdeschaine@clarkssummitu.edu
Frank Passetti	Cross Country	570.585.9321	570.904.1769	fpassetti@clarkssummitu.edu
Mike Show	Golf	570.585.9225	570.498.1480	mshow@clarkssummitu.edu
Joseph Tibbs	Soccer	570.585.9334	518.209.4263	jtibbs@clarkssummitu.edu
Kelly Arp	Tennis	570.585.9322	570.586.1016	kellyarp02@gmail.com
Women's Head Coaches				
Marvin Evans	Basketball	570.585.9256	443.850.9671	mevans@clarkssummitu.edu
Frank Passetti	Cross Country	570.585.9321	570.904.1769	fpassetti@clarkssummitu.edu
Wayne Slusser	Soccer	570.585.9490	570.335.3695	wslusser@clarkssummitu.edu
Dr. Bill Higley	Softball	570.585.9306	570.815.8637	whigley@clarkssummitu.edu
Kelly Arp	Tennis	570.585.9322	570.586.1016	kellyarp02@gmail.com
Kelly Fry	Volleyball	570.585.9322	570.574.0297	kfry@clarkssummitu.edu

Student-Athlete Responsibilities

Academic

Clarks Summit University athletes are first and foremost students with a primary responsibility to their academic requirements. Each academic program is designed to provide excellence in biblical education for effectiveness in global Christian leadership. With a wide range of different offerings, Clarks Summit University gives students the opportunity to follow God's leading in a variety of fields. You will earn a bachelor's degree in the field of your choice and gain a dual-major in Bible. Your other coursework will prepare you well for whatever ministry leadership career you pursue.

Attendance – classes

Student-athletes are excused from class attendance to represent Clarks Summit University in intercollegiate athletic competition.

UNDERSTANDINGS

1. Student-athletes are entitled to the same number of class absences as students who do not represent Clarks Summit University in intercollegiate athletics; however, knowing they may need to miss class for athletic competition, every effort should be made to attend all other classes.
2. Student-athletes will not miss class for practices.
3. Student-athletes will not be charged a class absence in order to represent Clarks Summit University in intercollegiate athletic competition provided they adhere to the following procedures.

PROCEDURES

1. Student-athletes must inform his/her instructor a minimum of two weeks in advance of the date of the class he/she will miss due to an athletics competition.
2. Student-athletes will not miss class for practices.
3. Student-athletes should remind the instructor two class periods before the missed class date, so that the instructor can inform the student-athlete of all homework and tests that need to be completed before or after the competition date.
4. Student-athletes will record missed classes on the class absence appeal form at the end of the semester to be reviewed by OSD.

The Clarks Summit University catalog and the student handbook contain the institutional policies for missed class time and examinations.

Financial

STEP 1

- Complete the Free Application for Federal Student Aid (FAFSA). This is your key to financial aid at almost any institution. It is required for all forms of federal and state aid, and even the Clarks Summit University Grant.

STEP 2

- Review the Student Aid report you receive from the federal processor. Check it for accuracy and make any necessary changes.
- Respond promptly to requests for documentation.

STEP 3

- Research and apply for grants and scholarships. Every student who has filed a FAFSA and received a 2.0 or higher GPA will receive the Clarks Summit University Grant per academic year. Other grants and scholarships are available through both federal and state governments. Apply for as many grants and scholarships as you can or for which you are eligible.

STEP 4

- Consider a part-time job. Clarks Summit University is located in a community in which many jobs are available to university students. A limited number of on-campus jobs are available as well. The Federal Work Study (FWS) program provides part-time employment for students who, according to the FAFSA, demonstrate financial needs.

STEP 5

- Ask questions. For further assistance, contact Financial Aid at financialaid@clarkssummitu.edu or 570.585.9215 or 800.451.7664, option 5.

Social

LOVE AS CHRIST

CSU teaches the principle of living in light of the work of Christ on our behalf. Therefore, loving the way that He has loved us and commanded us to love others is the most natural response. Loving as Christ loved includes submission to every human authority for the sake of, in the fear of, and as though it were Christ.

YIELD MY RIGHTS

CSU teaches the principle of giving up our rights for the sake of others. This way of life is central to the living and preaching of the gospel as taught and demonstrated by Christ and the apostles.

DON'T BE A STUMBLING BLOCK TO OTHERS

CSU teaches the principle of refusing to be a stumbling block in the way of a brother or sister in Christ. In this way we do not use our freedom as an opportunity for the flesh.

CONSIDER OTHERS BEFORE SELF

CSU teaches letting the mind of Christ be our mindset as well. This attitude promotes the unity of the body of Christ rather than discord among believers. It also promotes the practice of deference and honoring of others that is the demonstration of true Christian love in the world.

LIVE A LIFE OF PERSONAL SACRIFICE

CSU teaches the principle of self-sacrifice for the sake of Christ, the gospel, and others that characterizes true followers of Christ. This is a defining characteristic of our graduates around the world, and it is our desire that it continue to be for years to come.

