



UFV ATHLETICS HANDBOOK

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BUILDING A SAFE, INCLUSIVE SPORT ENVIRONMENT

This handbook is intended to provide guidelines for all members of Cascades Athletics, including student-athletes, staff, coaches, and volunteers.

UFV Athletics and Campus Recreation believes that everyone has the right to enjoy sport, and that quality sport enriches the lives of all involved. Student-athletes, staff, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

UFV Athletics and Campus Recreation is determined to maintain a culture that prioritizes the safety and wellbeing of participants. We strongly encourage all Cascades to read the following document, along with the linked UFV and sport organization policy files, and adhere to all guidelines as we seek to build a safe and healthy sport community.

COMMUNICATION IS KEY

At UFV Athletics, we value clear communication, and we will strive for that in all our relationships.

To that end, every Cascade will engage in regular, periodic goal-setting and evaluations.

Student-athletes will meet with coaches early in the season to develop academic and sport-related goals for the year. These goals will be revisited during regular one-on-one meetings, and coaches will complete a written evaluation of each athlete prior to the end of the winter term. Staff members will conduct the same process with the Athletic Director.



KEY STAFF CONTACTS

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VISION, MISSION & VALUES



UNIVERSITY OF THE FRASER VALLEY

UFV is built on our shared commitment to the university's purpose, principles, and our future direction. With the adoption of our new statements of vision, mission, and values in 2019, our university has set a course for lasting endurance that will benefit generations to come, both locally and beyond.

THE TANGRAM

UFV uses the visual metaphor of the tangram when we represent our vision, mission, and values.

A tangram is a puzzle made up of seven basic shapes: five triangles, a square, and a parallelogram.



Like the building blocks of a UFV education, tangram shapes can be assembled into thousands of unique configurations and results, reflecting how a single institutional vision can embody many experiences, perspectives, and outcomes.

OUR VISION

UFV will be known as a gathering place for learners, leaders, and seekers. We will pursue diverse pathways of scholarship, leading to community connection, reconciliation, and prosperity, locally and beyond.

OUR MISSION

Engaging learners, transforming lives, building community.

yoystexw ye totilthet, ayeqet kw'e shxwaylexws, thayt kw'e st'elt'elawtexw

OUR VALUES

Integrity | letse o sqwelelew

We act honestly and ethically, upholding these values and ensuring our mission is delivered consistently.

Inclusivity | lexwsq'eq'ostexw

We welcome everyone, showing consideration and respect for all experiences and ideas.

Community | st'elt'elawtexw

We cultivate strong relationships, acting as a hub where all kinds of communities — educational, scholarly, local, global, and cultural — connect and grow.

Excellence | ey shxweli

We pursue our highest standard in everything we do, with determination and heart.

UFV STANDS IN SOLIDARITY AGAINST RACISM

The University of the Fraser Valley strongly condemns racism and we stand with those communities supporting the Black Lives Matter movement and those who peacefully demand justice and equality for racialized members of society. Xenophobia, hatred, and exclusion will not be tolerated at UFV.

When we see racism occur, we must not be arrogant and simply point across the border while believing racism does not happen here. Canada has long ignored our own issues of inequality and injustice within our society. This is evidenced by the number of missing and murdered Indigenous women, ongoing anti-Asian racism across the Lower Mainland, and incidents involving members

of the Black community across Canada. These collective examples, along with too many others, highlight the important work UFV and UFV students still need to do.

We must continue to foster an environment of inclusivity, diversity, and understanding on our campuses and across our communities. In fall 2019, President Joanne MacLean formed a President's Task Force on Equity, Diversity, and Inclusion to provide leadership in creating and fostering an environment that supports and creates best practices, policies, and pedagogy for EDI. The Task Force on EDI focuses on the identification and elimination of barriers blocking career advancement, recruitment, and retention of underrepresented groups in our organization.

MISSION

CLIMB

CLIMB IS THE MISSION.

A CLIMB IS A PROCESS. IT'S A COMMITMENT TO CONSISTENT STEPS FORWARD AND UPWARD. A CLIMB IS A CHALLENGE. THE CHALLENGE IS NOT JUST EXPECTED, IT'S INVITED. THE CLIMB WILL DEMAND MUCH OF US. THAT IS THE NATURE OF THE CLIMB. THE NATURE OF THE CLIMBER IS FORTITUDE, PERSISTENCE, DETERMINATION AND CHARACTER. WE WILL LEAD AND LIFT ONE ANOTHER UP THE MOUNTAIN, TOGETHER.

TOGETHER, WE WILL CLIMB, WE WILL CONQUER.

VISION

**CLIMBER CENTRED
LEADER GUIDED
TEAM SUPPORTED**

CLIMBER: ALL OF OUR CURRENT, FORMER & PROSPECTIVE CASCADES STUDENT PARTICIPANTS WHO CHOOSE TO JOIN US IN ENGAGING IN, SHARING & UPHOLDING OUR VALUES

LEADER: A PERSON WITH EXPERIENCE & EXPERTISE IN THEIR FIELD ON OUR TEAM WHO CAN MODEL OUR VALUES, AND SHOW CLIMBERS HOW TO LIVE THEM WELL.

TEAM: OUR SUPPORT NETWORK OF FELLOW LEADERS WHO ARE DRIVEN TO HELP ALL LEADERS LEAD, & HELP ALL CLIMBERS CLIMB.



VALUES

CHASE PEAK PERFORMANCE (THE SUCCESS/OUTCOMES VALUE)

PUSUE EXCELLENCE - HOLISTIC SUCCESS - STRIVING - HAVING AND UPHOLDING HIGH STANDARDS - HIGH PERFORMING - ENTHUSIASTIC
ENGAGEMENT- PROGRESS - PEAK LEVEL EFFORT - COMMITTED & CONSISTENT - REACHING GOALS - MEETING THE CHALLENGE

LEAD BY EXAMPLE (THE LEADER/CHARACTER VALUE)

PROUD REPRESENTATIVES - CULTURE LEADERS - LIVING ADMIRABLY - MODELS OF OUR VALUES - INTEGRITY OF CHARACTER - AN EXAMPLE TO
OTHERS - STANDARD SETTER - POSITIVE INFLUENCE - RESPECTFUL AND RESPECTED - TRUSTWORTHY - DEPENDABLE - RELIABLE

INCLUDE, INVOLVE & INSPIRE (THE TEAMMATE/COMMUNITY VALUE)

WELCOMING - RESPECT FOR ALL - CREATE A SENSE OF BELONGING - MAKE OTHERS FEEL VALUED - FOSTER COMMUNITY - SEE WORTH IN OTHERS -
COLLECTIVE PARTICIPATION/CONTRIBUTION - OPENNESS - CELEBRATE UNIQUENESS - MEANINGFUL CONNECTIONS - SHARE A COMMON PASSION

MAKE PROGRESS, MAKE A DIFFERENCE (THE WORK ETHIC/CONTRIBUTOR VALUE)

CONTRIBUTION - GROWTH ORIENTED - FULL EFFORT - RELENTLESSNESS - HANDLING ADVERSITY WITH RESILIENCE - GRIT - COURAGE - WORK
ETHIC - RESOURCEFULNESS - FINDING WAYS FORWARD - DOING WHAT IT TAKES - TAKING INITIATIVE - PRIORITIZING PROGRESS - DEVOTION

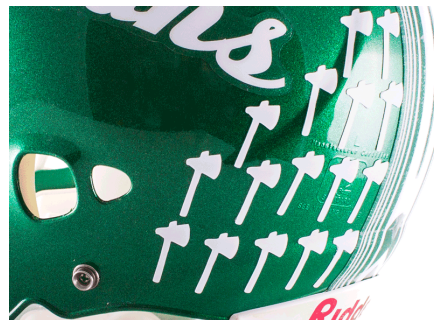
BE ALL IN (THE ATTITUDE/COMMITMENT VALUE)

TAKING IN PRIDE IN ALL WE DO - PASSIONATE - PURPOSE DRIVEN - WHOLEHEARTEDLY INVESTED - BOUGHT IN - TAKING OWNERSHIP - FULLY
PRESENT & ENGAGED - UNSTOPPABLE MINDSET - CONFIDENT - MENTAL FORTITUDE - HARD TO BEAT - A FORCE OF WILL - SWAGGER - FOCUS

UFV CLIMBER BADGES



CREATING A TRADITION OF HONOURING THOSE WHO LIVE OUR VALUES WELL, AND WHO SET AN EXAMPLE OF OUR STANDARDS



VARSITY STRIPES, PRIDE STICKERS, MERIT HONOURS. THIS WAS THE INSPIRATION FOR THE CASCADUES CLIMB BADGES. WE WANTED TO CREATE A WAY TO INSPIRE ATHLETES TO LIVE OUR VALUES, AND TO HONOUR ATHLETES FOR LIVING THEM WELL. OUR CASCADUES CLIMB BADGES WILL BECOME A TRADITION TO HELP US DO THIS. CASCADUES WILL BE SELECTED TO EARN THESE BADGES FOR ACTIONS AND BEHAVIOURS THAT DEMONSTRATE OUR CORE VALUES. EACH WEEK 5 CASCADUES WILL BE SELECTED TO EARN 1 OF THE 5 PINS ABOVE. IN ADDITION TO THE 5 WEEKLY PINS THAT WILL BE AWARDED, ATHLETES CAN EARN BADGES FROM THEIR COACHES EACH MONTH. EACH MONTH, VARSITY COACHES WILL BE GIVEN EACH OF THE 5 PINS TO HAND OUT TO ATHLETES ON THEIR TEAM AT THEIR DISCRETION FOR DEMONSTRATION OF VALUES WELL LIVED.

