



Providence College Athletics

2022-2023



Property of: _____

Address: _____

Phone #: _____

In case of emergency, please notify:

Name: _____ Phone #: _____

The information in this book was the best available at press time. Watch for additional information and changes.



powered by **sdi innovations**

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form without getting prior written permission of the publisher.

© 2022. SDI Innovations. All Rights Reserved.

2880 U.S. Hwy. 231 S. • Lafayette, IN 47909 • 765.471.8883
<http://www.schooldatebooks.com> • sdi@schooldatebooks.com

TABLE OF CONTENTS

Athletic Department Directory.....	3	Providence College Uniforms, Marks, Logos & Verbiage.....	22
Other Important Campus Resources.....	7	Providence College Facilities	22
Notice to Student Athletes	7	Providence College Involvement & Opendorse.....	23
Notice of Non-Discrimination	8	Professional Service Providers / Representation.....	23
Athletic Department Mission and Core Values	9	Athletic Department Activities	23
The Mission of Providence College Athletics.....	9	Specific Prohibited Categories	23
The Core Values of Providence College Athletics.....	9	International Student-Athletes	23
Athletic Department Statement on Diversity, Equity and Inclusion.....	9	Disclosure Policy	23
Athletic Conference Affiliations	10	Financial Aid.....	23
Big East Conference Sportsmanship.....	10	Financial Aid.....	24
Friar Edge Student-Athlete Development.....	12	Athletic Scholarship	24
Team Chaplains	13	Athletic Scholarship Revocation, Non-Renewal and Appeal Policy.....	24
Student Success Center.....	13	Playing and Practice Season	25
Student Success Center Mission Statement	13	Out-Of-Season.....	26
The Goals of the Student Success Center	13	Transferring.....	26
Academic Commitment.....	13	Exit Survey / Exit Interview	27
Academic Policies/Procedures	14	Social Media Guidelines	27
Academic Integrity	14	Voluntary Withdrawal.....	27
Academic Integrity Policy.....	14	Student-Athlete Grievance Procedure	27
Undergraduate Degree Requirements.....	14	Varsity Letter Awards	28
General Degree Requirements.....	15	Senior Gifts and Graduation Medallions	29
Grades/Quality Points/Notes.....	15	Student Athlete Health and Wellness	29
Academic Status	16	Athletic Department Innovation Lab	30
Course Withdrawals.....	16	Sports Medicine / Athletic Training	30
Athletic Academic Eligibility	16	Athletic Training Room Rules & Procedures.....	30
Athletic Academic Eligibility Year-To-Year Chart...	17	Fueling Station.....	31
International Student-Athlete Support	18	Drug Education, Testing, & Counseling Program for Student-Athletes	31
Gender Equity Disclosure.....	18	Drug Testing Policy.....	31
Student/Community Programs	18	Drug Testing Procedure.....	32
Student-Athlete Advisory Council.....	18	Communication of Institutional Drug Testing Results.....	32
Online Platforms	18	Safe Harbor Clause	32
NCAA Compliance.....	18	Other Important Information	32
Compliance Forms.....	19	Concussion Safety Protocol	33
Campus Recruiting Visits - Student Host Responsibilities	19	Nutrition, Weight, and Body Composition Management Program	38
Agents.....	20	Overview	38
Amateurism.....	20	Hazing Policy.....	40
Complimentary Admissions.....	21	Media Relations.....	40
Sportsmanship.....	21	Discrimination and Harassment.....	42
Gambling.....	21	College Officials for Reporting and Assistance...	42
Employment.....	21		
Student Athletes	21		
Extra Benefits / Awards & Benefits	22		
Name, Image & Likeness Policy.....	22		

ATHLETIC DEPARTMENT DIRECTORY

ADMINISTRATION

Steve Napolillo, VP/Athletic Director	snapolil@providence.edu	865-2265
Pamela Hartley, Executive Assistant	phartley@providence.edu	865-2265
Fr. John Vidmar, O.P, Faculty/Athletic Rep	jvidmar@providence.edu	865-1936
Jill La Point, Sr. Assoc. VP/Deputy AD/SWA	jlapoint@providence.edu	865-2588
Kevin Connolly, Asst. VP/Associate AD/External Relations	kconnol4@providence.edu	865-1090
John Rock, Sr. Assoc. AD/Health and Wellness	jrock@providence.edu	865-2262
Arthur Parks, Sr. Assoc. AD/Media Relations & Strategic Communications	aparks@providence.edu	865-2759
Joe Nicastro, Assoc. AD/Compliance	jnicast1@providence.edu	865-2518
Martha Perez-Schmitz, Assoc. AD/Business	mperezsc@providence.edu	865-2362
Dave Longo, Assoc. AD/Facilities & Operations	dlongo@providence.edu	865-2034
David Berard, Assoc. AD/ Men's and Women's Ice Hockey	dberard@providence.edu	865-2555
TBD, Assoc. AD/ Diversity, Equity and Inclusion	---@providence.edu	

MEN'S BASKETBALL

Ed Cooley, Head Coach	ecooley1@providence.edu	865-2266
Jeff Battle, Assoc. Men's Basketball Coach	jbattle@providence.edu	865-2228
Brian Blaney, Asst. Men's Basketball Coach	bblaney1@providence.edu	865-2704
Ivan Thomas, Asst. Men's Basketball Coach	ithomas@providence.edu	865-2584
Kevin Kurbec, Director MBB Operations	kkurbec@providence.edu	865-2920
Robert Walsh, Assoc. Dir of Player Dev	rwalsh7@providence.edu	865-2725
Susan Gibree, Administrative Asst.	sgaber@providence.edu	865-2266

WOMEN'S BASKETBALL

James Crowley, Head Coach	james.crowley@providence.edu	865-2529
Kelcie Rombach Asst. W. Basketball Coach	krombach@providence.edu	865-2538
Tiara Johnson, Asst. W Basketball Coach	tjohnso7@providence.edu	865-2756
Jessica Jenkins, Asst. W Basketball Coach	jjenkin3@providence.edu	865-2528
Jennifer Nabrizny, Director WBB Operations	jnabrizn@providence.edu	865-2539
Jalisa Mitchell, Assoc. Dir of Player Dev	jmitch14@providence.edu	865-2264
Lisa Vieira, Administrative Assistant	lvieira1@providence.edu	865-2529

CHEERLEADING & DANCE

Melissa Scungio, Cheer Coach	mscungio@providence.edu	865-1773
Katie Printer, Dance Coach	kprinter@providence.edu	865-2759

MEN'S & WOMEN'S CROSS COUNTRY / TRACK & FIELD

Ray Treacy, Dir Cross Country Track & Field	rtreacy@providence.edu	865-2427
Tim Brock, Asst. CC/Head M Track Coach	tbrock1@providence.edu	865-2969
Catarina Braz-Rocha, Asst. CC/Head W Track Coach	cbrazroc@providence.edu	865-2402

WOMEN'S FIELD HOCKEY

Diane Madl, Head Coach	dmadl@providence.edu	865-1518
Leslie Smith, Asst Field Hockey Coach	lsmith22@providence.edu	865-1718
TBD, Asst Field Hockey Coach	-----@providence.edu	865-1827

MEN'S ICE HOCKEY

Nate Leaman, Head Coach	nleaman@providence.edu	865-2551
Ron Rolston, Assoc. Ice Hockey Coach	rrolston@providence.edu	865-2553
Joel Beal, Asst. Ice Hockey Coach	jbeal1@providence.edu	865-2552
Theresa Feaster, Coord of Men's Hockey Ops	tfeaster@providence.edu	865-2560

WOMEN'S ICE HOCKEY

Matt Kelly, Head Coach	mkelly42@providence.edu	865-2291
Alison Domenico, Assoc. Ice Hockey Coach	adomeni1@providence.edu	865-1287
Nicole Renault, Asst. Ice Hockey Coach	nrenault@providence.edu	865-1712
Doug Ferry, Coord of Women's Hockey Ops	dferry2@providence.edu	865-2563

MEN'S LACROSSE

Robert Benson, Head Coach	rbenson@providence.edu	865-2007
TBD, Assoc. Lacrosse Coach	@providence.edu	865-2956
TBD, Asst. Lacrosse Coach	@providence.edu	865-1907