Academic Eligibility

Athletic participation is governed by the eligibility requirements of Clarks Summit University and the National Collegiate Athletic Association. As a Clarks Summit University student athlete, you must meet the following guidelines:

1. You must enroll for a minimum of **12 credit hours** each semester. If you drop a class and it results in a class load that is less than 12 credit hours, you are immediately ineligible for further participation.
 - a. There is an exception for some students in their final semester of participation.
 - b. There is an exception for graduate students. 9 graduate hours = 12 undergraduate hours.
2. You must be making normal progress toward a recognized degree.
3. You must accumulate a total of 24 credit hours passed in the two terms of attendance immediately preceding the term of participation. The exception is that a second term freshman must pass 12 credit hours in his/her first term of attendance and be enrolled in a minimum of 12 hours during the participating second semester.
4. Once you reach Junior academic status (57 or more hours passed), you must achieve and maintain a 2.00 cumulative grade point average.
5. A cumulative grade point average of 2.00 or better is considered normal academic progress for all students. If a student, who has not yet reached Junior academic status, receives a cumulative grade point average below 2.00, he or she is placed on academic restriction. Academic restriction limits your participation to one major extracurricular activity. Below is the scale that regulates the extracurricular activities for students who are on academic restriction. These apply only to students who have not yet reached Junior status and who have cumulative grade point averages less than 2.00. Failure to achieve the minimum cumulative GPA listed below disqualifies a student from all athletic participation.

<u>Credit Hours Attempted</u>	<u>Cumulative GPA</u>
1- 18	1.4
19 – 36	1.6
37-55	1.8
56+	2.0

6. Your cumulative grade point average is determined only by classes taken at CSU. Exceptions: Transfer students for their initial semester at CSU.
7. The 24-credit hour rule (credits earned in the two terms immediately preceding the term of participation) is positively influenced by May School classes, correspondence courses and other non-term academic credit earned.

Transfer Students

Transfer students must be in good academic standing with their previous institution. The Registrar determines the academic/class status of all transfers.

Hardship Waivers

A student-athlete may be granted an additional year of participation by the conference or the Committee on Student-Athlete Reinstatement for reasons of “hardship” per NCAA Bylaw 14.2.4. Hardship is defined as an incapacity resulting from a season-ending injury or illness that has occurred under all the following conditions per Bylaw 14.2.5.

Dual Sport Student Athlete

The athletics department at Clarks Summit University allows student-athletes to participate in more than one sport in a single season. With this philosophy, it is necessary for coaches to work out a written arrangement that would enable student-athletes to participate in both sports. No athlete will be required to stop participation in one sport in order to start competition or practice in a subsequent sport, unless agreed upon by both coaches. Student-athletes are allowed to participate on two teams that overlap. The first team (first joined or in-season sport) will have priority. The athlete can only compete with the second team when the first team is finished with its season. Any exceptions to this policy must have the approval of the coaches of both sports and the Director of Athletics.

1. Coaches will work out the written agreement together and have a specific timeline to adhere to. When it comes to the second sport, the athlete may sit in on practice in order to learn plays. The athlete may also attend all non-practice team functions in order to not be left out of bonding experiences.
2. Fall athletes will not participate in practices with winter sports and winter athletes will not participate in practices with spring sports except:
 - a. 1 hour “team time” at most 2 times per week (chalk talk, team building, etc.).
3. To participate in any season overlap, student-athletes must be in good academic standing. Additionally, any student- athlete who receives low mid-term grades will not be permitted to start or continue with a second season until the first season concludes.
4. The athletics director, in consultation with the coaches and student- athletes, may make exceptions to this policy to either allow more liberal practice opportunities or to limit practice opportunities on a case-by-case basis.
5. The athletic trainer will make decisions about student-athlete’s participation in overlapping seasons in all cases involving a medical injury/condition.

Student Services

Clarks Summit University provides support services designed to enhance the academic program and care for the physical and emotional well-being of students.

Office for Student Development

At Clarks Summit University, we want more than academic excellence for you. We want to encourage you daily to grow closer to the image of Christ. This requires a dedication to student development that extends far beyond the classroom walls. It covers your whole life experience at Clarks Summit University. The Office for Student Development is deeply committed to *facilitating whole-life growth*. We oversee residence hall life, student activities, ministry development, safety and security, health services, athletics, and counseling.

Dean of Students – Ted Boykin (tboykin@clarkssummitu.edu)

Associate Dean of Students (Women) – Faye Moore (fmoore@clarkssummitu.edu)

Associate Dean of Students (Men) – James Buchanan (jbuchanan@clarkssummitu.edu)

Counseling Services

The OSD seeks to assist students in finding a person with whom they feel comfortable meeting with for counseling and mentoring. Professional counseling services are also available through the on-campus Foundations Counseling Center.

Career Services

Career Services can help students become familiar with their strengths and abilities through career and personality testing. They can assist with placing students into an academic program that will allow them to use those skills in practical ministry. Cover letter, resume, and interview preparation help is available as well as job placement services.

Learning Support Services

Clarks Summit University is committed to providing reasonable accommodations for students with disabilities in compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act of 1990. The purpose is to provide equal access to educational opportunities to students with disabilities. Academic standards are not lowered, nor are essential elements of programs changed.

Mail Services

The Campus Post Office offers USPS, UPS, and FedEx services for the convenience of our students. Each student will be assigned a mailbox and key. Replacement keys can be requested and purchased through the mailroom.