WHAT'S THE POINT OF THIS TRADITION?

- CREATES PRIDE IN WHO WE ARE
- INSPIRES ATHLETES TO LIVE THE VALUES
- HELPS US NOTICE OUR VALUES IN ACTION
- SHOWS US HOW THE VALUES ARE SHAPING OUR CULTURE IN OUR ATHLETES & TEAMS
- MORE OPPORTUNITIES TO RECOGNIZE/CELEBRATE/GET EXCITED FOR ATHLETES
- MORE POSITIVITY & CASCADUES TEAM SPIRIT
- INSPIRES US TO LIVE THE VALUES OURSELVES AS WE AWARD THEM IN OUR ATHLETES

WHAT DO ATHLETES DO WITH THE BADGES?

THEY CAN DISPLAY THEM PROUDLY WHEREVER THEY CHOOSE TO, BUT THE VISION WAS TO HAVE THESE BADGES PINNED TO BAGS OR JACKETS SO THEY CAN BE EASILY SEEN BY OTHERS IN OUR CASCADUES & CAMPUS-WIDE COMMUNITY. THIS WILL HOPEFULLY SPARK CONVERSATIONS AND STORIES ABOUT HOW ATHLETES HAVE EARNED THEIR BADGES, INSPIRING AND LIFTING OUR COMMUNITY UP.



WHAT HAPPENS WHEN AN ATHLETE GETS ALL 5?

THIS IS AN OUTSTANDING ACCOMPLISHMENT! WE WILL HONOUR THEM WITH A SPECIAL POST ON SOCIAL MEDIA, AND RECOGNIZE THEM AT OUR END OF THE YEAR BANQUET. WE HOPE EVERY ATHLETE AIMS TO EARN ALL 5 AND THAT THEY SEEK OUT WAYS TO LIVE EACH OF OUR VALUES NOTICEABLY.

CAN ATHLETES GET MORE THAN 1 OF THE SAME?

YES! INDIVIDUALS MIGHT BE A GREAT EXAMPLE OF PARTICULAR VALUES. WE WANT TO HONOUR THEIR UNIQUENESS! THESE BADGES WILL TELL A STORY ABOUT OUR ATHLETES. AN ATHLETE WITH GREENS AND BLACKS MIGHT BE A HIGH-PERFORMING STAT LEADER. AN ATHLETE WITH BROWNS AND BLUES MIGHT BE A HIGHLY COMMITTED, HARDWORKING ROLE PLAYER. SOMEONE WITH BLACK AND GREY MIGHT BE A TEAM-ORIENTED CULTURE CAPTAIN.



ACADEMICS: GUIDELINES, RESOURCES, ELIGIBILITY & FINANCIAL AID

KEYS TO ACADEMIC SUCCESS

Balancing a high-performance athletics schedule with university-level academics is challenging for even the best students. In order to navigate these challenges effectively, consistent class attendance and participation are essential.

It is the student-athlete's responsibility to be punctual for every class session or lab of every course for which they are registered. The development of a good relationship with instructors is greatly beneficial. Student athletes should always **ask** for permission instead of **expecting** it.

After receiving a course outline, student-athletes should provide instructors with the following information at the beginning of each term.

- A list of class periods and exams you will miss due to scheduled athletic competition (your coach will provide a schedule of athletic competition for your sport).
- Consistent attendance and punctuality will assist in

times where you need special recommendation for class absence due to Canada West & USPORTS events

- Providing a plan and suggestions of when and how you plan to make up missed assignments, exams etc.
- If class absence occurs due to injury, UFV Athletics will provide the necessary validation and documentation.

Program and course accommodation due to participation in UFV, Canada West or U SPORTS athletics events is never guaranteed.

It is important that all student athletes seek out academic advising to plan their path to graduation, and as much as possible, to avoid scheduling conflicts between classes and training or competition times. At times, this is unavoidable and it will be important to have clear communications with coaching staff and faculty about your options.

ACADEMIC STANDING & CONTINUANCE

All students accepted into a program at UFV are expected to maintain acceptable standards of scholarship. Specifically, they are expected to maintain a minimum 2.00 CGPA (cumulative GPA) on all courses. Some programs may have a continuance requirement which is higher than the institutional standard.

Academic standing is governed by UFV's [Undergraduate Continuance Policy \(92\)](#).

Students must maintain an undergraduate CGPA of at least 2.00 to remain enrolled and in good academic standing at UFV. Failure to meet the minimum CGPA requirements will result in restrictions on registration and may eventually lead to a student being withdrawn from the university.

One of the following statuses will be assigned at each checkpoint:

- **Good academic standing**, when a student has a minimum CGPA of 2.00.
- **Academic warning**, when a new student or a student who has been in good academic standing has a CGPA less than 2.00 at a checkpoint.

• **Academic probation**, when a student on academic warning has a CGPA below 2.00 at the next checkpoint.

• **Continued academic probation**, when a student on academic probation has a semester GPA of 2.00 but the CGPA is less than 2.00 at the next checkpoint.

• **Required to withdraw**, when a student on academic probation has a semester GPA and CGPA below 2.00 at a checkpoint.

If a student on academic warning or academic probation achieves a minimum CGPA of 2.00 at the end of a semester, the student will be returned to good academic standing. Students will be notified by the registrar or designate when they are placed on academic warning or probation, continued on probation, or required to withdraw.

All student athletes are required to maintain a 2.00 GPA during the academic year (365 days), which runs in conjunction with their eligibility year. This minimum GPA is required to receive all Athletics Financial Aid and International Domestic Waivers.

ACADEMIC MISCONDUCT

As members of the university community, students are expected to demonstrate appropriate academic conduct. They are responsible for their actions, whether acting alone or in a group.

Academic integrity involves applying the values of honesty, trust, fairness, respect and responsibility to your academic studies, even in the face of challenges. Students seeking assistance in this area may utilize a range of resources

available through the [Academic Success Centre](#), [UFV library](#), and more.

Allegations of violations of academic integrity, including cheating and plagiarism, are regulated by the [Student Academic Misconduct policy \(70\)](#) and its companion [Student Academic Misconduct \(70\) Regulations and Procedures](#). The procedures specify formal steps that must be followed where academic misconduct is alleged.

ACADEMIC SUPPORT SERVICES

UFV offers a series of services to help students – and student athletes – achieve their academic potential.

1. Advising Centre – Advisors support educational planning for prospective and current UFV students. They help students plan their educational career, develop academic success skills, and guide them to available resources and services. Advising appointments are available between 9 a.m. and 4:30 p.m. Monday through Friday on the Abbotsford Chilliwack or Mission campuses. Visit ufv.ca/advising for more information or to [book an appointment](#).

2. Counselling services – UFV counsellors are available to assist students with study skills, career planning

and personal issues. For more information, visit ufv.ca/counselling.

3. Academic Success Centre – The Academic Success Centre offers one-on-one feedback on the writing that you are doing for your UFV courses and on your subject-area content. Peer Tutors can assist in understanding various assignments. For more information, visit ufv.ca/asc.

4. Athletics Study Hall – UFV Athletics mandates that first-year student-athletes, along with any upperclass students carrying less than a 2.0 GPA, participate in a weekly study hall session. Study halls include team-specific and departmental options.



STUDENT-ATHLETE ELIGIBILITY

U SPORTS/CANADA WEST ELIGIBILITY

In order to be eligible to compete in USPORTS , a student-athlete must successfully maintain the following course load requirements:

A student-athlete must be enrolled in a minimum of three (3) courses recognized towards a degree (minimum 9 degree-granting credit hours or equivalent as confirmed by the registrar) in the semester in which they are competing within U SPORTS, unless there are circumstances within their academic program which would warrant an exception to this ruling and in which the university continues to declare this individual a full-time student in that semester (such as graduate students, exchange students, registered accomodations, or co-op students. (40.10.3.2.1)

ACADEMIC STANDING

Student athletes charged a year of eligibility would be eligible for further athletic competition should they fulfil the Academic Standing requirements and be a student in good standing at the end of the academic year:

A student-athlete who successfully completes a minimum of eighteen degree-granting semester hours during the academic year at a degree granting institution, is for the purpose of this rule, a student in good standing for that academic year. (40.10.3.3.1)

All athletes must be demonstrating progress towards furthering their education and maintaining academic success. (40.10.1.2)

UFV Cascades reserve the right to interpret and apply the league eligibility rules and to impose penalties on student-athletes and participants for breaches of the league eligibility rules.

REINSTATEMENT OF ACADEMIC ELIGIBILITY

Any student-athlete who is ineligible to compete in USPORTS/Canada West competition because the athlete is no longer a student in good standing, must successfully complete within an academic year; eighteen semester hours at a recognized post-secondary institution where courses are recognized for credit at the member institution registering the USPORTS athlete.



STUDENT-ATHLETE ELIGIBILITY (CONT.)