MEN'S SOCCER

Craig Stewart, Head Coach	cstewar3@providence.edu	865-2322
John Mark Andrade, Assoc. Soccer Coach	jandrad4@providence.edu	865-2005
Dave DeMello, Asst. Soccer Coach	ddemello@providence.edu	865-2005

WOMEN'S SOCCER

Sam Lopes, Head Coach	slopes1@providence.edu	865-2032
Carlos Pinhancos, Asst. Soccer Coach	cpinhanc@providence.edu	865-1596
Katie Day, Asst. Soccer Coach	kday1@providence.edu	865-1973

WOMEN'S SOFTBALL

Jill Karwoski, Head Coach	jkarwosk@providence.edu	865-1423
Breanne Nasti, Assoc. Softball Coach	bnasti@providence.edu	865-2967
Kelsey Christensen, Asst. Softball Coach	kchrist1@providence.edu	865-1593

MEN'S & WOMEN'S SWIMMING & DIVING

John O'Neill, Head M/W Swim Coach/Aquatic Dir	joneill7@providence.edu	865-2268
Margaret Howe, Assoc. Swim/Dive Coach	mhowe@providence.edu	865-2268
Newell Roberts, Dive Coach	nrobert1@providence.edu	865-2268
Ken Reall, Asst. Swim/Dive Coach	kreal1@providence.edu	865-2268

WOMEN'S TENNIS

Orsi Golovics, Head Coach	ogolovic@providence.edu	865-1780
TBD, Graduate Assistant Coach	-----@providence.edu	

WOMEN'S VOLLEYBALL

Margot Royer-Johnson, Head Coach	mroyer@providence.edu	865-2028
Richard Gomes, Asst Volleyball Coach	rgomes3@providence.edu	865-2030
Amaya Williams, Graduate Assistant Coach	Awilli13.ga@providence.edu	865-1726

ATHLETIC DEVELOPMENT

Kevin Connolly, Asst. VP/Associate AD/External Relations	kconnol4@providence.edu	865-1090
Nina Bymark, Assistant AD/Development Coordinator	cbymark@providence.edu	865-1722
Harold Starks, Coord of SA Mentorship/Athletic Alumni Programs	hstarks@providence.edu	865-2860
Susan Wagner, Administrative Assistant	swagner2@providence.edu	865-2833

COMPLIANCE

Joe Nicastro, Assoc. AD/Compliance	jnicast1@providence.edu	865-2518
------------------------------------	-------------------------	----------

MEDIA RELATIONS / ATHLETIC MARKETING & PROMOTIONS

Arthur Parks, Sr. Assoc. AD/Media Relations & Strategic Communications	aparks@providence.edu	865-2759
Jennifer Rynearson, Assoc. AD/Media Relations	jrynears@providence.edu	865-2208
Audrey Gunther, Asst. AD Athletic Mkt & Promo	agunther@providence.edu	865-1810
Mike Billings, Sr. Asst. Dir Athletic Media Relations	mbillin2@providence.edu	865-2201
Nick Rojas, Asst. AD of Video Operations	nrojas@providence.edu	865-2267
Mathew Amaral, Coordinator of Marketing & Promotions	mamaral7@providence.edu	865-1810
Mike DeMars, Coordinator of Social Media	mdemars@providence.edu	865-2438

SPORTS MEDICINE

Kristen Duhamel, Assoc. AD Sports Medicine	kduhamel@providence.edu	865-2260
Sid Basiel, Sr. Asst. Athletic Trainer	sbasiel@providence.edu	865-2251
Bernard Walls, Asst. Athletic Trainer	bwalls@providence.edu	865-2076
Michele Zielinski, Asst. Athletic Trainer	mzielin2@providence.edu	865-2541
Lindsey Laturnau, Asst. Athletic Trainer	llaturna@providence.edu	865-1771
Sam Dalena, Asst. Athletic Trainer	sdalena@providence.edu	865-2970
Grace Hobbes, Asst. Athletic Trainer	gpopham@providence.edu	865-1752
Jessie Fong, Asst. Athletic Trainer	jfong@providence.edu	865-1198
Christopher Hagemann, Asst. Athletic Trainer	chageman@providence.edu	865-1761

TICKET OFFICE

Andrew Schoepfer, Assoc. AD/Ticket Ops	aschoepf@providence.edu	865-4672
Spenser McElhoney, Asst. Ticket Manager	smcelhon@providence.edu	865-2805
Samantha Lavin, Asst. Ticket Manager	slavin1@providence.edu	865-1088

FACILITIES / GAME DAY MANAGEMENT

Dave Longo, Assoc. AD Facilities and Ops	dlongo@providence.edu	865-2034
Jeneil Foster, Asst. AD Facilities and Ops	jfoster6@providence.edu	865-2317

EQUIPMENT ROOM

John Flanders, Equipment Mgr, Alumni Hall	jflanders@providence.edu	865-2256
Andrew Zagorianakos, Equipment Mgr, Schneider Arena	azagoria@providence.edu	865-2559

STRENGTH & CONDITIONING

Ken White, Head Strength & Conditioning	kwhite@providence.edu	865-2167
Rick Blackadar, Sr. Asst Strength & Cond	wblackad@providence.edu	865-2951
Natalie LaSalle, Asst Strength & Cond	nlasalle@providence.edu	865-1868
Aimee Pardington, Asst Strength & Cond	aparding@providence.edu	865-2953
Anderson Nance, Asst Strength & Cond	anance@providence.edu	865-2573

BUSINESS / FINANCE

Martha Perez-Schmitz, Assoc. AD Business	mperezsc@providence.edu	865-2362
Maddie Jolin, Coord of Business Operations	mjolin1@providence.edu	865-2577
Sharon Clark-Edge, Sr. Office Asst.	sclarked@providence.edu	865-1877

STUDENT-ATHLETE DEVELOPMENT

Jill La Point, Sr. Assoc. VP/Deputy AD/SWA	jlapoint@providence.edu	865-2588
John Rock, Sr. Assoc. AD/Health and Wellness	jrock@providence.edu	865-2262
Jennifer Cunningham, Associate AD/SA Development & Internal Operations	jennifer.cunningham@providence.edu	865-1880
TBD, Associate AD/Diversity, Equity & Inclusion	----@providence.edu	
Jaime Lipski, Associate Director of Student-Athlete Services	jlipski@providence.edu	865-2667
Amanda Reall, Men's Basketball Academic Coordinator	areall@providence.edu	865-1064
Shannon Catlin, Academic Coordinator Student-Athletes	scatlin@providence.edu	865-1774
Megan Straumann, Athlete Career Coach	mstrauma@providence.edu	865-2363
Shaun Crank, Athlete Career Coach	scrank@providence.edu	865-1746
Tim DiLeo, Sports Dietician	Tdileo1@gmail.com	865-2260
Dr. Jessica Stewart, Clinical Psychologist	Jstewar5@providence.edu	865-2145

ACADEMIC SUPPORT

Kaitlyn O'Malley, Associate Dean of Student Academic Success	komalle5@providence.edu	865-2095
Jaime Lipski, Associate Director of Student-Athlete Services	jlipski@providence.edu	865-2667
Amanda Reall, Men's Basketball Academic Coordinator	areall@providence.edu	865-1064
Shannon Catlin, Academic Coordinator Student-Athletes	scatlin@providence.edu	865-1774

OTHER IMPORTANT CAMPUS RESOURCES

Chaplain's Office		865-2216
Special Advisor to the President & Chief Diversity Officer – Jacqueline Peterson	jpeter14@providence.edu	865-2878
Office of Institutional Diversity	diversity@providence.edu	865-2836
Title IX Coordinator- Rachel Andoscia	randosci@providence.edu	865-1029
Title IX Deputy - Deputy AD/SWA, Jill La Point	jlapoint@providence.edu	865-2588
Asst. Title IX Coordinator for Students- Assoc. Dean of Students, Tiffany Gaffney	tgaffne1@providence.edu	865-2191
<i>*See contact info on full roster of Deputy Title IX Coordinators on page 44</i>		
Personal Counseling Center		865-2343
Office of the General Counsel		865-2574
Residence Life Office		865-2392
Public Safety (non-emergency)		865-2391
Public Safety (emergency)		x2222
Student Health Center		865-2422
Human Resources		865-2745
Providence Police		272-1111

NOTICE TO STUDENT ATHLETES

This Handbook provides student athletes with important general information, and specific information about policies and programs, including behavioral standards, and is a supplement to other sources of key information. Student athletes are expected to become familiar with the contents of this Handbook, to act with careful consideration of its requirements, and to seek assistance whenever necessary and as directed. In some instances, regulations governing a particular subject matter in the Student-Athlete Handbook are also contained in the Student Handbook, the College catalogs, and/or in other promulgated notices. The Department of Athletics reserves the right to make changes to this Handbook at any time; the Department will make a reasonable effort to inform student athletes about significant changes to this Handbook.