Learn Together

As a learning community dedicated to biblical higher education, Clarks Summit University strengthens the Church of God and influences society by cultivating an environment that promotes academic excellence and Christlikeness. Students are challenged to pursue biblical truth and wisdom, to embrace a Christian worldview, and to develop professional competence and relational skills. For additional information on academic policies, see the current college catalog.

Faculty Athletic Representative

Division III is a leader in supporting the role of the faculty athletics representative (FAR) in governance, strategic planning, establishing academic standards, and, most importantly, advocating for student-athletes. Because faculty athletics representatives are such a vital link in any Division III institution's strategic communications chain, FARs can help explain in a positive manner the complex relationship between intercollegiate athletics and higher education.

"I strongly believe in the role of the FAR as the hub of the athletic-academic connection for an institution. Although the AD hires all coaches and the coaches must carry out the academic focus of their players, the FAR is my central coordinator and communicator among all groups at the college – each athletics team, new faculty as a part of faculty orientation, the Student-Athlete Advisory Committee, the college President, the President's Cabinet, and Faculty." - Kenneth Garren, President at Lynchburg College

The Division III FAR...

- Helps to ensure a quality student-athlete experience and promote student-athlete well-being.
- Serves as an independent advocate for student-athletes.
- Assists in the oversight of intercollegiate athletics at the campus and conference levels to assure that they are conducted in a manner designed to protect and enhance the physical, psychological, and educational well-being of student-athletes.
- Oversees the nominations of student-athletes for NCAA grant, scholarship, and recognition programs.
- Helps promote student-athlete success in the classroom, in athletics, and in the community by striking a balance among academic excellence, athletics competition, and social growth as they prepare for lifelong success.

Found: [Division III FAR Information and Resources - NCAA.org](https://www.ncaa.org/division-iii/far)

Medical Policies

Medical Staff

Ronnie Chastain, ATC, is the athletic trainer. Ronnie began working at Clarks Summit University in the summer of 2004. Ronnie is responsible for all aspects of the athletic training program.

Injury procedure

In Season

- Physical examinations are required of each athlete.
- All illnesses and injuries must be reported to the college ATC as quickly as possible.
- The athletic training room hours are posted each semester and the ATC is available during those periods. However, special appointments may be made with the athletic training room staff.
- When necessary, the athletic trainer and school physician/ team physician will refer injured athletes to medical specialists.

Out-of-Season Injury or Illness

- The university cannot be responsible for out-of-season injuries.
- The university will attempt to assist and counsel the injured student-athlete.

Training room guidelines

The athletic training facilities are intended primarily for the use of Clarks Summit University student-athletes and members of visiting teams. Use by the faculty and other university staff personnel will be permitted, subject to the prior needs of the athletic program. Use by persons not directly connected with the university is to be discouraged and is to be authorized only by the Director of Athletics and/or Athletic Trainer or their authorized representative.

The training room is intended for use primarily in evaluating possible injuries and in treating known injuries. Its use and maintenance are a direct responsibility of the Athletic Trainer; it is to be used only under his direction.

The training room is to be kept locked at all times, except when it is in use under the direct supervision of the athletic trainer or one of the staff members acting under his direction.

Great care must be used in observing patients who are receiving treatment. Under no circumstances should an athlete or any patient who is receiving a treatment be left in the athletic training room unattended.

Insurance coverage

Clarks Summit University does not carry specific insurance on student-athletes. Each student-athlete is required to give proof of insurance that they have primary medical coverage before participating in traditional or non-traditional practice each academic year. All medical needs and bills are the responsibility of the student-athlete and their parents/guardians.

Physical Examination

It is required each year by the NCAA that all student-athletes have an updated physical from a doctor that took place after June 1 of the respective academic year. This physical must be handed into the athletic department prior to the start of practices.

Sickle Cell Trait

It is required by the NCAA that all returning student-athletes complete the Sickle Cell Trait Testing Waiver (in the athletics department). Once the student-athlete has completed this form, it is unnecessary to fill out again. The NCAA recommends that all student-athletes have knowledge of their sickle cell trait status.

As of August 1, 2022, all new student-athletes (freshmen and transfers) must provide their sickle cell trait test results to the athletic department. Athletes should contact their doctor or hospital for these records, which are usually done at birth. If the test was not given at birth, the athlete will need to get the sickle cell trait test done before they are allowed to participate in practice and competition. Once they have received the results, they will need to be sent to the athletic department.

Definition of Terms:

- **Sickle Cell Disease:** It is an inherited blood disorder that affects red blood cells. Red blood cells carry oxygen to the rest of the body. Persons with the disease produce sickle-shaped blood cells, instead of normal round cells. This sickling process prevents blood and oxygen from flowing to all parts of our bodies, which can lead to serious medical problems or even death. Sickling can occur within the first 2-3 minutes of exercise. Certain conditions can make the sickling worse. Some of these conditions include: *infection, overexertion, dehydration, stress, heat, asthma, and high altitude.*
- **Sickle Cell Trait:** Carrying the Sickle Cell Trait means that you carry enough genetic material to pass on the trait to your children. If you have children with someone else who has the Sickle Cell Trait, the children could develop Sickle Cell Disease.