TRANSFER STUDENTS

A student-athlete who transfers from one U SPORTS member institution team to another member institution team after having been assessed one year of eligibility, must not participate in any competition (conference or non-conference) for a period of 365 days from the date that the athlete last participated in the recognized sport of U SPORTS at the previous U SPORTS institution in order to be eligible. (40.10.5.6.2)

Transfer from Canadian Colleges Athletic Association (CCAA) (40.10.5.7.1)

A student-athlete, who transfers to a member institution team from a post secondary degree or non-degree granting institution team that participates in the Canadian Colleges Athletic Association leagues shall be eligible to participate immediately in U SPORTS competition, unless:

- a) the athlete has participated in any post-secondary institution game or games in that semester or term, or
- b) the athlete has not achieved a minimum 60% average or equivalent on those courses utilized to determine his / her university admission as per Policy 40.10.3.3.6.1, or
- c) effective 2012-13, a student-athlete transferring from the CCAA (excluding CEGEP student-athletes) must have been a student in good standing (as per 40.10.3.3.1) in his or her final year as a student-athlete at their CCAA institution), or
- d) the athlete has not maintained his/her academic eligibility to continue participating in the CCAA, inclusive of transfers between the traditional fall and winter terms, or
- e) the athlete has completed his/her CCAA eligibility as per Policy 40.10.4.3.2.

Non-Canadian Degree Granting Institutions (40.10.5.7.3)

A student-athlete, who transfers to a U SPORTS member institution team from a non-Canadian post-secondary degree granting institution team (such as the NCAA or NAIA), shall be eligible to participate immediately in U SPORTS competition, unless:

- a) the student-athlete has participated in any competition with their former non-Canadian post-secondary institution in that semester or term;
- b) the student-athlete has been assessed a season of

competition (or a year of eligibility or equivalent) in the same academic year that they wish to transfer and compete with a U SPORTS member institution;

- c) the student-athlete has not satisfied Academic Standing Requirements in his or her final year as a student-athlete at their former institution (as per 40.10.3.3);
- d. the student-athlete has been assessed a season of competition (or a year of eligibility or equivalent) in any recognized sport(s) of U SPORTS in four academic years within their former non-Canadian post-secondary jurisdiction(s) (as per 40.10.4.3.2);
- e. the student-athlete left their former NCAA or NAIA institution having exhausted their eligibility as per the jurisdiction's respective time-clock / terms of attendance regulations (as per 40.10.4.3.3.b);
- f. the student-athlete is not a Canadian Citizen or does not have permanent resident status in Canada, in which case the individual cannot participate for a period of 365 days from the date that the athlete last participated in the sport in which they participated at their former institution; or
- g. the student-athlete has previously accessed a U SPORTS repatriation exemption (U SPORTS Policy 40.30.3.4.3).

PARTICIPATION & YEARS OF ELIGIBILITY

A student shall have a maximum of five (5) years of eligibility in Canada West/USPORTS competition. Participation in any other college or university conference shall be considered equivalent to and deducted from the five years of eligibility in Canada West/USPORTS.

The appearance of the name of an athlete on any score sheet or final entry form or results sheet or equivalent, within U SPORTS, shall be deemed participation in that game or competition for which the athlete was registered.

STUDENT-ATHLETE ELIGIBILITY (CONT.)

NON-CONFERENCE PARTICIPATION

Within U SPORTS, non-conference or exhibition competition shall be recognized as such if it is officiated by an official. Scrimmage Exemptions are permitted as long as the following conditions are met.

- i. Practice gear and not team uniforms are utilized;
- ii. Scrimmage provides for coaching intervention during the activity, and the game does not follow traditional time clock;
- iii. Scrimmage takes place under practice conditions, and there is no promotion of the event, admission charged, or result reported.

In U SPORTS, an athlete shall be charged with a year of eligibility for each year of competition where the athlete participated in any one of the following:

- a. participation in three or more nonconference competitions or tournaments, wherein any number of competitions that occur during three consecutive days shall count as one non-conference competition for the purposes of this rule. This includes participation within

a club or community league, within a club or community league, beyond U SPORTS conference competition, during the academic year.

Specific to the sport of Soccer participation in 11vs.11 non-conference soccer between the end of the U SPORTS Soccer Championships and August 15th (or earlier if a successful application is made) of the following year will not count towards an eligible student-athletes participation count for the purposes of eligibility. All other U SPORTS rules apply.

SEASON-ENDING INJURY

If a U SPORTS student-athlete suffers a season-ending injury or illness after surpassing current eligibility thresholds, the school, on behalf of the student-athlete, may request relief of the rule by submitting a Season-Ending Injury Form. A student-athlete who has his/her season-ending injury application upheld continues to be subject to U SPORTS Eligibility Requirements, including Academic Standing Requirements and the traditional transfer rule. The same applies to medical hardship waivers or equivalent. (U SPORTS 40.10.4.1.4)





SCHOLARSHIPS, FINANCIAL AID, AND BURSARIES

A post-secondary education requires a considerable financial investment. It is essential that students and their families plan for financing their education, on both a short-term and long-term basis. Every year, millions of dollars in federal and provincial loans, grants, bursaries, scholarships, and awards are processed and disbursed to UFV students through Financial Aid and Awards.

External awards can be applied for through the university at the beginning of each semester.

For more information in regards to external scholarship opportunities, refer to the Financial Aids and Awards website: ufv.ca/fineaid.

ATHLETIC FINANCIAL AID

U SPORTS/Canada West considers an Athletic Financial Award to be any award that is conditional to being eligible to appear on the official U SPORTS Eligibility Certificate, and administered by the university's awards office consistent with the awarding university's policies. These awards include but are not limited to, scholarships, bursaries, prizes, leadership awards, merit awards, and all other related non-employment financial benefit received by an athlete from their institution.

- All student athletes who receive Athletic Financial aid must be listed on the Eligibility Certificate and eligible to participate in at least one U SPORTS conference competition on behalf of their school
- All U SPORTS athletes must demonstrate progress towards furthering their education and maintaining academic success.
- No student athlete shall receive awards in combination that exceeds the cost of their tuition and compulsory ancillary fees. Awards cannot be given to cover the cost

of noncompulsory fees like books and housing. Housing discounts or rebates, and job compensation beyond market value are also prohibited.

To qualify for Athletic Financial Aid all student athletes must meet the following criteria:

In order to qualify for an AFA, a Student-Athlete (transfer student) who has previously satisfied the qualification criteria for an AFA must:

- have satisfied U SPORTS Academic Standing Requirements to remain eligible for U SPORTS competition during the last academic year he/she was listed on an Eligibility Certificate (or Eligibility Certificate equivalent for non-U SPORTS transfers), and,
- have attained a minimum 65%, or the equivalent GPA, on all registered course work within the last academic year he / she was listed on an Eligibility Certificate (or Eligibility Certificate equivalent for non-U SPORTS transfers)





CONDUCT & CULTURE

RESPONSIBILITIES

As a representative of a successful athletics program, Cascades are expected to train and compete to the best of their abilities at all times. They are expected to carry this same level of focus, determination and effort into the classroom in pursuit of a degree, diploma or certificate from the University of the Fraser Valley.

Cascades are ambassadors of UFV, the athletic department and their respective teams. They are role models to youth and leaders in the community, and their impact reaches far beyond the university campus and into the community at large. As such, they will always be held to a higher level of accountability because of their profile.

CODE OF CONDUCT

Under the guidelines of the Cascades Code of Conduct, [UFV Safe Student Community](#) policies, and the [Standards of Conduct for UFV Employees](#), Cascades Athletics reserves the right to discipline for athletic misconduct and to refer non-academic misconduct matters to the office of the VP, Students.

NON-ACADEMIC MISCONDUCT

Student rights and responsibilities outline what students are entitled to, and also what students are responsible for while at UFV. These rights and responsibilities extend to the virtual environment as well.

This covers things like bullying, harassment, racism, violence, and other behaviours that disrupt the learning environment, making it difficult for others to focus on their learning. As a student, you are expected to act in a way that respects the learning of other students.

These rights, responsibilities, and disruptive behaviours are outlined in three main policies that are considered “non-academic misconduct.”

1. Safe Student Learning Community Policy | [Policy 204](#)
2. Prevention, Education, and Response to Sexualized Violence | [Policy 236](#)
3. Discrimination, Bullying and Harassment Prevention | [Policy 18](#)

Cascades shall:

1. Understand that fulfilling the requirement of a post-secondary education is the primary goal of the **student athlete**.
2. Know and comply with all U SPORTS, Canada West, and UFV policies, procedures, rules and regulations.
3. Be a positive and contributing member of the campus community by conducting oneself with maturity, humility and a helpful nature.
4. Compete in a manner that demonstrates sportsmanship and respect for opponents, teammates, officials, coaches, support staff and fans. Unsportsmanlike conduct includes, but is not limited to, inappropriate behaviour, language, gesture or action, which demeans, physically intimidates or endangers others.

DISRUPTIVE BEHAVIOURS

The following list is intended to help Cascades understand the type of behaviour that will be subject to discipline. It is not an exhaustive list and individuals should be aware that their behaviour may still be considered disruptive behaviour, even if it does not appear in the list below.