NOTICE OF NON-DISCRIMINATION

Providence College admits students of any race, color, national and ethnic origin, sex, gender, sexual orientation, gender identity, religion, disability, age, or veteran status, and without regard to genetic information, to all the rights, privileges, programs, and activities generally accorded or made available to students at the College. It does not discriminate on the basis of race, color, national and ethnic origin, sex, gender, sexual orientation, gender identity, religion, disability, age, veteran status, genetic information, or any other applicable legally protected basis, in the administration of its education policies, admission policies, scholarship and loan programs, athletic and other College-administered programs, and employment policies. In accordance with Title IX, it does not discriminate on the basis of sex in its educational programs or activities. Nothing in this Notice shall require Providence College to act in a manner contrary to its Dominican mission and the teaching and tenets of the Catholic Church, and the College reserves the right to take actions designed to ensure and promote its Catholic and Dominican mission. Inquiries regarding the application of this Notice of Non-Discrimination and Providence College's nondiscrimination policies may be directed as follows: The Equal Employment Opportunity Coordinator/Affirmative Action Officer, Coordinator of the Age Discrimination Act of 1975, and Americans with Disabilities Act/Section 504 of the Rehabilitation Act of 1973 Coordinator, is: Senior Associate Vice President for Human Resources (Mirlen A. Mal, Harkins 302, 401-865-2430, mmal@providence.edu); Inquiries regarding ADA/Section 504 issues for students may also be directed to: Associate Director for Tutoring and Disability Services (Jonathan Gomes, Library 229, 401-865-2470, jgomes3@providence.edu); and Associate Dean of Students (Tiffany Gaffney, Slavin 201, 401-865-2191, tgaffne1@providence.edu). The Coordinator of Title IX of the Education Amendments of 1972 is: Title IX Coordinator (Rachel Andoscia, Slavin 106, 401-865-1029, randosci@providence.edu) The Title IX Coordinator is assisted by deputy coordinators, including members of the faculty and the administration (<https://sexual-harassment.providence.edu/>). Concerns about the College's application of Title IX can be made externally to: Assistant Secretary for Civil Rights, U.S. Department of Education, Office for Civil Rights 400 Maryland Avenue SW, Washington, DC 20202-1100, Telephone: 800-421-3481 Boston Office, Office for Civil Rights, U.S. Department of Education 5 Post Office Square, 8th Floor, Boston, MA 02109-3921; Telephone: 617-289-0111 Equal Employment Opportunity Commission (EEOC); Contact: <https://www.eeoc.gov/field-office/boston/location>. The Coordinator of the College's Anti-Harassment and Discrimination Policy and Title VI of the Civil Rights Act is: Assistant Vice President for Institutional Diversity & Title VI Coordinator (Dr. Quincy Bevely, Harkins 312, 401-865-2889, qbevely@providence.edu). The Coordinator of Title IX of the Education Amendments of 1972 is: Title IX Coordinator (Rachel Andoscia, Slavin 106, 401-865-1029, randosci@providence.edu) The Title IX Coordinator is assisted by deputy coordinators, including members of the faculty and the administration (<https://sexual-harassment.providence.edu/>). Concerns about the College's application of Title IX can be made externally to: Assistant Secretary for Civil Rights, U.S. Department of Education, Office for Civil Rights 400 Maryland Avenue SW, Washington, DC 20202-1100, Telephone: 800-421-3481 Boston Office, Office for Civil Rights, U.S. Department of Education 5 Post Office Square, 8th Floor, Boston, MA 02109-3921; Telephone: 617-289-0111 Equal Employment Opportunity Commission (EEOC); Contact: <https://www.eeoc.gov/field-office/boston/location>. The Coordinator of the College's Anti-Harassment and Discrimination Policy and Title VI of the Civil Rights Act is: Assistant Vice President for Institutional Diversity & Title VI Coordinator (Dr. Quincy Bevely, Harkins 312, 401-865-2889, qbevely@providence.edu). The Coordinator of Title IX of the Education Amendments of 1972 is: Title IX Coordinator (Rachel Andoscia, Slavin 106, 401-865-1029, randosci@providence.edu) The Title IX Coordinator is assisted by deputy coordinators, including members of the faculty and the administration (<https://sexual-harassment.providence.edu/>). Concerns about the College's application of Title IX can be made externally to: Assistant Secretary for Civil Rights, U.S. Department of Education, Office for Civil Rights 400 Maryland Avenue SW, Washington, DC 20202-1100, Telephone: 800-421-3481 Boston Office, Office for Civil Rights, U.S. Department of Education 5 Post Office Square, 8th Floor, Boston, MA 02109-3921; Telephone: 617-289-0111 Equal Employment Opportunity Commission (EEOC); Contact: <https://www.eeoc.gov/field-office/boston/location>. The Coordinator of the College's Anti-Harassment and Discrimination Policy and Title VI of the Civil Rights Act is: Assistant Vice President for Institutional Diversity & Title VI Coordinator (Dr. Quincy Bevely, Harkins 312, 401-865-2889, qbevely@providence.edu).

ATHLETIC DEPARTMENT MISSION AND CORE VALUES

THE MISSION OF PROVIDENCE COLLEGE ATHLETICS

To build champion citizens, scholars, and athletes who will positively impact the world around them.

THE CORE VALUES OF PROVIDENCE COLLEGE ATHLETICS

Our core values are centered in the Dominican pursuit of VERITAS, the truth, and they guide us in our decision-making and interactions.

Valiance - We are courageous in living and defending the values of the College and the athletic program. We are guided by principle rather than convenience. We are value-bound, unbiased, and consistent in our decision-making.

Excellence - We are committed to the pursuit of excellence in all that we do. Our values guide us as we challenge ourselves and each other to achieve at the highest of standards.

Respect - We respect one another and work to create an inclusive and culturally competent community, always listening intently to the other person without bias or prejudice. We treat others as we would wish to be treated.

Integrity - We are honest with ourselves and our intentions. We say and do the right and just thing in public and in private without regard for personal gain or benefit. We maintain confidences and resist gossip.

Trust - We can count on one another to be honest, to be helpful, and to be caring. Trust enables us to build strong relationships with our teammates and those whom we serve.

Accountability - We accept responsibility for our actions. We are honest and transparent in evaluating outcomes, and always looking for ways to improve our performance and productivity.

Service - We appreciate all that we have, we are grateful for the opportunity to support and assist each other and our community. Our greatest reward is satisfying another's need.

ATHLETIC DEPARTMENT STATEMENT ON DIVERSITY, EQUITY AND INCLUSION

We recognize and celebrate the unique opportunities that sport provides in uniting disparate groups in pursuit of a common goal. We embrace the essential value of unity that is important for team success as well as the vital educational value of diversity of backgrounds, experiences, and ideas.

We strive to create a diverse, inclusive community in which all students and staff members feel safe, respected, and valued – regardless of race, ethnicity, national origin, sex, gender identity, sexual orientation, religion, socioeconomic status, disability, or age.

Central to our commitment is a sustained effort to increase participation by students and staff from historically underrepresented groups. This effort is integral to the department's mission to cultivate in all of our student-athletes the inter-cultural competency they need to excel personally and professionally in our increasingly diverse society. To this end, we not only challenge attitudes and behaviors that are disrespectful, but we strive to become a model of success for Providence College and other NCAA members by creating an environment in which multicultural diversity, inclusion, and mutual engagement are essential to our pursuit of excellence.