Facts about Sickle Cell Trait:

- Sickle cell trait is an inherited condition of the oxygen-carrying protein, hemoglobin, in the red blood cells.
- Although sickle cell trait is most predominant in African Americans, and those of Mediterranean, Middle Eastern, Indian, Caribbean, and South and Central American ancestry, persons of all races and ancestry may test positive for sickle cell trait.
- Sickle cell trait is generally benign, and almost all of the 3 million Americans with sickle cell trait live healthy normal lives. However, during maximal exercise the oxygen level in muscles can decrease sufficiently to cause some of the red cells to change from the normal disk shape to a crescent or sickle shape.

Did you know?

- People who inherit one sickle cell gene and one normal gene have the cell “trait”. People with sickle cell trait usually do not have any of the symptoms of the disease. But it is possible for a person with sickle cell trait to have complications of the disease under extreme conditions, such as:
 - a. High Altitude (flying, mountain climbing, visiting cities with high altitude)

- b. Increased Pressure (scuba diving)
- c. Low Oxygen (mountain climbing or exercising extremely hard)
- d. Dehydration (too little water in the body)
- As a collegiate athlete, it is important to know whether or not you have sickle cell trait.

Precautions for the Sickle Cell Athlete

- In the event you test positive for the trait or the disease, you will be provided additional information on how to minimize the risks associated with participation in athletics. Some of the precautions include:
 - a. Build up slowly in training with paced progressions, allow for longer periods of rest and recovery between repetitions.
 - b. Participation in preseason strength and conditioning programs are necessary.
 - c. Discontinue activity with onset of symptoms: I.e., muscle “cramping”, pain, swelling, weakness, tenderness; inability to “catch your breath”, and fatigue.

Athletic Eligibility

No athlete shall be eligible to participate in any sport unless:

- A complete student insurance form is on file, signed by a parent/guardian.
- A complete student physical examination form is on file, signed by a doctor. * Physicals must be received after June 1 to be considered current.
- A complete CSU Health Evaluation form/questionnaire is on file with the training staff.
- All required forms are on file with the Department of Athletics – NCAA forms, financial agreements, HIPPA form, Transfer Sheet, etc.

Only the team Compliance Coordinator and Athletic Trainer can clear the athlete for participation, not their own personal doctor or coach.

NCAA Banned Drugs

The NCAA requires institutions to educate student-athletes about banned drugs and the products that may contain them per NCAA Bylaw 14.1.4.2. For further information, please go to: <http://www.ncaa.org/health-and-safety/policy>

Supplement Advisory

Each year, student-athletes test positive while using dietary supplements, obtained from a “health food store”, a personal trainer, a friend or family member, or others they trust. Some of these products have banned ingredients on the labels, and some are contaminated or spiked with banned substances, which when consumed can result in the loss of a student-athlete’s eligibility. Because dietary supplements do not have to prove purity, efficacy or safety, student-athletes take these at their own risk. **Student-athletes are advised to check out any product, including vitamin and mineral supplement products, with the appropriate athletics staff before consuming.**

Gambling Policies

Gambling

The NCAA and Clarks Summit University oppose all forms of legal and illegal sports wagering, which has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes and the intercollegiate athletics community.

Please review the NCAA gambling policies here: [Sports Wagering - NCAA.org](https://www.ncaa.org/sports-wagering)

Alcohol & Drug Policies

Drugs and Alcohol

The use and misuse of alcohol, marijuana, and other drugs places college students at risk for the problems often associated with their use. College students, in particular, often find their judgment impaired, which results in engaging in illegal and/or high-risk behaviors such as hazing, date rape, driving under the influence, injuries, and fatal accidents.

The following biblical principles are applied in our understanding and policies regarding alcohol and the use of drugs:

- Most of our undergraduate students are under the legal drinking age. For them, it is not only unwise, but it is also against the law (2 Peter 2:13-17).
- The Old and New Testaments teach leaders to avoid the use and abuse of alcohol (Leviticus 10:9; Proverbs 31:4; 1 Timothy 3:3; Titus 1:7).
- While many things are lawful, they are not all beneficial, and therefore not consistent with a life characterized by spiritual maturity (1 Corinthians 6:12; 1 Peter 4:3).
- These things impair a person's ability to make good decisions regarding sex, rendering them more prone to sexual immorality (Romans 13:13; Gal 5:19-21).
- Impairment of the mind and body through drugs and alcohol decreases our ability to exercise self-control (1 Thessalonians 5:7-8).
- While what we take into our bodies (eating and drinking) is a topic of disagreement among believers, there are biblical principles that guide us.
 - Living for the Lord and not for ourselves (Romans 14:7-8).
 - Refusing to put a stumbling block in a brother's way (Romans 14:13).
 - Exercising care in what we approve (Romans 14:22).
 - Thinking and acting for the edification of others (Romans 15:2).