Individuals shall not:

1. Behave in disruptive ways that obstruct the learning and teaching environment, including making it difficult to proceed with scheduled lectures, seminars, meetings; and with examinations or tests.
2. Damage, remove, or make unauthorized use of university property, or the personal property of faculty, staff, students or others at UFV.
3. Use any university facility, equipment, material, or service in a manner that places another person at risk.
4. Remove books, equipment, or other library material from UFV libraries without proper authorization; or purposefully misplace or deprive others of access to library material and equipment.
5. Abuse any UFV computer, computer-related facility, or software; alter or remove computer files or software without proper authorization; purposefully misplace, or deprive others of access to such computer resources.

CODE OF CONDUCT (CONT.)

6. Except for the purpose of legitimate research for a specific course or program, students shall not receive, upload, download, distribute, or send offensive, racist, pornographic, discriminatory, and/or harassing material using:

- University-owned or operated equipment or software whether it be on campus or off campus
- Student-owned computers and communication devices software or hardware on campus equipment on campus
- University-owned or operated networks

7. Engage in activity that violates the Discrimination, Bullying or Harassment Prevention policy; or engage in conduct that, although not based on the grounds specified by the Discrimination, Bullying and Harassment Prevention policy, is abusive, demeaning, threatening, intimidating, racist, or involves the misuse of authority or power.

8. Be disruptive by reason of impairment by alcohol, drugs, or other substances in circumstances where this policy applies.

9. Possess or consume illegal drugs.

10. Possess or consume alcoholic beverages, except when properly in attendance at a licensed establishment or event, or as permitted under the Residence Contract.

11. Threaten the physical or emotional well-being of faculty, staff, students, or others at the University.

12. Use unauthorized physical contact upon another individual.

13. Store, possess, or use real or replica firearms or other weapons, explosives (including fireworks), ammunition, or toxic or otherwise dangerous materials on university property.

14. Engage in hazing, which is defined as an act which endangers the mental or physical health or safety of a student for the purposes of initiation or admission into, affiliation with, or as a condition for continued membership in, a group or organization.



CODE OF CONDUCT (CONT.)

HARASSMENT AND LANGUAGE

Harassment of any kind violates fundamental rights, personal worth and human dignity. Members of the UFV community are entitled to an atmosphere free of harassment while pursuing University-related activities. Accordingly, UFV provides a policy that prohibits all kinds of harassment. The University considers harassment to be a serious offense that is subject to a range of disciplinary measures up to and including dismissal or expulsion.

The definition of harassment at UFV specifically includes discrimination based on any of the protected grounds as set out in the Human Rights Code.

It includes behaviour which would be considered discriminatory under the BC Human Rights Code, including humiliating, offending or demeaning a person or group of persons on the basis of race, colour, ancestry, place of origin, political belief, religion, family status, marital status, physical or mental disability, age, sex, sexual orientation or conviction for a criminal offence unrelated to employment.

The UFV Harassment Prevention Policy has an expanded definition of harassment which, in addition to human rights-based harassment and sexual harassment, also includes personal harassment.

While personal harassment is not specifically prohibited by law in the same way that human rights-based discrimination and sexual harassment are, the University's Harassment Prevention Policy makes it clear that this type of behaviour is not tolerated at UFV.

Personal harassment includes bullying, ostracizing, shunning, and other forms of uncivil conduct. While such conduct is not specifically prohibited by law in the same way that human rights-based discrimination and harassment are, the University's Harassment Prevention Policy makes it clear that this type of behaviour is not tolerated at UFV.

For more information, see [UFV Policy 18, Discrimination, Bullying and Harassment Prevention](#).

HAZING

The University of the Fraser Valley has zero tolerance on hazing. Hazing activities of any type are inconsistent with the mission and vision of the university and are prohibited at all times.

The definition of hazing includes but is not limited to:

1. any action or situation created, whether on or off campus, to produce mental or physical discomfort, embarrassment, harassment, fright and ridicule, including initiations which are abusive and humiliating;
2. any mental or physical requirement, request or obligation placed upon any person which could cause pain, disgrace, or injury, or which is personally degrading or violates any federal, provincial, local statute or university policy is also considered hazing.

INCIDENT REPORTING

If you've been the target of harassment, sexual harassment, bullying or discrimination, indignity, injury, or violence, you can report the incident through UFV's [Safe Student Community Page](#).

ALCOHOL

Consumption of alcohol on team trips, exhibition or otherwise, is not allowed (see 'Travel', page 8).

Alcohol is not allowed in the locker rooms of any institution, including UFV, before, during or after practice or competition.

Students who are of legal age and who choose to, after home practices or home games, socialize where alcohol is being consumed must do so only if they are not wearing any UFV Cascades clothing or gear that would associate them with the program.

Any incidents arising out of the contravention of these rules could result in immediate suspension from the athletic program for all persons involved.

This protocol is to ensure consistent and high standards of behavior of students who serve as ambassadors of the University of the Fraser Valley.

ILLEGAL SUBSTANCES

The use of illegal drugs by any Cascades athlete will not be permitted and will result in immediate dismissal from the athletic program and could result in further discipline under the UFV Student Non-Academic Conduct Policy.

Please also refer to the [CCES policy & testing page](#).

TRAVEL

Travelling on behalf of the Cascades is a privilege and should be treated as such. Costs of hotels, food, ground transportation and flights continue to increase, and the opportunity to travel across Western Canada is a perk of being a member of the team. Coaches are responsible for the wellbeing and supervision of the travel party, with the expectation that all travellers are conducting themselves in a professional manner from the time they leave home to the time they return. This includes proper attire, decorum, and gratitude that is practiced for the length of the trip.

1. Each athletic representative will travel by means to be determined by the University and stay in the accommodations provided by the University. If alternate travel arrangements are requested by the athletic representative, written permission must be obtained from the Director of Athletics or Associate Director, and a travel waiver must be signed prior to departure. Whenever possible, make these arrangements at least one week prior to team travel.
2. Athletes must consider their conduct and apparel as significant at all times, but especially so on road trips. They are expected to be well-groomed, and to dress and conduct themselves in an appropriate manner.
3. Teams may have ordered travel wear for all athletes and support staff so that there is a consistent image and proper use of Cascades trademarks. Athletes are requested to wear UFV travel apparel at all varsity events during the season. This will allow team members to be visibly recognizable as UFV athletes, and will demonstrate the athlete's pride in his/her team and UFV.
4. The possession or consumption of alcoholic beverages and/or illicit substances in accommodations or on any mode of transportation, public or private (i.e. University vans/cars, chartered buses, private cars, planes, trains, etc.) is strictly prohibited. Student athletes are not permitted

to enter public lounges, bars or pubs while traveling with a UFV team.

5. Injured or academically ineligible players may not be entitled to travel with the team.
6. Athletic representatives are responsible for insuring that vehicles and hotel rooms are left in a neat and undamaged state. No items are to be removed other than those which you brought with you. Any damage (to vehicles, accommodations, or property) will require full repayment by the individuals responsible and may result in suspension or expulsion from the athletic department and UFV.
7. All transportation and accommodation expenses incurred on sanctioned varsity team road trips will be assumed by Cascade Athletics. Incidental expenses in relation to accommodations on all road trips (i.e. phone calls, room service, in-room movies, etc.) are the responsibility of the individual athlete(s) and must be paid prior to the team departure from the lodgings.
8. All student athletes will be in their assigned rooms between the hours of midnight and 6 a.m. of each day they are representing UFV. No other persons, other than those registered to that room, are allowed in the rooms during those hours.
9. Only persons who have received travel authorization from the Director of Athletics may travel by the transportation provided by the University.
10. For road trips, all members of the travelling group are expected to be at the place of departure at the designated time. The transport vehicles will leave at that time. Those who arrive late will find themselves left behind.
11. Athletic representatives are responsible for their own meals and any spending money they may wish to take. The university will provide a per diem for the student athlete and staff as determined by the department.

INTERNATIONAL TRAVEL

Athletes on teams who are travelling internationally (outside of North America) have until 120 days prior to departure to opt out of the trip. Group travel rules often incur penalties for late cancellation and therefore it is up to the athlete to keep their commitment within four months of travelling.

Any cancellation within 120 days of departure will require full payment of any costs associated with the trip (with the exception of family emergency) including flights, accommodation, ground travel, etc.

Failure to honour payment within this timeline will forfeit your inclusion in any Cascades program.

Any funds raised for the trip are to be used for the purpose of the trip and are not refundable to the athlete or a donor.



RESPECT FOR OFFICIALS

There is a growing trend of disrespect for officials at all levels of sport, exhibited by participants, fans, coaches and administrators. Universities have the ability to provide a positive influence in this area, and a duty to do so.

Disrespect to officials includes:

1. The use of abusive or foul language toward an official.
2. Continuing to argue a 'call' or the failure to make a 'call' by an official.
3. Direct verbal or non-verbal insults at officials.
4. Invading an official's space, even when instructed not to.
5. Physical abuse of officials.
6. Attempting to influence, intimidate or manipulate officials ('working the officials').
7. Post-game complaining about officials which undermines their credibility.

Cascades athletes, staff and coaches will be expected to uphold a high standard in their treatment of officials at all times.

HOME GAME DAYS

As a representative of a successful athletics program, Cascades student-athletes are expected to carry themselves in a professional manner during varsity games. Student-athletes must reflect the pride they have in their school, their team, and themselves at all times. Each athlete is expected to be a role model on and off the court or field. Game day protocol is to ensure consistent and high standards of behavior of students who serve as ambassadors of the University of the Fraser Valley.