The Office of Institutional Diversity, Equity and Inclusion staff:

- Jacqueline Peterson – Special Advisor to the President
- Dr. Quincy Bevely – Asst VP for Institutional Diversity, Equity and Inclusion
- Erin Corry – Resource Coordinator for LGBTQ+ Inclusion & Office of Mission and Ministry
- Sokeo Ros – Director for the Center at Moore Hall
- Dr. Kara Cebulko – Campus Immigration Liaison

For information, support and resources, please visit the Office of Institutional Diversity, Equity and Inclusion's web site: <https://institutional-diversity.providence.edu/> or diversity@providence.edu
401-865-2836

ATHLETIC CONFERENCE AFFILIATIONS

Providence College competes in 11 women's and 8 men's varsity sports, all at the Division I level, with membership in the National Collegiate Athletic Association (NCAA), the BIG EAST Conference, and the Hockey East Association.

The following teams compete in The BIG EAST Conference: men's and women's basketball, men's and women's soccer, volleyball, softball, men's lacrosse, men's and women's swimming and diving, women's tennis, field hockey, men's and women's cross country and indoor/outdoor track. The men's and women's ice hockey teams compete in the HOCKEY EAST Association.

BIG EAST CONFERENCE SPORTSMANSHIP

It is the responsibility of each member institution in the BIG EAST Conference to ensure that all individuals associated with its athletic program will conduct themselves with sportsmanship.

Every reasonable effort will be made by member institutions to emphasize the importance of good sportsmanship at all athletic events.

Crowd control responsibilities during BIG EAST athletic events rest with the home event management staff designated by the member institution's Director of Athletics. Policies established by The BIG EAST Conference are reviewed annually by the Directors of Athletics and printed in a handbook effective for the sports season. The BIG EAST Senior Woman Administrators have been charged with establishing and overseeing sportsmanship practices by serving as the point persons and advocates regarding sportsmanship initiatives.

Student-Athletes, individuals employed by or associated with a member institution, and game officials shall conduct themselves with honesty and good sportsmanship. Their actions shall at all times reflect the high standards of honor and dignity that characterize participation in competitive sports in the collegiate setting.

Misconduct, including verbal misconduct, is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior, failure by any representative of a participating institution to abide by the BIG EAST Sportsmanship Principles and/or poor sportsmanship not necessarily described in detail in this document.

The Commissioner and/or designated Conference office staff member will proceed with disciplinary action if and when he deems it appropriate. The Commissioner may elect to work in concert with the Conference's Executive Sportsmanship Committee, as defined hereafter in this document, in these matters.

Coaches and administrators shall make every attempt to promote the Conference and its members in a positive manner. Game officials, who are responsible for enforcing both the rules of a contest as well as sportsmanship and decorum rules, have the complete support of the Conference member institutions, the Commissioner and Conference office staff. The following BIG EAST Sportsmanship Principles apply from the time any representative is en route to, from or at the locale of the competition or practice. Additionally, actions outside this time frame may be subject to this policy. This policy includes any competition in which our member institutions are competing. Individuals that must adhere to the principles include, but are not limited to, coaching staff members, support personnel, student-athletes, and conference office staff members, representatives of a member institution's department of athletics, band members, cheerleaders and institutional mascot:

- 1) Individuals shall exhibit respect and courtesy toward game officials, student-athletes, coaches, team personnel, athletic administrators, Conference office staff members and spectators. Individuals shall refrain from personal conduct that may incite spectators.
- 2) Individuals shall refrain from all public criticism, inclusive of all forms of communication, relative to game officials, student-athletes, coaches, team personnel, athletic administrators, Conference office staff members or spectators.
- 3) Only Conference office staff members (e.g., Commissioner, Coordinator of Officials) are permitted to enter the locker room of a game official to discuss game activities. A coach or student-athlete should never enter a game official's locker room.
- 4) Public communication regarding a code of sportsmanship violation may be subject to sanctions.

Violations of the rules listed above, and/or poor sportsmanship not necessarily described in detail above, may subject the individual to public reprimand and/or suspension from participation by the member institution and/or the Conference. Penalties are determined on a case-by-case basis. Should a violation of one of the Principles occur, the following process is to be executed:

1) Initiation of Potential Violation

- a) Once a member institution is aware that a potential violation has taken place, the respective Director of Athletics or designee must contact the Commissioner and/or designated Conference office staff member immediately.
- b) Once the Conference office is aware that a potential violation has taken place, the Commissioner and/or designated Conference office staff member must contact the involved institution(s) within 24 hours.

2) Commissioner's Findings and Report

- a) The Commissioner and/or designated Conference office staff member will conduct a formal review to determine if a violation has in fact occurred.
- b) At the conclusion of the formal review, the Commissioner and/or designated Conference office staff member will issue a report confirming whether a violation took place. This report will be provided to the Director(s) of Athletics and/or designees of the institutions involved within three (3) business days of the incident occurring.
- c) This report will include the Commissioner's and/or designated Conference office staff member's findings and penalties, if any, to be imposed. The Commissioner reserves the right to adopt and acknowledge the institution's recommended sanctions. The Commissioner may also reconsider new information if presented in a timely manner.

3) Acceptance or Objection to Commissioner's Report

- a) The Director(s) of Athletics and/or designee of the involved institution(s) shall submit a written response to the Commissioner indicating a formal acceptance or objection to the matter. In the event either of the involved institution believes the Commissioner's finding and/or penalty is inappropriate, insufficient or excessive in nature, an appeal may be initiated by the Director of Athletics and/or designee.
- b) The intent to appeal must be filed in writing to the Commissioner within 24 hours of receiving the Commissioner's report.

4) Appeal Process

- a) Overview and Preparation for Appeal
 - i) The Executive Sportsmanship Committee
 - (1) Shall hear and consider the appeal and shall do so as expeditiously as possible. Any individual on the Committee that is representing one of the involved institutions must be recused.
 - (2) Decision of the Committee shall be final.
 - ii) The Director of Athletics and/or designee
 - (1) Must participate in the hearing
 - (2) Must submit a written statement outlining the reasons for the appeal to the Executive Sportsmanship Committee at least 24 hours prior to the hearing.
 - (3) Must provide Opening Statement at Hearing (Closing Statement is optional)
 - iii) Commissioner and/or Designated Conference Office Staff Member
 - (1) Will provide the report, along with other relevant material (e.g., video, media reports, statements by witnesses, etc.) for the Committee's consideration.
 - (2) Must provide Opening Statement at Hearing (Closing Statement is optional)
- b) Appeal Hearing via Teleconference
 - i) Meeting called to order by Chair of Committee
 - ii) Opening Statement by Director of Athletics who submitted the appeal

- iii) Opening Statement by Commissioner and/or designated Conference office staff member
- iv) Hearing open for discussion among all individuals participating
- v) Closing Statements may be made by Director of Athletics and/or Commissioner
- vi) Chair will excuse the institution's representatives and the Committee will then deliberate and make a determination to uphold, modify, or reject the Commissioner's decision.
- vii) The Commissioner and/or designated Conference office staff member will notify the Director of Athletics who submitted the appeal.

5) Decision

- a) The decision of the Executive Sportsmanship Committee shall be final.

6) Communication

- a) Once the process has concluded, the Commissioner and/or designated Conference office staff member will provide the outcome to all Conference member institutions' Directors of Athletics and Senior Woman Administrators.

Notes:

- 1) There will be situations (e.g., suspensions) where the penalty and/or appeal may not be processed prior to the institution's next competition. If that occurs, the penalty would be assessed during the first competition after the matter has been resolved.
- 2) If a penalty or suspension is imposed at or near the end of a season of competition, the penalty may be carried over into the next season of competition.
- 3) The Executive Sportsmanship Committee is comprised of the AD Executive Committee and two (2) additional Senior Woman Administrators. A minimum of three (3) Committee members must participate in an appeal [Two (2) Directors of Athletics and One (1) Senior Woman Administrator]. Committee members must participate in the appeal hearing via teleconference. There will be no proxy votes.

Suspension Guidelines:

The institution with a suspended student-athlete, coach, band member, cheerleader or mascot bears all responsibility for making sure the involved individual(s) adhere to the parameters of the suspension.

- 1) Suspension- Student-Athlete: On the days a student-athlete is suspended from a competition, he/she shall not participate and shall not be present in the playing venue from the time the team reports on call for the competition through the time the team is officially released from the competition.
- 2) Suspension- Coach: A coach cannot be present in the involved playing venue while he/she is serving the suspension from the time the team is required to report on call for the competition until the team has departed the playing venue. On the day(s) a coach is suspended from a competition, he/she may not have contact or communication with the institution's team and institution's personnel and coaches during the time as defined above.
- 3) Suspension- Band Member, Cheerleader, and Mascot: On the days a band member, cheerleader or mascot is suspended from a competition, he/she shall not participate and shall not be present in the playing venue during the competition and any activities (prior to or after) associated with the competition.