We desire a healthy living and learning environment for our students and seek to comply with the Federal Drug-Free Schools and Communities Act. Therefore, the following policies will be enforced:

- Students are not allowed to use, purchase, or possess alcoholic beverages, tobacco and nicotine products, e-cigarettes, marijuana, or any illegal drug on or off campus. This includes the occurrences of self-medication and recreational use of marijuana, prescription medications, or newer synthetic drugs in both their legal and illegal uses.
- Students are notified of the significant health risks associated with improper use of substances, including those mentioned above. These risks include, but are not limited to, physical and mental dependency, damage to vital organs, and in some cases death.
- In addition to college prohibitions, state and federal law prohibits the unlawful sale, use, or possession of drugs and alcohol. Legal penalties may include fines and/or imprisonment. Students are also reminded that underage drinking is a violation of federal law. Students who engage in underage drinking may be subject to legal sanctions in addition to college penalties.
- Students who struggle with drug and alcohol use may obtain counseling from the OSD and/or the on-campus Love Life Marriage and Family Center.

Students may not attend bars or clubs where alcohol, tobacco, or marijuana is the primary feature.

Hazing, Initiations, & Related Treatment of Student-Athletes

Clarks Summit University absolutely forbids any form of hazing, initiations, or any activity that humiliates, degrades, abuses, or in any way endangers the student-athlete—with or without their consent.

Hazing, and similar activities are antithetical to genuine Christianity since it does not edify the body but rather espouses carnality. Likewise, such activities are in opposition to the practice of genuine servant hood.

Coaches have a specific role to play in not only the prevention of hazing and related activities but also in modeling servant leadership and requiring the same of veteran athletes.

Amateur Status

Amateur competition is a bedrock principle of college athletics and the NCAA. Maintaining amateurism is crucial to preserving an academic environment in which acquiring a quality education is the first priority. In the collegiate model of sports, the young men and women competing on the field or court are students first, athletes second.

The NCAA membership has adopted amateurism rules to ensure the students' priority remains on obtaining a quality educational experience and that all student-athletes are competing equitably.

All incoming student-athletes must be certified as amateurs. With global recruiting becoming more common, determining the amateur status of prospective student-athletes can be challenging. All student-athletes, including international students, are required to adhere to NCAA amateurism requirements to remain eligible for intercollegiate competition.

In general, amateurism requirements do not allow:

- Contracts with professional teams
- Salary for participating in athletics
- Prize money above actual and necessary expenses
- Play with professionals
- Tryouts, practice, or competition with a professional team
- Benefits from an agent or prospective agent
- Agreement to be represented by an agent
- Delayed initial full-time collegiate enrollment to participate in organized sports competition

Additional information regarding NCAA amateurism rules can be found in Bylaw 12.1.

Outside Competition

With outside competition, student-athletes may not compete for any non-collegiate, amateur team during the academic year. Participation for a non-collegiate, amateur team would result in the student-athlete forfeiting his/her eligibility for the remainder of the year, as well as the next academic year. However, student-athletes are allowed to practice for these teams.

Exceptions

Student-athletes may compete outside of the institution's declared playing and practice season as a member of an outside team in any non-collegiate, amateur competition during any official vacation period published in the institution's catalog.

In the sports of soccer and women's volleyball, a student-athlete may compete outside of the institution's declared playing season and practice season as a member of an outside team in any non-collegiate, amateur competition, provided:

- Such participation occurs no earlier than May 1;
- The number of student-athletes from any one institution does not exceed the applicable limits set forth in Bylaw 17.30.2.
- The competition is approved by the institution's director of athletics
- No class time is missed for practice activities or for competition; and
- In the sport of women's volleyball, all practice and competition is confined to doubles tournaments in outdoor volleyball, either on sand or grass.

It is permissible for a student-athlete to participate in outside competition as an individual during the academic year in the student-athlete's sport, as long as the student-athlete represents only himself or herself in the competition and does not engage in such competition as a member of or receive expenses from an outside team.

In individual sports, such units as "pro-am" golf teams and doubles tennis teams are not considered to be outside teams.

Questions

Q: May I compete in an alumni contest at my high school?

A: Yes, as long as it occurs during your institution's vacation period.

Q: I did not play soccer this fall, but I plan on playing next year. Can I play on a club team this spring?

A: You may play for an outside amateur team if you are not practicing with your institution's team this spring. But if you are practicing with your institution's soccer team this spring, you may not play on an outside team this spring.

Q: May I compete on a club team if I am taking off this term?

A: Yes, that is considered a vacation period.

Q: If I have finished my exams for the semester before the institution's exam periods have concluded, may I compete in outside competition?

A: Yes.

Q: May I compete in intercollegiate competition not associated with the NCAA? May I accept prizes?

A: Yes. Students may compete during the academic year as an individual, not representing the University or any other outside team. Prizes (but never cash) may be accepted during summer or anytime not enrolled.

Q: May I compete in intramural competition during the academic year?

A: Yes, intramural competition is not considered outside competition.

Financial Aid / Scholarships

In order to receive financial aid or work study, student-athletes must visit the Office of Financial Aid and fill out the proper paperwork. The paperwork includes filing the Free Application for Federal Student Aid (FAFSA) and the necessary work study documentation. If the required paperwork is not completed, a student may not get the maximum award he/she is eligible for and would not be able to work on campus. The required FAFSA form should be filed before May 1st to meet the Pennsylvania State Grant deadline.