PREGAME EXPECTATIONS

On home game days, teams must wait outside of the gymnasium by the side door, or outside the fence of the soccer pitch. Wait until both teams from the first game have cleared the court/field before entering the gym/field to start the official warm-up of the second game. Do not bounce or kick balls or equipment until the first game has finished. Listen for direction from the Athletic Director and Athletics Event Coordinator on when you can enter the gymnasium/ pitch.

ON THE BENCH

Representatives of UFV are expected to be well-groomed, and to dress and to conduct themselves in an appropriate manner at all times. No outside food or beverages are permitted on the bench.

WHAT TO WEAR

Take advantage of every opportunity to represent UFV with our colors and logo. Players who are not dressing for

games must wear their team gear on the bench or dress in a professional manner.

WHAT NOT TO WEAR

The following items will NOT be allowed: Apparel crested with another post-secondary institution's name/logo, clothing with derogatory wording/messages, and apparel that exposes inappropriate body parts.

END OF GAME

Each team and player is responsible for leaving the bench area in better condition than they found it. Exit the gym in an orderly fashion to the team locker rooms.

LOCKER ROOM EXPECTATIONS

Locker rooms are a privilege to have on campus and for the student-athletes to access. Alcohol is not allowed in the locker rooms of any institution, including UFV, before, during, or after practices or competition. Any illegal substances in the locker room will result in immediate dismissal. Any incidents arising out of the contravention of these rules could result in immediate suspension from the athletics program for all persons involved.

Student athletes choosing to abuse game day rules and regulations will no longer be allowed to sit on the bench with the team for the remainder of the season.

DISCIPLINARY ACTION

Any student-athlete found to be in violation of the rules or policies as stated in this document may be subject to one or more of the following disciplinary actions:

1. Suspension or expulsion from Academic Program.
2. Suspension from the Athletic Program. The period of suspension shall be determined by the Director of Athletics. Suspension shall imply that the individual, while under suspension, shall not be eligible for the benefits of Cascade Athletics, including but not limited to:
 - a. Participation in team practices or games
 - b. Travel with the team
 - c. Athletic Financial Aid
 - d. Participation in academic support program(s)

- e. Free access to the fitness centre
- f. Early registration for classes
- g. Further sanctions may be applied by the university under the Safe Student Learning Community Policy (204)
3. Probation – A student-athlete may be placed on probation for a period of time as determined by the Director of Athletics. The terms of probation may be modified depending on the circumstances; however, basic probationary conditions imply that the student athlete will be immediately suspended from Cascade Athletics for the remainder of the academic year if he/she violates any Cascade Athletics rule or policy while under probation.



FACILITY & SERVICES

UFV ATHLETIC CENTRE (BUILDING E) FACILITIES

GYMNASIUMS

- Building E houses both the North and South gymnasiums.
- The South Gym (E176) is the home of Cascades Athletics, where most practices and games occur.
- The North Gym (E105) is also used for practices, as well as campus recreation, fitness testing, and more.
- Both gyms are also rentable space to both university and external community users, including youth camps, sport practices, tournaments and large gatherings.

SUMMIT FITNESS CENTRE

- Located across from the Client Services Desk, and accessible via the northeast entrance of Building E, the Fitness Centre is a useful area for additional cardio, rehab and functional movement activity outside of varsity training time.
- An activated Peak Pass membership and swiping of your Campus Card must be adhered to prior to access.
- Student-athletes must be mindful of sharing the space with paying users, and being respectful of all users within the space.

TEAM ROOMS / CHANGEROOMS

- A passcode is needed to enter a team room. These will be provided by your coach, as necessary.
- The four team rooms currently house the men's and women's basketball and volleyball teams, however, the space is shared on game days by both home and visiting teams.
- One male and one female locker room with lockers, showers and multiple seating/changing areas are available.
- Team and changerooms must always be kept tidy. They are inspected regularly, and a team's access privilege will be revoked if this rule is not respected.

THE CAVE

- A fitness hub for Cascades Athletics, located at the southwest end of the South Gym. When accessing, be mindful of groups in the gym.
- Training centre contains everything from Olympic lifting platforms, cable machine, and free weights to heavy ropes, mini bands and spin bikes. (*Some of these items have been moved to other areas.)
- It has restricted access, and solo workouts are not permitted. See the Strength & Conditioning Coach for

access information.

- The space is shared by Campus Recreation fitness classes and external rental groups.
- The space was made possible by a donation from the BC Summer Games in partnership with PacificSport Fraser Valley.

ATHLETIC THERAPY ROOM

- The Head Athletic Therapist and student therapists work out of two dedicated spaces (E100 and E160) located near the northeast entrance of Building E.
- Pre- and post-practice/competition treatment and injury assessment and rehabilitation occur in the treatment room, as well as student learning, volunteering, and practicum work.
- No unsupervised access. For ice, check in at the Client Service desk and they will assist you.
- All tape and garbage is to be placed in garbage containers. All ice bags must be emptied prior to their disposal. No full ice bags are to be placed in garbage.

CLIENT SERVICE DESK

- Located at the northeast entrance of Building E, the desk is manned by Athletics staff as well as students working as Facility Attendants and is the access check-in point for all facility users.
- Visit the desk to report incidents, obtain access to restricted areas, sign out additional equipment/keys, and pick-up/drop-off laundry.
- Towels and additional borrowed equipment are loaned in exchange for your Campus Card (no exceptions) and they are to be promptly returned when finished with.
- Student-athletes may be provided access to practice gear/uniform laundry service. Contact your coach for details.

EQUIPMENT ROOMS

- The South Gym equipment room stores necessary sport, recreation and event equipment, including varsity uniforms, volleyball nets, the volleyball serving machine, and the basketball shooting machine.
- Access to equipment rooms are limited and access must be obtained from staff at Client Service desk outside of your team practice.
- All equipment used must be returned to where it was found. If you are unsure, signage/pictures will indicate where items are stored, or ask someone for help.

RESPONSIBILITIES & EXPECTATIONS

It is the responsibility of every Cascade to ensure that all areas of the UFV Athletic Centre (Building E), including the changerooms (showers & lockers), team rooms, gymnasiums, Fitness Centre, The Cave, athletic therapy rooms, mezzanine, office area, or any area at the university in use by UFV Cascades student-athletes be left in a better condition than when they were found.

Building E is open to the public and university community, so it is imperative that you be respectful and share the space. As the prime beneficiaries of these facilities you are each asked to help ensure that all users treat them with respect. This can be done by setting an example and by reporting any misuse to staff or the Athletic Director. This includes the gym, bench, training areas and the changerooms. These areas must be left in a neat and undamaged condition after every practice, training session and game.

In exchange for complimentary gym membership and lockers, student-athletes are expected to adhere to the following regulations:

- Follow all rules as applied to the general facility user guidelines.
- Present their Campus Card (student ID) at the Client Service desk to:
 - Activate their Peak Pass membership for access to access to any training or activity outside of scheduled varsity practices
 - Swipe their card for any subsequent out of practice training or activity
 - Exchange for towel or equipment loaning
- Student-athletes are expected to share the facility and equipment with all patrons.
- If gym access is desired, it is strongly recommended to check gym schedules prior to training to be aware of open-gym training times. Open-gym training times do not allow non-varsity users to use the facility.
- Be mindful with language and music choice, free of explicit content.

UNIFORMS, TEAMWEAR & EQUIPMENT

- Uniforms and equipment are the property of the University of the Fraser Valley. Care should be taken when using university-owned equipment, including the

basketball shooting machine, volleyball serving machine, and varsity uniforms.

- No equipment should leave the facility without prior consent.
- All equipment/uniforms shall be returned in good condition at the end of each season.
- It is expected that a student-athlete would not wear uniforms or team apparel with Cascades logos during events, parties, social gatherings that would not reflect well on the university, department, and/or the student athlete's respective team.
- It is expected that a student-athlete would wear their team apparel with Cascades logos during any team function, fundraiser or public appearance where they are representing the Cascades and/or their respective teams.



A black and white photograph of a person with dark skin and curly hair, wearing a white tank top, lifting a heavy barbell overhead. The person is shown from the side, with their arms extended upwards. The barbell has large, dark weight plates. The background is a blurred gym setting with various pieces of equipment.

HEALTH & PERFORMANCE

MISSION STATEMENT

Cascades Health and Performance's goal is to provide the best care using current best practices to optimize athlete health and performance. This is done through a collaborative team approach with athletes.

MEDICAL DOCUMENTATION REQUIREMENTS

First-year athletes at UFV (recruits, transfers, walk-ons or practice players) are required to supply the following forms to UFV Athletics four weeks prior to the start of training with their team:

- Pre-participation Medical Information
- Pre-participation Physician's Examination
- Sport Medicine Treatment Consent
- Medical Release
- Release of Indemnification

UFV returning athletes will only be required to fill out the Athletic Returning Athlete Medical Information. If you suffered a significant injury or illness the previous season you will require physician clearance to return and will be taking on a case by case basis.

Athletes will not be allowed to participate in a team activity (training camps, practices, exhibition games or strength and conditioning sessions) until all required medical information has been received and reviewed by the Head Athletic Therapist or university physician. Failing to submit information by the required deadline could result in missing team activities.

INSURANCE REQUIREMENTS

Cascades Athletics requires all student-athletes to maintain extend health benefits throughout their playing career at UFV. The UFV Student Union Society (SUS) provides all full-time students with a Health and Dental Plan. The cost of your SUS Health and Dental plan is automatically included in your tuition and fees.