FRIAR EDGE STUDENT-ATHLETE DEVELOPMENT

To inspire Friar student-athletes to grow as learners, leaders and citizens through a series of holistic developmental programming, propelling them toward a successful and fulfilling life.

Providence College's student-athlete development program (The Friar Edge) is a hands-on practical approach to providing support to all student-athletes. The philosophical ideal of the program encompasses the needs of the student-athlete holistically. Throughout the college years student-athletes are confronted with a variety of developmental challenges. The development program provides an opportunity for student-athletes to develop skills necessary to lead successful, productive lives, and become leaders of, and contributors to life. The collaborative relationships with many other student units on campus will help provide the following core outreach services which are as follows: Personal Enhancement, Academics, Leadership, Career, and Diversity, Equity & Inclusion. To learn more about the Friar Edge Program contact Jennifer Cunningham, Associate Athletic Director, Student-Athlete Development & Internal Operations Please visit us at www.thefriaredge.com or follow us on twitter & instagram: @thefriaredge

TEAM CHAPLAINS

Team Chaplains provide spiritual support for the athletic teams on and off the field of play. They customarily attend home games and occasionally travel to away games. Team Chaplains provide individual or communal pastoral care to the student athletes and team staff, including things such as blessing team equipment and/or playing fields, leading prayer before or after a game, offering a blessing before a team departs for away games, welcoming teams back to campus, supporting the team after something challenging happens, and similar forms of support.

STUDENT SUCCESS CENTER

The Student Success Center (SSC) provides specialized support to student-athletes in light of the unique time demands, responsibilities, and rules governing participation in intercollegiate athletics. Services are provided in a safe, personal environment where academic growth is a priority, personal development and independence are enhanced, and long-term success is nurtured by a staff which models these same commitments.

The student-athlete support staff includes the following:

- Jaime Lipski – Associate Director of Student-Athlete Services
- Shannon Catlin – Academic Coord. for Student-Athletes/ SAAC Co-Advisor
- Amanda Reall– Academic Coordinator for Men's Basketball

STUDENT SUCCESS CENTER MISSION STATEMENT

The Student Success Center (SSC) fosters inclusive excellence through a family of support centers that promote meaningful engagement in learning and equal access to educational opportunities. Services are tailored to address individual or shared needs; and they are offered in a safe, supportive environment where all students are welcome and challenged to realize their full potential.

The Student Success Center is available to assist all Providence College students through a combination of academic and personal development programming, including individualized and group academic assistance, tutoring, specialized workshops, and outreach. The Center offers unique attention and support to students with disabilities by providing reasonable academic accommodations and advocating for equal access to all services and programs offered to members of the campus at-large. The Center also provides specialized support to student-athletes in light of the unique time demands, responsibilities, and rules governing participation in intercollegiate athletics.

The Student Success Center provides all services in a safe, personal environment where academic growth is a priority, personal development and independence are enhanced, and long-term success is nurtured by a staff which models these same commitments.

THE GOALS OF THE STUDENT SUCCESS CENTER

- To maintain the highest level of integrity, innovation of services, and dedication to excellence.
- Assist all Providence College student athletes with the development of a well-balanced lifestyles.
- To inform and introduce all student athletes to the vast resources available within the greater Providence area, college community and Athletic Department.
- To encourage compliance with the NCAA, affiliated conference, and College academic eligibility requirements, policies and procedures.
- To promote respect for diversity and gender equity among all student athletes.
- To provide opportunities and support to all student-athletes in their integration into the academic community at Providence College.
- To provide an environment which supports the goal of graduation for all student-athletes.

ACADEMIC COMMITMENT

The academic commitment addresses the academic development of each student-athlete in and out of the classroom. This commitment is focused on the student-athlete becoming a better student and, more importantly, a contributing member of society. Our commitment is illustrated in the many comprehensive programs we offer.

ACADEMIC POLICIES/PROCEDURES

ACADEMIC INTEGRITY

Academic Integrity - means earning credit honestly through your own efforts. Academic Integrity should be the number one priority for student-athletes, as the punishments for violating it are severe.

The most common forms of academic dishonesty are the following:

- 1) **Plagiarism** - the act of taking the words, ideas, data, illustrative material, or statements of someone else, without full and proper acknowledgment, and presenting them as one's own.
- 2) **Cheating** - the use of improper means or subterfuge to gain credit or advantage. Forms of cheating include the use, attempted use, or improper possession of unauthorized aids in any examination or other academic exercise submitted for evaluation; the fabrication or falsification of data; and misrepresentation of academic or extracurricular credentials. It is also cheating to submit the same work for credit in more than one course, except as authorized in advance by the course instructor.
- 3) **Collusion** - assisting or attempting to assist another student in an act of academic dishonesty.

PLEASE REFER TO THE PROVIDENCE COLLEGE UNDERGRADUATE CATALOG FOR DETAILS

ACADEMIC INTEGRITY POLICY

The College's Academic Integrity Policy states: "The principal violations of academic integrity include, but are not limited to, plagiarism, cheating, forgery, lying, and collusion. Types of academic activities governed by this policy include but are not limited to exams, quizzes, papers, graded homework, group assignments, online assignments, lab projects, lab reports, or any other assignments given by an instructor." Acts of academic dishonesty (plagiarism, collusion, cheating, etc.) are subject to an appropriate penalty. The grade of "F" may be assigned to students found guilty of such acts. To view the college's academic integrity policy in its entirety please see the Providence College Catalog under Academic Policies. The entire academic integrity policy can be found at:

https://catalog.providence.edu/content.php?catoid=25&navoid=856#Academic_Honesty

ACADEMIC GRIEVANCE POLICY

The purpose of this policy is to provide students with a fair and timely resolution process at the most proximate level-as close to the source of concern as possible. Other than the appeal of a final course grade, circumstances that may warrant an academic grievance include the following: a student claims that an instructor has failed to follow applicable College policies to the detriment of the student; or, the student claims that an instructor has habitually treated the student in an arbitrary or capricious manner to the student's detriment. Please consult the College Catalog for the complete Policy document. The entire academic grievance policy can be found at:

https://catalog.providence.edu/content.php?catoid=31&navoid=1069#Academic_Grievances

UNDERGRADUATE DEGREE REQUIREMENTS

- Development of Western Civilization (DWC): 16 semester hours, 20 semester hours for Liberal Arts Honors
- Social Science: 3 semester hours
- Natural Science: 3-4 semester hours
- Philosophy: 6 semester hours
- Theology: 6 semester hours
- Quantitative Reasoning: 3-4 semester hours
- Fine Arts: 3 semester hours
- Proficiencies: Intensive Writing (2 courses), Oral Communication (1 course), Diversity (1 course), Civic Engagement (1 course)

GENERAL DEGREE REQUIREMENTS

(Note: some majors/programs may have higher credit hour and/or GPA requirements)

- A minimum of 120 credit hours.
- A minimum 2.00 cumulative quality point average and a 2.00 major grade point average and satisfy all major and core requirements.
- Undergraduate students must complete a minimum of 8 semesters of full-time residency.

GRADES/QUALITY POINTS/NOTES

(note: honors courses carry different quality points, please see the Undergraduate Bulletin for details)

A	4.00 points per each credit hour completed (e.g., an "A" in a 3 credit course is worth 12 quality points)
A-	3.67 points per each credit hour completed
B+	3.33 points per each credit hour completed
B	3.00 points per each credit hour completed
B-	2.67 points per each credit hour completed
C+	2.33 points per each credit hour completed
C	2.00 points per each credit hour completed
C-	1.67 points per each credit hour completed
D+	1.33 points per each credit hour completed
D	1.00 points per each credit hour completed
D-	0.67 points per each credit hour completed
F	0.00 points per each credit hour completed
P (Pass)	Passing in Pass/Fail Course; this grade is not computed in the GPA
AB (Absent)	Absent from Final Exam; this mark becomes "NF" if not completed within 30 days after the end of the respective semester
AU (Audit)	Student "sits in" class
I (Incomplete)	Incomplete; this mark becomes "NF" if not completed within 30 days after the end of the respective semester
NF (Not Finished)	Course not finished within required time; this mark is computed as an "F"
NM (No Mark)	Instructor has not submitted grade
R (Repeated)	Courses designated as "repeat" courses will calculate only the most recent passing or failing grade in the GPA
WD (Withdrawal)	Approved withdrawal from a course; this mark is not computed in the GPA
X (Non-averaged)	Course with "X" in front of letter grade; designates that course is not computed in the GPA or credit hours calculations (e.g., "XF")

Dean's List is awarded to full-time students (12 credit hours minimum) who have attained a 3.55 term GPA with no grade less than "C."