In order to be eligible for the maximum financial aid, students need to be full-time, completing 24 credits per academic level and be making academic progress as per the guidelines outlined in the student handbook as well as stated above under academic eligibility. Because Clarks Summit University is an institution following NCAA Division III guidelines, the athletic director and coaches cannot offer athletic scholarships. All financial aid awards must be secured through the Office of Financial Aid. Financial assistance is only available through Academics and/or mission fit scholarships.

Department Code of Conduct

1. Be humble in victory and gracious in defeat.
2. Be courteous to officials.
3. Control his/her temper in all situations.
4. Refrain from using profane language.
5. Do not incite fans by his/her actions.
6. Do not criticize team circumstances, coaches, or teammates publicly.
7. Meet the following classroom responsibilities:
 - a. Work to the best of his/her ability.
 - b. Adhere to the policy on class absence for athletic competition.
 - c. Make up any work which is missed.
 - d. Complete class work on time.
 - e. Conduct oneself in an appropriate manner.
 - f. Do not use athletics as an excuse for lack of academic excellence.
8. Maintain acceptable social standards.
9. Respect and give proper care to facilities, uniforms, and equipment.
10. Obey team rules and regulations.
11. Put forth a conscientious, positive effort in all athletic endeavors.
12. Congratulate the opponent following victory or defeat.
13. When traveling, each team member must be dressed in uniformed attire, assigned by the head coach.

Travel Policies

Students are excused from class for all NCAA competitions provided they adhere to the policy on class absence. Athletic contests and departure times will be established to reduce the amount of class time which student-athletes will miss. It is further understood that coaches may honor requests from athletes to miss athletic competitions for class purposes. Such requests should be in writing, and not be held against the athlete.

General Information

All travel arrangements are arranged through the Assistant Athletic Director. A Head or Assistant Coach is required to travel with his/her respected team at all times. Squad members are required to travel with the team to and from the athletic event. No friends, guests, or alumni are to travel with the team at any time unless permission is granted by the Director of Athletics or Assistant Athletic Director.

DRIVERS

- Van drivers must meet the following guidelines:
 - 1) Drivers must be 21 years or older to drive a minivan, and 25 years old to drive a passenger van
 - 2) Must have a valid driver's license
 - 3) Must have completed the Driver Application Form and have it processed by the Human Resources Department.
- All drivers should obey written laws of the road, including the speed limit!

Institutional Travel & Sign Out

As a means of showing care and providing accountability for students, Clarks Summit University has established the following guidelines:

- Students may sign out in the dorm to stay overnight at the home of: their parents, their pastor, Clarks Summit University employee, another Clarks Summit University student's parents
- Students should be in their residence hall from 10:30 p.m. to 6:00 a.m., Mon-Thurs. After 10:30 p.m., students may sign out from their dorm until midnight. Students should be in their residence hall from midnight to 6:00 a.m., Fri-Sun. On any night of the week, students who desire to be out past midnight or before 6 a.m. must get permission from their RD in advance.

Student-Athlete Advisory Committee

According to the NCAA, “a student-athlete advisory committee (SAAC) is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC offers input on the rules, regulations and policies that affect student-athletes’ lives. There is a SAAC at the institution, conference, and national levels. Presently, there are separate national SAACs for NCAA Divisions I, II and III. NCAA legislation mandates that all member institutions have SAACs on their respective campuses. Further, NCAA legislation requires that all member conferences have SAACs.”

There are four main purposes of SAAC, provided by the NCAA, that serve as a guideline when it comes to developing this group:

- Generate a student-athlete voice within the institution
- Generate a student-athlete voice within the conference
- Review and respond to proposed NCAA legislation
- Support the campus and conference community through community outreach efforts, with a primary focus on the NCAA Division III SAAC and Special Olympics partnership

Two student-athletes from each sport will be selected to serve as representatives. SAAC representatives will report on meetings and projects to their teammates and relate concerns of their teams back to the SAAC. The group will meet once-to-twice a month and will discuss student-athlete well-being, fundraising and volunteer opportunities, as well as NCAA rules and regulations.

Honors and Awards

Clarks Summit University will present athletic awards to those student-athletes whose conduct and scholarship are deemed satisfactory by the head coach.

1. Members of CSAC and/or NCAA championship teams will be honored.
2. Athletes earning CSAC All-Conference and Sportsmanship status will receive certificates.
3. Athletes earning NCAA All-Region and All-American status will receive certificates.
4. Student-athletes are eligible to receive academic honors from the CSAC conference as follows:
 - a. The CSAC All-Academic Team criteria
 - i. Meets NCAA D3 eligibility requirements.
 - ii. Earn varsity status; and
 - iii. Earn a minimum 3.2 GPA for the semester of competition.
 - b. The CSAC Scholar-Athlete Award criteria
 - i. Be a junior or senior with at least one year in residence prior to his/her nomination;
 - ii. Have demonstrated athletic success, earned a varsity letter and been a key contributor to the team;
 - iii. Earned a minimum 3.20 cumulative GPA; and
 - iv. Competed in an NCAA sanctioned sport.
5. Senior athletes will be given a scholar award medal given the following criteria:
 - a. Must be a graduating senior (December or May of current academic year) or final season of eligibility in sport (completed during academic year)
 - b. Minimum of 2 years as a Defender athlete
 - c. 3.5 cumulative GPA
 - d. 4-year degree

CSAC Weather Policy

Clarks Summit University Adheres to the Colonial States Athletic Conference Weather Policy.