SUS Health and Dental Plan covers the following:

- Up to 80% prescription drugs
- Over \$4000 for health practitioners (chiropractic, massage, physiotherapy, etc.)

- Up to \$300 for vision care (eye exams, glasses/contacts)
- Up to \$750 in dental care (checkups, cleaning, fillings)
- Travel health coverage, trip cancelation, and trip interruption for medical emergency

More information and claim forms for SUS Health and Dental plan can be found by visiting ufvsus.ca/healthanddental.html, and additional information is available through insurance provider Studentcare at studentcare.ca.

INTERNATIONAL STUDENT-ATHLETES

International students are required to have medical insurance for the whole time you are studying at UFV. Student-athletes who are staying more than six months will be required to enroll in the BC Medical Service Plan (MSP). You can apply here: www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/eligibility-and-enrolment/how-to-enrol.

This information will be provided to you by UFV International during international arrival days. UFV international will also automatically enroll you in a comprehensive private medical insurance plan that is designed for international students.

More information regarding international insurance policy can be found by visiting International at international.ufv.ca/plan-your-stay/medical-insurance.

CASCADES SPORTS MEDICINE

Sports medicine services are available to all varsity athletes throughout the year for injury and rehabilitation needs at no cost. The athletic therapy clinic provides full services of assessment and rehabilitation led by the Head Athletic Therapist. Our certified staff and/or student trainers attend all practices and games providing pre/post care, first aid and emergency care to athletes. In addition, Cascades Health and Performance has partnered with local health care providers for additional treatment and care.

INJURY MANAGEMENT

If you suffer an injury during a game, practice, or workout you need to inform your team's student therapist right away. The student therapist will provide initial care onsite and then refer you to the therapy clinic. If you are traveling with your team, you will need to inform the Head Athletic Therapist by email or phone so assessment and treatment plans can be prepared for when you return. Student-athletes are expected to follow medical advice regarding their injury and participate fully in their rehabilitation.

A return to practice and play decision is a collaborative approach involving all parties involved with the athlete at the centre. The athlete must be able to demonstrate and meet all physical and functional components of their sport, and be confident and mentally ready to return.

BOOKING AN APPOINTMENT

Appointments can be booked online at <https://studenthealthandwellness.ufv.ca/home.aspx>

Please ensure all medical forms are completed prior to scheduling an appointment. If you need to be seen the same day, you need to speak directly to the Head Athletic Therapist to make those arrangements. Treatments will be available Monday to Friday at varying times.

CANCELTION OF APPOINTMENTS

Athletes must provide 24-hour notice to cancel an appointment, either in person, or via email or text. If you do not cancel with sufficient notice, you can be charged for that appointment, and your coaches will be informed.

Contact Information

Grant Ammann

Head Athletic Therapist

Email: grant.ammann@ufv.ca

Cell: 604-369-5776



PARTNERED HEALTH CARE PROVIDERS

Office: E160 (Athletic Therapy Clinic)

Cascades Health and Performance has partnered with the following local practitioners to support the overall health and wellbeing of UFV athletes. When contacting these practitioners please be respectful and polite as they are going out of their way to fit you in to their busy schedules.

PHYSICIAN

Dr. Manjit Gosal is a local physician in Abbotsford who offers medical interventions that focus on the root cause of the problem. He believes in seeing patients not only when they are sick, but also to provide prevention and wellness education to provide patients with a more personalized health care approach.

Dr. Gosal has been the physician for BC Athletic Commission providing his services to MMA, boxing, karate and other combative sports, plus working with UFV in the role of on-site physician for wrestling tournaments. Dr. Gosal is happy to work with UFV athletes who have suffered a concussion and will be looking after all concussion diagnosis and clearance. Dr. Gosal will also be seeing athletes on a case by case basis with consultation with the university therapy staff.

CHIROPRACTIC

Sumas Mountain Chiropractic Clinic (SMC) is a local clinic which employs several UFV alumni. They are happy to help athletes with their rehabilitation from an injury or general maintenance throughout the season. SMC is offering discounted treatment based on your coverage through the UFV Student Union Health and Dental Plan at a rate of \$35 for initial visits and subsequent treatments at \$30. The

team at SMC will be glad to help with getting you back. The office can be contacted at 604-852-3930 or by visiting their website at smcwellness.com. Please identify yourself as a UFV athlete when contacting the office to ensure you are seen as quickly as possible.

MASSAGE

Aieisha Luyken is an alum of UFV and played five years on the women's basketball team. She is offering treatments at Iron Cycle Club in Abbotsford at a discounted rate for UFV student-athletes. Appointments can be booked online at aieishaluykenrmt.janeapp.com/#staff_member/1. If there isn't a time available you can contact her directly to see if other arrangements can be made by email at aluykenrmt@hotmail.com or phone at 604-832-3096.

DENTIST

Dr. Matt Francisco is a UFV alum, and played on the men's basketball team. He is happy to help athletes with any dental needs throughout their time at UFV, and beyond. The goal is to reduce the risk of athletes having any dental trauma throughout this next season, and to help with this, a discount to UFV athletes on custom sports guards is being offered. If any dental emergencies or trauma do occur this year, Matt would be happy to help. The office can be contacted at 604-853-5677 or by visiting montrosedentalcentre.com. Please identify yourself as a UFV athlete to ensure you are seen as quickly as possible.

OPHTHALMOLOGIST

Dr. Gabriel Chu is a local ophthalmologist at Fraser Valley Cataract and Laser Clinic. He is willing to help UFV athletes by consulting with the university's Head Athletic Therapist

THERAPY CLINIC RULES

The therapy clinic is a busy place with assessment and rehabilitation of athletes occurring, in addition to athlete preparation for practices and games. The therapy staff ask that only athletes receiving treatment be in the clinic space to allow room for services to be provided, so please no loitering. When in the clinic please be respectful of all staff and other patients in the space by not horse playing and using foul language; the clinic is a safe zone for everyone.

All athletes are asked to show up five minutes before your appointment in appropriate attire to get treatment and perform rehabilitation exercises. Please do not wear

dirty clothing or footwear into the therapy clinic to help maintain the cleanliness of the clinic space. When in the clinic, there is to be no cellphone use without permission of the treating therapist.

Athletes are not allowed to remove supplies or equipment from the therapy clinic without permission of the head athletic therapist. Equipment will be loaned and signed out to athletes for rehabilitation purpose, but must be returned immediately after use. Therapy modalities are off limits to athletes and will be operated under the direction and supervision of a certified therapy staff member.

CONCUSSION EDUCATION AND AWARENESS

Cascades Athletics takes concussions very seriously. 1.7 million to 3 million concussions happen each year related to sport, and 50% of concussions go unreported or undetected. Cascades Health and Performance, led by the Head Athletic Therapist Grant Ammann, look after the assessment, treatment and return-to-play process for all athletes.

Cascades Athletics has provided an athlete concussion code of conduct, concussion awareness sheet, and education video by Dr. Michael Evans about concussion basics that all varsity and club athletes must review before the start of the season as part of their mandatory requirements of participation. In addition to reviewing the above documentation, athletes must participate in baseline testing that involves a SCAT5 and VOMS testing prior to being allowed to participate in any team practices or games.

CONCUSSION MANAGEMENT

Any athlete suspected of a concussion shall be removed from play immediately to be assessed by a trained medical professional (doctor, nurse practitioner, athletic therapist, or sport physiotherapist) and will not be returned to play the same day. A diagnosis of a concussion should be confirmed by a Cascades Health and Performance physician who is trained in concussions.

If a concussion is confirmed, the athlete should have physical and cognitive rest for 24 to 48 hours in the acute phase post-injury. The rest will let signs and symptoms calm down before starting with a gradual return to activities of daily living (ADL's). After this period the athlete must follow medical advice for a guided return to sport and school.

Signs and symptoms may last from minutes to days or even weeks following a concussion. During this period, it is important to take note of how you are doing and if any

signs and symptoms are getting worse. Red flags include the following:

- Seizures and convulsions
- Loss of consciousness
- Weakness or numbness in arms or legs
- Unable to wake up
- Worsening headache
- Bad nausea or repeated vomiting
- Increasing confusion
- Unsteadiness standing or walking
- Bruising around eyes or ears
- Odd behaviour
- Slurred speech
- Inability to remember injury

All athletes who have a diagnosed concussion must report the Head Athletic Therapist daily to monitor signs and symptoms in the therapy clinic. Coaches will be informed that the athlete is not to participate in team activity until medically cleared and will be advised on each step of the process, but will not be part of the return-to-play decision-making process. Full return-to-play decisions will be made between the Head Athletic Therapist and the university physician; athletes must have returned to full academics before they can return to sport with no restrictions.

It is important that student-athletes contact their professors immediately after the diagnosis of a concussion to inform them of the situation. Student-athletes will also need to be in contact with an advisor in the Centre for Accessibility Services to make arrangements to avoid any academic issues.





ANTI-DOPING

Cascades Athletics is subject to Canada West and U SPORTS anti-doping policy. The Canadian Centre for Ethics in Sport (CCES) is the managing partner, coordinating a doping control program that encompasses in-competition and out-of-competition, as well as special events. Cascade Athletics supports the foundation of fair play and drug free sport as provide by CCES, and student-athletes must complete an [anti-doping seminar from the CCES](#) each year.