ACADEMIC STATUS

Semester	Min CGPA for Good Standing	Probation CGPA		Dismissal CGPA	Semesters on probation
End of 1st semester	1.60	below 1.60	Three "F" and/or NF grades in a single semester or Four "F" and/or "NF" grades cumulatively in two consecutive semesters	No dismissal	No dismissal
End of 2nd semester	1.80	1.58-1.79		less than 1.580	Two consecutive semesters on academic probation
End of 3rd semester	1.90	1.70-1.89		less than 1.700	
End of 4th semester	1.99	1.80-1.98		less than 1.800	
End of 5th semester	2.00	1.90-1.99		less than 1.900	
End of 6th semester	2.00	1.90-1.99		less than 1.900	
End of 7th semester	2.00	1.90-1.99		less than 1.900	
End of 8th semester	2.00 Required to graduate	1.90-1.99		less than 1.900	

Note: Students may also be placed on probation for the following:

- Earning three "F"s in one semester.

Note: Students who, following dismissal, have been reinstated to the Undergraduate day school may remain on academic probation provided they are making "reasonable academic progress"; i.e., 2.25 term GPA and 12 credit hours per semester.

COURSE WITHDRAWALS

- Withdrawal between first day of class and two weeks after first class – Course removed from schedule
- Withdrawal between two weeks after class begins and 2 weeks after mid-semester date – "WD" received with College approval
- Withdrawal later than two weeks after mid-semester date – conditions for withdrawal apply

IMPORTANT: Ceasing to attend class does not constitute an official withdrawal. Failure to properly withdraw by the deadline results in a recorded grade of NF (failure) on the permanent academic record.

ATHLETIC ACADEMIC ELIGIBILITY

Friar student-athletes are asked to maintain a level of academic standing that will ensure they meet NCAA eligibility for athletic participation and Providence College graduation requirements. As a student-athlete, you should be familiar with the following rules and guidelines:

- You must be registered for a minimum of 12 credit hours at all times in order to practice and compete. You are IMMEDIATELY INELIGIBLE if you drop below a full-time (12 hours) program of studies (exceptions include: seniors who need less than 12 hours to graduate in their final semester, graduate students who may take 9 graduate hours to maintain full-time status or students approved for a reduced course load through Accessibility Services).
- You must pass a minimum number of credit hours toward your degree program ("progress hours") each year you are enrolled at PC (see eligibility "year-to-year" charts). Student-athletes must also complete a minimum of 6 progress hours each semester to be eligible for the next semester.
- You must complete a certain percentage of your degree requirements each year, beginning with the start of your third year of enrollment at PC (i.e., under most circumstances, the beginning of your junior year; see eligibility "year-to-year" charts).
- If you are planning on changing majors, you must meet with the chairperson of your current major as well as the chairperson of your new major. Then, you must meet with Student Success Center (SSC) personnel to determine how the change will affect your NCAA eligibility.
- If you are a transfer student, you must meet with the chairperson of your new major to determine which credit hours transfer into your new program before meeting with a staff member of the Student Success Center.



PROVIDENCE
COLLEGE

ATHLETIC ACADEMIC ELIGIBILITY YEAR-TO-YEAR CHART

Note: This chart assumes that you are always enrolled as a full-time student; rules may have different applications for those enrolled part-time or not at all during one or more semesters. These rules are subject to change, pending PC or NCAA policy/legislation revisions.

- **Progress hours are hours passed that count toward the completion of your degree program. For undeclared students, progress hours are any hours passed that may count toward any degree program available on campus.**

	GPA	Progress Hours	Declaration of Major	Percentage of Degree
During First Year	Following the Fall semester, under PC rules, you need a min CGPA of 1.60	Min. 6 hours must be passed each semester in order to be eligible in the next semester	No	No
Upon entering Sophomore Year	Beginning of Fall: PC min CGPA – 1.80; NCAA* – 1.80 Beginning of Spring: PC min CGPA – 1.90; NCAA* – 1.80	Min. 24 in previous year Min. 18 during first year Fall, Winter, Spring semesters Min. 6 hours must be passed each semester in order to be eligible in the next semester	No	No
Upon entering Junior Year	Beginning of Fall: PC min CGPA – 1.99; NCAA* – 1.90 Beginning of Spring: PC min CGPA – 2.00; NCAA* – 1.90	Min. 18 during sophomore Fall, Winter, Spring semesters Min. 6 hours must be passed each semester in order to be eligible in the next semester	Yes	40% complete
Upon entering Senior Year	Beginning of Fall: PC min CGPA – 2.00; NCAA* – 2.00 Beginning of Spring: PC min CGPA – 2.00; NCAA* – 2.00	Min. 18 during junior Fall, Winter, Spring semesters Min. 6 hours must be passed each semester in order to be eligible in the next semester	Yes	60% complete
Upon entering 5th Year	Beginning of Fall: PC min CGPA – 2.00; NCAA* – 2.00 Beginning of Spring: PC min CGPA – 2.00; NCAA* – 2.00	Min. 18 during senior Fall, Winter, Spring semesters Min. 6 hours must be passed each semester in order to be eligible in the next semester	Yes	80% complete

IMPORTANT: Under most circumstances, if you are placed on academic probation after any semester, you are immediately ineligible for competition.

NOTE: NCAA* = Required GPA for NCAA eligibility is subject to change for majors that require a greater GPA for graduation – Education & Humanities

INTERNATIONAL STUDENT-ATHLETE SUPPORT

The Dean of Global Education assists international and exchange students at Providence College to make their transition to an American education. The office provides services to international and exchange students and assist with acclimation to academics, social, and personal integration into the College and local community. The Dean of Global Education provides guidance on maintaining F-1 or J-1 immigration status while attending PC, process F-1 and J-1 immigration benefits (I-20s and DS-2019s) and assist students with navigating college policy and understanding F-1 and J-1 visa restrictions. We also ensure PC and international student compliance with immigration policies and provide educational tools including curricular practical training and optional practical workshops.

Christian F. Wilwohl – Dean of Global Education

Harkins Hall 215 Phone: 401.865.2114 cwilwohl@providence.edu

GENDER EQUITY DISCLOSURE

Federal legislation requires that NCAA institutions make available to students, potential students, and the public a report on participation rates, financial support, and other information on the men's and women's athletic programs. Please contact the Athletic Director's Office if you have questions regarding this information

<https://about.providence.edu/fast-facts/student-consumer-information/>

STUDENT/COMMUNITY PROGRAMS

STUDENT-ATHLETE ADVISORY COUNCIL

The Student-Athlete Advisory Council is composed of at least two representatives from each varsity team. An Athletic Administrator, along with an Academic Coordinator, serve as advisors to the Council. Representatives' terms are for one (1) year. There is no limit to the number of terms a student-athlete may serve in this capacity. The President presides over meetings of the council. Any student-athlete wishing to become involved may contact Jennifer Cunningham, Associate Athletic Director for Student-Athlete Development & Internal Operations or Shannon Catlin, Academic Coordinator for Student-Athletes.

2022-2023 SAAC Executive Board:

President –Brenna Cavallaro '23

VP/Community Engagement – Sam Murray '23

VP/Diversity, Equity, Inclusion –Vannelie Melendez '23

VP/Health and Wellness –Jamie Comeau '23

VP/Communications – Lisa McNamara '23

ONLINE PLATFORMS

Teamworks: The official department and team to team communication platform for schedules, travel itineraries, and department announcements. Download the app and sign on using the SSO button.

ARMS: Winter and summer break scholarship approvals and student host records associated with official visits.

Helper Helper: Community service platform for Providence College. Download the APP and sign in using your PC email address to sign up for and log all community service hours.

Opendorse: The official AdvantEDGE (NIL) platform for athletes to monetize their name, image and likeness. Download the APP and sign up using your PC email address.