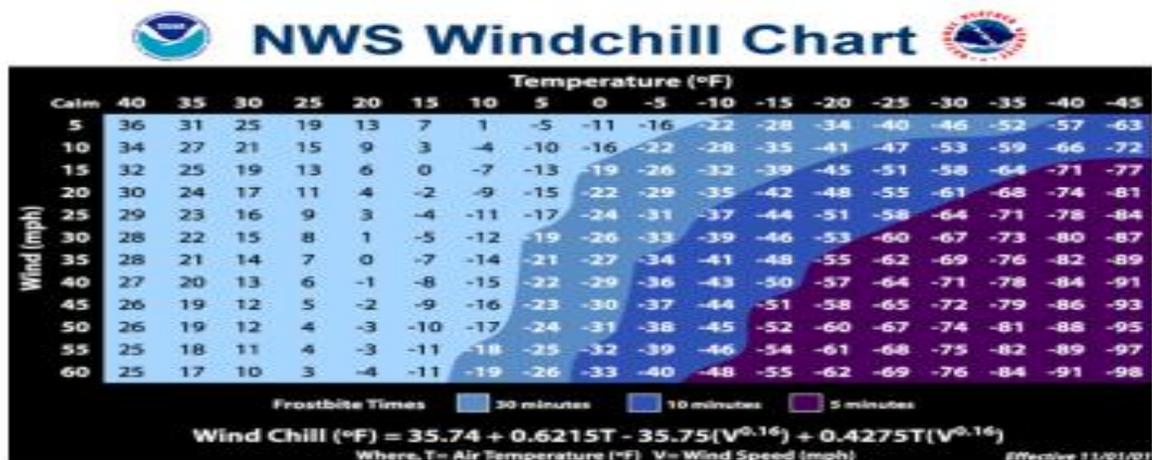
CSAC Cold Weather Policy

CSAC CONTESTS

The CSAC Cold weather policy is applicable to all home conference events. The host institution will monitor weather and in the event of anticipated inclement weather, the host institution will contact the visiting institution to discuss the Cold Weather Policy and to discuss the plan of action should the weather be a concern on the day of competition. Communication will be maintained with the visiting institution should any changes occur following the initial discussion. The host institution will maintain communication with the officials/umpires prior to the game. For field hockey, soccer and lacrosse: Real Feel temperature reaching 16° F- 25° F will result in an abbreviated version of team introductions and national anthem, and to incorporate an extended half-time for a rewarming period. Real Feel temperature reaching 15°F and below will result in the termination of outside competition. For baseball, softball and tennis: Real Feel temperature reaching 35°F and below will result in the termination of outside competition. The possibility of an abbreviated version of team introductions and national anthem, and to incorporate a rewarming period will be monitored. Individuals involved with making the decision to modify or cancel participation will be:

- o Host athletic trainer and host staff (Athletic Director/Game Day Administrator)
- o Officials

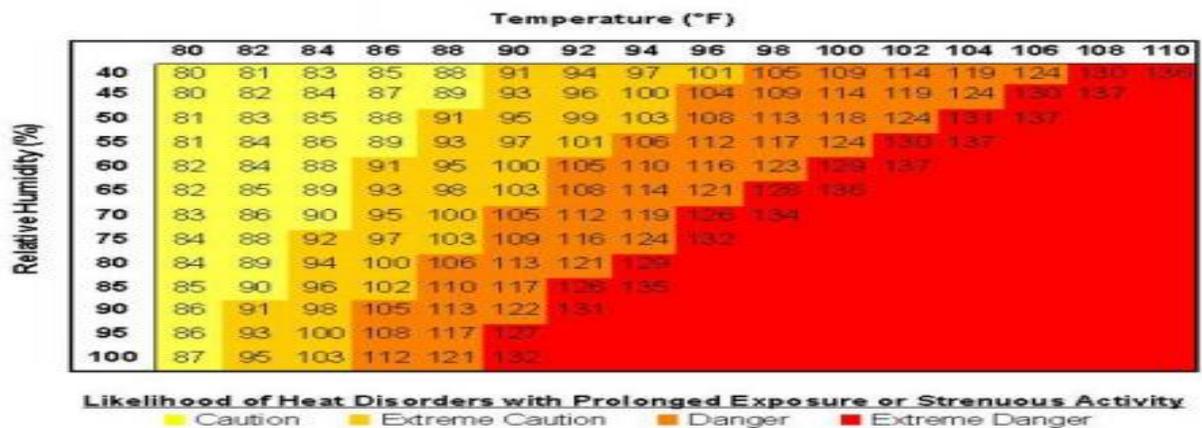
* Reel Feel Temperature shall be determined using the National Weather Service (smartphone app or website) and monitored when making decisions about the modification or cancellation of contests. ***The National Weather Service (NWS) Wind Chill Chart is below. The appropriate staff will use the National Weather Service reports when making decisions about whether or not to modify/cancel competitions.