UFV athletes should be aware of the substances and supplements that they are taking at all times as certain items are banned. For more information:

- [Banned substances and methods](#)
- [Supplements](#)
- [Medication](#)
- [Prohibited list](#)

CANNABIS

The Government of Canada legalized cannabis in October 2018 for medical and personal consumption. Currently

athletes are not tested for participation in U SPORTS events, however, cannabis is still a prohibited substance on the World Anti-Doping Agency (WADA) prohibited list. Athletes subject to the Canadian Anti-Doping Program (CADP) such as athletes participating with a national team, must be aware that a positive test will result in a sanction.

Cascades Athletics recommends athletes avoid violations by abstaining from cannabis use. If the use is for necessary therapy and no alternatives to medical marijuana can be found, the athlete must apply for a [Therapeutic Usage Exemption](#). Additional information can be found at [cces.ca/cannabis](#), and the CCES is also available via email (substances@cces.ca) for any cannabis or medical inquiries.

POSITIVE TEST

Any Athlete that tests positive forfeits all team privileges during the subsequent suspension and investigation. This includes access to facilities, equipment, team events, scholarships, etc.

STRENGTH AND CONDITIONING

Led by Matt Chapdelaine, UFV Cascades Strength and Conditioning serves UFV varsity athletes with in-season and out of season training programs that are sport and team specific, while also offering support in a wide range of performance habits, such as nutrition, energy management, prevention and recovery habits, and more. Matt will also be involved in the rehabilitation of UFV athletes in collaboration with the therapy staff.

GUIDELINES AND EXPECTATIONS

BE PRESENT

- Be on time. This means show up a minimum of five minutes ahead of your allocated start time. This will allow you to get situated and start getting warm.
- Being present doesn't just mean showing up, it means being ready to work. Being early can help with this, but being prepared is just as significant. Have you done the hard work of fuelling yourself and hydrating for your workout? Have you been doing work on your own to ensure you can move competently through the rigours of your training program? Are you well recovered from previous training?
- Be present in the sense of being alert. The Cave is a place where there are a lot of potential risks. Be mindful of others at work and ensure that you are mindful of your workspace while you're training.
- Finally, be present with the overall progression plan for your goals and your team goals. Be up to date with what is expected of you. Don't fall behind. If you are worried you might miss a session, then be intentional about maintaining pace with what is expected of your team by connecting with your trainers and finding ways to get up to speed.

BE RESPECTFUL

- It may be a stretch to speak so melodramatically about the training space, but treat it as though the grounds are hallowed. It is a sacred space and here is why: the kindling of a dream is formed in a training space. It is a precious, precious space where dreams are born and destinies are made.
- Because this space is sacred, be thoughtful about what you let into the space. If you are going to bring negativity or profanity, ask yourself if you are undermining the experience of someone else who takes their training more seriously than you. For this reason, we charge every athlete to be diligent in keeping profanity and vulgar talk out of the space.

- In this vein of thought, sexist, racist, prejudicial or any discriminatory talk, any talk meant to belittle or bully, anything that would make anyone feel 'lesser than' is strictly prohibited. Let's keep our space safe and accessible.
- This is a shared space, so honour the fact that others use it. Leave the space better than you found it.
- Dress the part. Come into the space wearing clothes you can train in. In addition to this, shirts stay on. No one trains without a shirt or in just a sports bra in The Cave.
- Be respectful of time. Don't waste time, it's disrespectful to yourself and your goals and to the trainer and the effort they are putting in to helping you achieve your goals.
- Often, other teams, events or bookings will be in the South Gym while your team is scheduled for a workout. Please be respectful of their session by walking around the sides of the gym QUIETLY. Represent yourself and your team well.
- Finally, one of the greatest demonstrations of your respect is results. Respect the process. Work for the outcomes you expect of yourself and the outcomes that your teammates are depending on you for.

BE INTENTIONAL

- In addition to everything already stated, being intentional means having an outcome in mind when you set out to complete a workout. Know the expectations. Have an ultimate goal you are working toward, and many small goals on the way to getting there. Let's assume the mindset of champions and work championship to championship in all the work we do. That's a mindset and a choice. It takes no talent to make that choice — just intention.

FINALLY, BE GRATEFUL

- There are many people involved in making it possible for you to have the opportunity to achieve success. Some of the unsung heroes are the security staff who help open up and shut down the space early and late when we need help with that. Our cleaning and facilities staff are integral in ensuring the space is safe and enjoyable to use. There are countless donors who have been involved in bringing forward resources. Your coaches have worked very hard to get you specific times to train. The administration, event staff, IST, SID, front desk, Campus Recreation and so many others have gone above and beyond to create an environment of excellence here at UFV. In addition to everyone else, your teammates have demonstrated commitment and consistency to upholding what we stand for at UFV as well. So be thankful.

MENTAL HEALTH

Student-athletes face high levels of stress with managing academics, performance, and personal life. One-third of Canadian undergraduate students will experience psychological distress due to development, life changes and environmental influences. There is an increase in the number of high-performance athletes living with eating disorders, substance abuse, and anxiety or depression. This is why it's important for student-athletes to access care to restoring wellness and quality of life. Confidential counselling is available to all student-athletes through [UFV Student Services](#).

Many athletes don't seek help because of the perception of weakness. But seeking help is a sign of strength, courage, and resilience. As a student-athlete you are encouraged to seek help or let your coach, teammate, athletic therapist or athletic department staff know so they can support you.

Here are some tips for coping with stress:

- Be flexible and realistic with goals and expectations
- Focus on enjoying the process and moment

- Take time off to rest and relax
- Have fun and enjoy yourself
- Recognize your hard work and strength regardless of outcome
- Build a healthy and supportive relationship with teammates, coaches, and support staff
- Accept circumstances that can't be changed and focus on task in your control
- Take care of yourself by paying attention to your needs and feelings

Additional resources:

[UFV Counselling](#)

[Here2Talk](#)

[Bell Let's Talk](#)

[Canadian Association for Suicide Prevention](#)

Crisis Support: 604-951-8855 or toll free 1-877-820-7444

MENTAL PERFORMANCE CONSULTING

Sports psychology for UFV Athletics will be led by Dr. Carl Nienhuis, a Cascades men's volleyball alum and current kinesiology faculty member.

Contact: carl.nienhuis@ufv.ca

All teams will be provided the opportunity to work with a mental performance consultant throughout their season. The goal of these sessions is to help athletes and teams learn the following skills that can be applied to practice and game situations:

- Reach their performance potential in sport and/or other aspects of life
- Regulate arousal, stress, and/or emotions
- Improve confidence, motivation, and concentration

- Manage time effectively
- Mentally plan for training and competitions
- Create and maintain positive environments
- Improve communication skills
- Learn specific performance enhancement techniques (e.g. imagery, goal-setting)
- Improve recovery and regeneration
- Debrief and evaluate performance or programs
- Improve decision making processes
- Rehabilitate from injury
- Make a positive transition from sport



NUTRITION

HYDRATION

Hydration is one of the most important things an athlete can do as 60% of our body – and 79% of our muscles – is made of water. Staying hydrated helps maintain blood volume and regulate body temperature, and helps to maintain physical and mental performance.

Athletes need to make sure they always start exercise hydrated. Here are some ways to do that:

- Drink water throughout the day
- Drink 250-500ml of water 30-60 minutes before activity
- Drink small amounts of fluid every 15 minutes during activity
- High intensity or endurance sports may require a sports drink containing carbohydrates and electrolytes
- Replace fluids lost post-activity by aiming to replace 120-150% over the next 4-6 hours
- Drink fluids in conjunction with salty recovery snacks to help your body rehydrate more effectively
- Aim for clear to pale-yellow urine to help monitor your hydration level
- Thirst is not a reliable indicator of hydration

FUELLING UP FOR SUCCESS

To get the most out of your training sessions you need to make sure you are fuelled optimally. If you fail to fuel and hydrate correctly before exercise could result in:

- Early onset of fatigue
- Reduced speed
- Reduced endurance
- Poor concentration and decision-making
- Skill errors

You will want to experiment with what is the ideal time for you to eat prior to training or competition. It is recommended that you eat a meal 2-4 hours prior to exercise with the option to add in a snack 1-2 hours before. When choosing what to eat prior to training or competition you want to pick things you are comfortable and familiar with. Some suggestions are:

- Foods rich in carbohydrates to prime your fuel stores
- Moderate in protein
- Low in fibre, especially if you have a sensitive stomach or “nervous stomach”
- Easy to digest – avoid foods high in fat as they are slow to digest

During competition for sports lasting over an hour we want to maintain carbohydrate levels which help to maintain focus and skill, and reduce fatigue. We want to emphasize fluid and carbohydrate rich snacks, with lower protein, fibre and fat during rest breaks. For short breaks here are some suggestions:

- Fruit (dried, fresh, canned, etc.)
- Diluted fruit juice or sport drink
- Cereal, sport or energy bars
- Bread, pretzels, or crackers

REFUELLING FOR OPTIMAL RECOVERY

Post-exercise, you have an optimal window to start the recovery process in the first 60-90 minutes. You want to aim to get foods that are high in lean protein with carbohydrates and start hydrating. The goals of the recovery nutrition are to:

- Refuel and rehydrate the body
- Promote muscle repair and growth
- Boost adaptation from training session
- Support immune function
- Improve strength and endurance for next training or competition

Inadequate nutrition recovery can result in:

- Increased fatigue (during training, school and/or work)
- Reduced performance at next session
- Decreased gains throughout the season
- Increased muscle soreness

Additional nutritional resources can be found at cces.ca/sport-nutrition. If you have specific question, contact a sport dietitian for advice.