Handshake: Utilized by all PC students to search for internships, jobs and fellowships as well as sign up for all Career events.

NCAA COMPLIANCE

This section explains many of the NCAA and Providence College rules and regulations that govern your eligibility to participate in varsity athletics at Providence College.

READ THIS SECTION VERY CAREFULLY!

Please keep in mind that some rules change from year to year, particularly the NCAA rules. You should NOT take for granted that everything printed here is the most complete or current information. ALWAYS check with your coach and Joe Nicastro, Associate Athletic Director for Compliance, if you have any questions, concerns or problems.

To be eligible for practice and competition at the beginning of the academic year, you must have:

- Signed all applicable NCAA and Providence College compliance forms **via Teamworks**
- Passed your annual physical examination and submitted the necessary medical records as required by the Sports Medicine Department
- Been certified as academically and athletically eligible to participate

COMPLIANCE FORMS

On an annual basis all student-athletes are required to complete several important Providence College and NCAA forms PRIOR to engaging in practice and competition on any varsity team. These forms, which will be administered to all student-athletes by the Associate Athletic Director for Compliance during **the summer prior** to the annual beginning of the year team compliance meeting, include but are not limited to:

- The **NCAA Student-Athlete Statement** (including the FERPA Consent Form) attesting to the fact that you have been provided a copy of the current NCAA Summary of Rules which governs your participation in intercollegiate athletics and have had the opportunity to ask questions about them.
- The **NCAA Drug Testing Consent Form** permitting the NCAA to randomly drug test you in any NCAA Championship. In addition, all Division I student-athletes are now subject to random drug testing on a year-round basis for banned substances.
- All Providence College Athletic Department consent and acknowledgment forms, which include but are not limited to, Concussion Management, FERPA Consent, and Campus Sexual Violence Student-Athlete Attestation.

CAMPUS RECRUITING VISITS – STUDENT HOST RESPONSIBILITIES

Acting as a student host is an important service to Providence College, The Athletic Department, and your team. Appropriate conduct is required of you by Providence College, conference and NCAA standards. Failure to adhere to the duties and responsibilities below may result in suspension from your team and the revocation of your athletic scholarship.

When serving as a student-host to a prospective student-athlete, you must abide by the following rules and regulations:

- A. You must be enrolled full time at PC, and if you are a freshman, you must be a NCAA Division I Qualifier.
- B. Only YOU may be provided money with which to entertain only yourself, the prospect(s) and their parent(s)/guardian(s). Other students may assist you with hosting the prospect but they must pay for their own expenses.
- C. A maximum of \$75 per day may be provided to cover the entertainment expenses for both yourself and the prospect. You may be provided with an additional \$40 per day for each additional prospect you host.
- D. Only one student host per prospect may be provided a free meal, regardless of whether the meal is on campus or off campus.
- E. NO cash may be given to the prospect(s) or anyone else.
- F. You cannot use the funds to purchase or otherwise provide the prospect with gifts of value (i.e. souvenirs or clothing)
- G. You cannot utilize any College-owned vehicles nor provide any transportation that is arranged for by an institutional staff member or representatives of athletics interests (i.e. booster).
- H. You cannot transport the prospect or anyone accompanying the prospect more than 30 mile from campus.
- I. You should NOT allow recruiting conversations to occur, off-campus, between any booster of the athletics program and the prospect.
- J. The prospect may engage in recreational activities that are not planned, mandated or observed by the coaching staff. Likewise, the College cannot arrange a facility or time for this purpose. The coach cannot be present during this activity.
- K. You and the prospect may receive complimentary admissions (not a hard ticket) to attend a campus athletics event. The ticket manager will handle this at the will call window at the Dunkin Donuts Center or Schneider Arena.
- L. You are responsible for turning in to your coach all receipts and/or remaining cash from the funds advanced to you. This should be done the day after the prospect completes the official visit, or Monday morning if the visit occurs during the weekend.

- M. Meal vouchers/cards may be provided for meals that are eaten in the cafeteria. **This voucher cannot be used in exchange for cash.**
- N. You are accountable for the whereabouts of your recruit at all times.
- O. You will not consume any alcoholic beverages nor allow alcohol in the presence of any prospect.
- P. The use of illegal substances is strictly forbidden.

Expectations of Conduct when Hosting a Recruit:

- At no time will the host use or permit the recruit to use alcohol and/or illegal drugs during the visit.
- At no time will the host be involved in arranging for sexual relations during the visit.
- At no time will the host engage in or permit the recruit to engage in gambling activities during the visit.
- At no time will the host permit the recruit to attend or be in the presence of strippers/exotic dancers or attend gentlemen's clubs or similar establishments during the visit.
- At no time will the host engage in or permit the recruit to engage in any activity that violates criminal law.

Any violation of the above rules can result in your suspension and ineligibility from your athletics team and/or the revocation of your athletic scholarship or other institutional financial aid.

AGENTS

It is essential that student athletes know the NCAA rules related to professional sports. A violation of the rules concerning agents could have severe negative consequences for the student athlete and the College. In order to remain eligible for intercollegiate competition, NCAA rules stipulate that a student athlete may NOT:

- 1) Agree, either orally or in writing, to be represented by an agent or organization in the marketing of his/her athletic ability or reputation until after the completion of his/her collegiate eligibility. In addition, representation by an agent may not be arranged until after the last intercollegiate contest, including post-season games.
- 2) Negotiate or sign a playing contract in any sport in which the student athlete intends to compete.
- 3) Ask to be placed on a professional league's draft list (other than Basketball)
- 4) Accept payment of expenses or gifts of any kind (including meals and transportation) from an agent.
- 5) Receive preferential benefits or treatment (i.e. Loans with deferred pay-back basis) because of reputation, skill, or pay back potential as a professional athlete.
- 6) Retain professional services for personal reasons at less than the normal charge from the representative of his/her school.

AMATEURISM

ELIGIBILITY

The following are NCAA guidelines for maintaining athletic amateur eligibility:

WITHIN YOUR SPORT, YOU MAY NOT:

1. Accept payment, or a promise of payment (cash, prizes, gifts, or travel) for participation in your sport.
2. Enter into an agreement of any kind to compete in professional athletics (NO negotiation of verbal or written professional contract)
3. Request that your name be put on a draft list for professional sports (other than basketball) or try out with a professional sports organization during the academic year. You may try out during the summer and retain your eligibility so long as you receive no expenses whatsoever from the professional organization.
4. Accept pay, the promise of pay, or any other extra benefits based on your athletic ability or your reputation as a student-athlete. There are limited exceptions to this rule (i.e. fee for lessons), so please contact Joe Nicastro, Associate Athletic Director for Compliance with any questions.
5. Play on any professional athletic team
6. Have your athletically related financial-aid determined by anyone other than Providence College.
7. Participate on teams other than those of Providence College during the academic year, except during published vacation periods. You must inform Joe Nicastro, Associate Athletic Director for Compliance, if you plan to participate on an outside team. This must be approved, prior to participation. If not, it could affect your athletic eligibility.

IN ANY SPORT, YOU MAY NOT:

1. Accept such things as gifts, meals, loans of cars or money from athletic boosters or people within the athletics program at Providence College.
2. Be represented by an agent or organization to market your athletic skill or reputation.
3. Accept any extra benefit that is not incidental to participation in intercollegiate athletics and not available to the general student population at Providence College. There are limited exceptions to this rule (i.e. meals, travel), so please contact Joe Nicastro, Associate Athletic Director for Compliance with any questions.
4. Participate in a summer league NOT approved by the NCAA. If you plan on participating on any outside team during the academic year or the summer months, please notify Joe Nicastro, Associate Athletic Director of Compliance, for approval.

IF IN DOUBT, ASK FIRST BEFORE YOU ACT!

COMPLIMENTARY ADMISSIONS

A student athlete may be provided four complimentary admissions for any sport in which he/she participates. The student athlete must designate the recipients of the complimentary admission in writing in advance. No hard tickets will be issued. Admissions will be via a pass list. Valid identification must be shown to receive the complimentary admission.

SPORTSMANSHIP

All student athletes are to compete with honesty and sportsmanship at all times. Student athletes must honor the responsibilities which accompany the privileges of representing Providence College, The BIG EAST Conference and the Hockey East Athletic Conference, by adhering to all conference and playing rules. Student athletes are expected to treat opponents with respect. Student athletes must be aware that significant penalties will be applied for fighting, taunting an opponent or other unethical conduct and that if you have shown dishonesty in evading or violating NCAA regulations you will be declared ineligible.