CSAC Heat Illness Prevention Policy

CSAC CONTESTS

The CSAC heat illness prevention policy is applicable to all home conference events. The host institution will monitor weather and in the event of anticipated weather, the host institution will contact the visiting institution to discuss the Heat Illness Prevention Policy and to discuss the plan of action should the weather be a concern on the day of competition. Communication will be maintained with the visiting institution should any changes occur following the initial discussion. The host institution will maintain communication with the officials/umpires prior to the game. For field hockey, soccer, lacrosse, tennis, softball, baseball and cross country: Real Feel temperature including playing surface temperature reaching between 90° F- 100° F will result in water breaks provided at least every 30 minutes, and to incorporate an extended half-time for a cooling period. Shade should be provided. Real Feel temperature including playing surface temperature reaching between 101° F - 124° F will result in water breaks provided at least every 15 minutes, and to incorporate an extended half-time for a cooling period. Shade should be provided. 125° F including turf/field temperature and above will result in the termination of outside competition. Individuals involved with making the decision to modify or cancel participation will be: o Host athletic trainer and host staff (Athletic Director/Game Day Administrator) o Officials * Real Feel Temperature shall be determined using the National Weather Service (smartphone app or website) and monitored when making decisions about the modification or cancellation of contests.



Last Updated June 2015

Athletic Logo Policy

Because the Defender logo is the cornerstone of our visual identity, it is important that it be used consistently and correctly in all communication efforts. It exists to support and promote the athletics department and teams.

The Defender logo may not be used by any other entity on campus without the sole permission of the Athletic Director. This includes, but is not limited to, any dorms, departments, and organizations on campus.

No person or team is allowed to use the Defender logo and alter it in any way.

Student Host Regulations

For Official Visits Only

The following are required for a student or student-athlete to act as a student host:

1. The student or student-athlete must be enrolled full-time.
2. The student host shall only receive money to entertain the prospect, the prospect's parents or spouse and the student host or any staff member accompanying the prospect.
3. A maximum of \$40.00 per day will be provided to cover all entertainment expenses.
4. A student host may not purchase alcoholic beverages regardless of whether the host or the prospects are of legal drinking age.
5. No cash may be given to the visiting prospect.
6. A student host may not use entertainment funds to purchase gifts for the prospect.
7. A student host may not use transportation provided or arranged by a CSU staff member or booster of the athletics program.
8. A student host may not transport the prospect or family/friends more than 30 miles from campus per University policy.
9. A student host should not allow recruiting conversations to occur, on or off campus, between a prospect and a booster.
10. A student host may receive complimentary admission when accompanying a prospect to an on-campus athletics event.
11. A student host will be responsible for turning in any and all receipts within 24 hours after the visit.

Student-Athlete Academic Success Program (SAASP)

This program aims to provide planned times for student-athletes with academic success opportunities, with the intent to teach and strengthen study habits, while at the same time promoting the preparation and execution of academic excellence.

All student-athletes with a cumulative GPA below a 2.75 and incoming freshmen must participate for the entire semester, regardless of your sport is in or out of season. These student-athletes will be required to attend and participate in at least 4 hours per week of programming, outlined in the reporting form given to each student-athlete involved in SAASP.

Student-athletes will be required to log their hours for each program they attend and obtain a signature from the faculty/staff member overseeing the program. This form must be handed in to Athletics before Monday's chapel of the next week. Hours will be kept and logged by Athletics. Failure to complete the weekly requirement of hours, or handing in your form late, will result in consequences from your coach. Each coach has the right to decide the appropriate consequence for failure to complete the necessary hours.

Please note that in order for your hours to count, they must be filled out on the reporting form and the signature must be on that form as well. Athletics will not accept sheets of notebook paper, sticky notes, or an email as a signature for the hours. It is your responsibility as the student to obtain these signatures and record the proper hours. It is also your responsibility to hand the form to Athletics on time.

All incoming freshmen are required to participate in the "Student-Athlete Academic Success Program" for their first semester. If, after their first semester, they have achieved a cumulative GPA of 2.75 or higher, they may discontinue their participation in the program. Coaches reserve the right to hold their team to a higher GPA standard and require their players to attend at their discretion.

Transfer student-athletes who begin attending CSU with a cumulative GPA of 2.75 or higher are exempt from participation in the Student-Athlete Success Program. If a transfer student-athlete achieved a cumulative GPA below a 2.75, they will be required to participate in the program. If, after the first "At-Risk" report comes out and the transfer student-athlete is not on that list, they may be exempt from participating in the program.

If a student is not considered full-time/a graduate student/commuter, they are exempt from participating in the "Student-Athlete Academic Success Program".

Any student-athlete who drops below a 2.75 at any time must attend the "Student-Athlete Academic Success Program".

If a student-athlete becomes ineligible due to academics, they must participate in the "Student-Athlete Academic Success Program" and become academically eligible before they can resume their participation with a team.

Participating in the Student Athlete Academic Success Program lasts for the entire duration of the semester, whether or not you are in season for your respective sport. At the beginning of the next semester, the Athletic Department will assess who needs to participate in this program.