SLEEP

Devoting attention to your sleep is smart and a wise investment as an athlete. Sleep is a vital part of our overall health, performance, cognitive function, and aesthetics. As a student-athlete you face a greater threat to poor sleep habits because of the rigorous schedules, but also due to technology.

Poor sleep in athletes has been linked to the following:

- Increased fatigued related injuries
- Hormonal and metabolic disturbances
- Increased risk of infection and immune suppression
- Decreased reaction times
- Increase in unstable emotional states
- Reduced cognitive function

Optimal sleep provides:

- Reduced injury rates
- Improved reaction times
- Faster sprint times
- Extended careers

- Fewer mental errors
- Better accuracy
- Ready to perform
- Increased rehabilitation

To establish a healthy sleep we need to have quality/depth, regularity, quantity/duration and continuity. Here are some recommendations that will help you get 7+ hours of sleep a night:

- Maintain a regular sleep-wake schedule
- Avoid caffeine, alcohol, nicotine or other chemicals that interfere with sleep
- Make you bedroom a comfortable sleep environment
- Have a calming pre-sleep routine
- Go to sleep when tired
- No napping too close to regular bedtime
- Avoid use of cellphones or tablets 30 minutes before
- Do not watch the clock at night
- Personalize your sleep routine





COMMUNICATIONS & MEDIA

BRAND IDENTITY

UFV Athletics' "We Climb, We Conquer" brand identity is a mountain-climbing metaphor that dovetails with our Cascades logo and nickname. It reflects the idea that we're on the ascent, we're resilient, we'll never be outworked, and we enjoy the journey as we pursue our goals. Fans can also get involved with the tag line Rally for the Valley. Use the #WeClimbWeConquer or #RallyForTheValley hashtags to join the social media conversation around the Cascades.

CASCADES MEDIA CHANNELS

UFV Athletics maintains a robust web presence at GoCascades.ca to engage fans, and extends its reach via social media.

- **WEBSITE:** GoCascades.ca is on the SIDEARM Sports platform, and features team rosters and schedules, game previews and recaps, awards announcements, and all other press releases and information relating to the Cascades.
- **SOCIAL MEDIA:** Follow the @ufvcascades social media accounts on [Instagram](https://www.instagram.com/ufvcascades), [Twitter](https://twitter.com/ufvcascades) and [Facebook](https://www.facebook.com/ufvcascades). We also

have a YouTube account which can be found [here](https://www.youtube.com/ufvcascades).

- **PHOTOGRAPHY:** Action photos from Cascades home games can be found at [Flickr.com/ufvcascades](https://www.flickr.com/photos/ufvcascades/). High-res files are available for download, and are freely available to athletes, fans and media.
- **WEBCASTING:** Cascades regular-season and playoff games for basketball, soccer, and volleyball are webcast at CanadaWest.tv. U SPORTS championships are webcast at USPORTS.live.

STUDENT-ATHLETE SOCIAL MEDIA GUIDELINES

It's true that who you are in private says the most about your character, but social media is an incredible amplifier. It has massive potential for student-athletes in terms of marketing and brand-building, but the pitfalls can be as distinct as the payoffs.

Some social media tips to remember:

- As a varsity athlete, you are a representative of UFV, and a role model. You have a higher profile than the average UFV student, and young fans and aspiring athletes in the community will look up to you. Social media is a big part of your platform.
- Don't post, comment on, or like anything you wouldn't be comfortable with being displayed on a billboard for all to

see, or with a potential employer reading.

- What constitutes an inappropriate social media post? Don't be a bully. Don't be hateful. Don't harass. Don't be crude.
- Once any text or photo is placed online, it is completely out of your control, regardless of whether you limit access to your page. Anything posted online (even direct messages) can become public.
- Show personality on your social channels! Build a brand, and promote your team and the Cascades. Give fans a behind-the-scenes look at the life of a student-athlete, and have positive conversations with them to build goodwill. Tag @ufvcascades when applicable.

INTERACTING WITH MEDIA MEMBERS

Cascades athletes are frequently interviewed post-game, both at home and on the road, by university sports information staff. Additional media opportunities come via print and broadcast outlets on campus and in the community.

Some media points to remember:

- The attitude you bring to interviews can have a direct impact on the level of interest in your team. In amateur sport, media members in most cases will be looking for interesting, upbeat human interest stories that will resonate with readers, viewers or listeners, rather than aiming to criticize your performance. So relax, have fun, and let your personality show through!

- A couple interview tips: Be humble in victory and gracious in defeat; don't give your opponents "bulletin board material" (quotes that will fuel their motivation); and don't criticize officials, teammates, or coaches.
- Most media requests will come through UFV Athletics communications staff, but occasionally you might hear directly from a hometown media outlet. In those cases, please contact Cascades communications coordinator Jordie Arthur (jordie.arthur@ufv.ca) before giving the interview.
- For additional media training, or to prep for a specific interview, contact Jordie Arthur.



**STUDENT-ATHLETE
ADVISORY
COMMITTEE**

MISSION

The mission of the University of the Fraser Valley U SPORTS SAAC is to enhance the student-athlete experience through social and academic opportunities, ensuring student-athlete prosperity through effective communication between the athletic body and administration, and fostering a positive student-athlete

image within our community.

Many institutions throughout U SPORTS have their own SAAC made up of student-athletes. Our committee is responsible for representing the student-athlete voice on campus to various organizations, as well as serving as a liaison between administration and student-athletes.

AREAS OF FOCUS

We have chosen to accomplish our mission through our focus in three main areas: Community Involvement, Student Engagement, and Game Day Events. Each of our student-athlete members chose one of the areas of focus listed above. We refer these areas of focus as silos.

COMMUNITY INVOLVEMENT

The Community Involvement Silo is responsible for establishing partnerships with campus and community groups to create philanthropic opportunities for student-athletes. They organize volunteer and fundraising events, seeking to engage student-athletes and help them get involved.

STUDENT ENGAGEMENT

The Student Engagement Silo works to build a sense of community for student-athletes to support each other in both their athletics and academic endeavors. They help

provide leadership opportunities to student-athletes through involvement with SAAC events such as Res Life and UFV student engagement. This team will also work to participate in initiatives and campaigns such as Sexual Assault Awareness Month and Sport Inclusivity. The Student Engagement Silo acts as a liaison between student-athletes and administration to ensure the student voice is heard.

GAME DAY EVENTS

The Game Day Events Silo is responsible for helping plan theme nights at varsity games. This silo includes a group of energetic and involved student-athletes that focus on encouraging participation from the student body and student-athletes at UFV varsity games. The group would help to elevate excitement at our home games and engage various student groups in order to promote inclusion and diversity at varsity events.

SAAC REPRESENTATIVES

The Student-Athlete Advisory Committee (SAAC) comprises a group of student-athletes, with representation from each of UFV's varsity and club sports based on the size of each team.

Each member serves as a liaison between the committee and his/her individual team, and participates fully as a member of the SAAC in a mutually respectful, open, honest and professional manner. Members are responsible to participate fully in the dynamics of discussion and debate within a consensual model of decision-making.

VARSITY & CLUB ATHLETES

- Women's & Men's Basketball (4)
- Women's & Men's Volleyball (4)
- Women's and Men's Soccer (4)

- Women's & Men's Golf (4)
- Men's Baseball (4)
- Women's & Men's Rowing (2)

ADMINISTRATIVE STAFF MEMBERS

- Associate Athletic Director
- Athletics Event Coordinator
- Communications Coordinator
- Facilities Operations Coordinator
- Manager of Campus Recreation & Wellness

SAAC REPRESENTATIVES (CONT.)

KEY ROLES IN THE SAAC MEMBERSHIP

President - The president's vision must be broad and extend into the future to ensure the SAAC's relevance and viability. By establishing a vision for the SAAC each year, the president is expected to set a tone for that year's elected committee and motivate all members of the committee to get involved and be leaders both within the athletics community but also more generally on campus.

Community Involvement Silo – Led by a Vice President and a total of seven student-athletes

Student Engagement Silo – Led by a Vice President and a total of seven student-athletes

Game Day Silo – Led by a Vice President and a total of seven student-athletes

SAAC SPECIAL EVENTS

The SAAC runs a number of events throughout the year with the goal of improving the student-athlete experience. Past Events have included but are not limited to:

RESIDENCE MOVE-IN DAY (AUGUST)

ABBOTSFORD CLEAN-UP PROJECT (SEPTEMBER)

WALK & KNOCK (OCTOBER)

BASKETBALL PINK NIGHT (NOVEMBER)

STUFF-A-CRUISER WITH ABBY PD AND THE FRASER VALLEY HEALTH CARE FOUNDATION (NOVEMBER)

OPERATION CHRISTMAS CHILD (DECEMBER)

BELL LET'S TALK MENTAL HEALTH CAMPAIGN (JANUARY)

VOLLEYBALL YOU CAN PLAY NIGHT + DIVERSITY & INCLUSION WEEK (JANUARY)