GAMBLING

Student athletes shall NOT knowingly:

- Provide information to individuals involved in organized gambling activity concerning intercollegiate athletic competition
- Solicit a bet on any team representing the institution
- Accept a bet on any team requesting the institution.
- Participate in any gambling activity through a bookmarker, a parlay, or any other method employed by organized gambling.
- Participate in any gambling activity involving collegiate or professional sports.

INVOLVEMENT IN ANY OF THESE ACTIVITIES WILL RESULT IN YOUR IMMEDIATE LOSS OF ELIGIBILITY DISMISSAL FROM THE ATHLETICS PROGRAM AND/OR CANCELLATION OF YOUR ATHLETIC SCHOLARSHIP!!!

EMPLOYMENT

Department staff members, under the direct supervision of the Director of Athletics, may attempt to assist athletes in securing employment. Such contacts on behalf of student athletes are made in compliance with departmental, as well as NCAA rules and regulations.

STUDENT ATHLETES

1. All student athletes will be permitted to work and earn an income during the academic year.
2. There is no dollar limit on the amount you can earn during the semester
3. The work performed must be useful, and the rate of pay is to be at a normal rate for the duties performed.
4. The hours paid must be for the hours worked. Payment in advance of hours worked is NOT permitted.
5. Transportation to work may only be accepted if transportation is available to all employees.
6. Student athletes who wish to coach or teach skills in their sports during the summer (or official vacation periods) may do so on a fee-for-lesson basis.
7. Payment cannot be from an outside entity, organization, or individual who is not related to the recipient of the lesson.

EXTRA BENEFITS / AWARDS & BENEFITS

An extra benefit is any special arrangement by a Providence College employee or representative of athletics interests to provide a student-athlete or a student-athlete's family or friends a benefit not expressly authorized by NCAA legislation.

Receipt of a benefit by student-athletes or their family or friends may not be a violation of NCAA legislation **IF** that same benefit is generally available to Providence College students or their family or friends or to a particular segment of the student body (e.g. international students, minority students) determined on a basis unrelated to athletics participation or ability.

Representative of Athletics Interests include:

- All Providence College employees
- Former Providence College student-athletes
- People who donate money or other goods to The Athletic Department
- Booster club members
- Anyone who has provided permissible benefits (e.g. summer employment) to student-athletes and/or their families
- Family members of current student-athletes

NONPERMISSIBLE extra benefits include, but are not limited to:

- Cash or loans in any amount
- Use of an automobile
- Gifts or free services or **ANY KIND** (e.g. clothing, airline tickets, car repairs, meals in a restaurant, laundry, haircuts, etc....)
- Free or reduced rent
- Employment of the relative of a prospective student-athlete in an effort to persuade the prospect to enroll at a particular institution
- Use of Athletic Department office equipment **for anything other than** academic matters
- Use of long distance telephone codes
- Unspecified, unitemized excessive or improper expenses

Representatives of athletics interests may provide enrolled student-athletes or an entire team with an occasional meal at that person's home in the locale of the institution (i.e. within 30 miles radius of campus) or at a facility regularly used for home athletics events and the meal may be catered. In addition, an Athletic Department staff member may provide an occasional meal to an enrolled student-athlete or an entire team at a restaurant in the locale of the institution. This is restricted to infrequent or special occasions (e.g. birthday, holiday, end of season).

NAME, IMAGE & LIKENESS POLICY

Student-athletes may permit the use of their name, image or likeness (NIL) in noninstitutional activities and receive fair market value compensation for these activities. A student-athlete **MAY NOT** receive compensation for athletic participation or performance (i.e. pay-for-play) **OR** as a recruiting inducement for enrollment at Providence College.

PROVIDENCE COLLEGE UNIFORMS, MARKS, LOGOS & VERBIAGE

Student-athletes are not permitted to use College or Athletic Department related uniforms and apparel, marks, logos, verbiage (e.g., "Go Friars"), and colors and designs, including all photos or videos containing Providence College marks and logos, without **PRIOR** written approval of Providence College. In the event permission is granted, Providence College may be compensated for the use in a manner consistent with market rates or prior practice.

PROVIDENCE COLLEGE FACILITIES

Student-athletes will only be permitted to use College facilities for noninstitutional NIL activities through a fully executed and approved facility use agreement. Student-athletes are responsible for all associated facility rental fees and waiver of liability agreements will be coordinated with the College's and the Athletic Department's Facilities and Operations office.

PROVIDENCE COLLEGE INVOLVEMENT & OPENDORSE

The College has contracted with Opendorse, a third-party administrator, to assist student-athletes with education, guidance and a marketplace (Opendorse Deals) in support of their noninstitutional NIL activities, but may not develop, operate, facilitate, negotiate or promote noninstitutional NIL activities for student-athletes. Student-athletes are required to disclose all NIL activities, whether secured through the Opendorse platform or not, through the Opendorse platform.

PROFESSIONAL SERVICE PROVIDERS / REPRESENTATION

Student-athletes may secure professional representation (e.g. NIL agent, brand manager, attorney) **ONLY** for NIL activities and **NOT** for marketing athletic ability and future professional contract negotiations. State of Rhode Island licensure rules governing student-athlete representatives may apply.

ATHLETIC DEPARTMENT ACTIVITIES

Student-athletes may not receive compensation for NIL activities while representing Providence College in Athletic Department activities. NIL compensation opportunities may not conflict with Providence College academic or athletic activities and student-athletes **MAY NOT** miss class to participate in noninstitutional NIL activities.

PROHIBITED CATEGORIES

Student-athletes may not participate in NIL activities or enter into any agreements regarding NIL that (a) conflict with an existing institutional sponsorship agreement or contract, (b) involve the sale or exchange of awards or any other College-issued items received for athletics participation, including, but not limited to, apparel, equipment, shoes or uniforms, (c) involve compensation from the College or College employees, (d) provide compensation for work not performed, (e) condition compensation on athletic performance or attendance at the College, or (f) involve businesses, products or services that conflict with the College's mission or values. Any student-athlete suspected of violating this policy may be referred to the Office of Community Standards.

SPECIFIC PROHIBITED CATEGORIES

1. Gambling or Sports Wagering Vendors or Businesses
2. CBD, Cannabis, Alcohol or Tobacco Companies
3. Illegal Substances, Performance Enhancing Substances or Associated Activities
4. Adult Entertainment Businesses

INTERNATIONAL STUDENT-ATHLETES

In order to protect student-athletes from any potential immigration and Visa issues, international student-athletes should not enter into any NIL agreements without first consulting with the Office of the Dean of Undergraduate and Graduate Studies staff and the Director of International Student Success (<https://international-students.providence.edu/>).

DISCLOSURE POLICY

A student-athlete **MUST** disclose information and details of all compensated NIL activities, including, but not limited to, information related to third-party individuals or entities, activities provided, compensation agreements and professional services provider details. In order to prevent conflicts with existing College agreements, student-athletes are recommended to disclose **monetary** compensation for NIL activities to the Athletic Compliance Office **in advance** of the execution of the NIL agreement. Further, student-athletes are **REQUIRED** to disclose **all** NIL activities **within 10 business days** after execution of any NIL agreement. Student-athletes are required to disclose information via the Opendorse platform, the College's contracted third-party administrator. Any student-athlete suspected of violating this policy may be referred to the Office of Community Standards. Any questions regarding the NIL Policy or the use of Opendorse for disclosure should be addressed to Joe Nicastro, Associate Athletic Director for Compliance.

FINANCIAL AID

The need-based financial aid that a student-athlete receives may be impacted by any compensation a student-athlete receives from noninstitutional NIL activities. Student-athletes should direct all financial aid questions for the Providence College Office of Financial Aid (<https://financial-aid.providence.edu/>).

Providence College reserves the right to adjust this policy at any time based on institutional or NCAA policy changes or changes in any applicable federal or State of Rhode Island laws. The Athletic Compliance Office will communicate any changes to this policy to all student-athletes. The application of this policy does not create an employment relationship between Providence College and any student-athlete.

ACCEPTING EXTRA BENEFITS, SERVICES OR GIFTS WILL RESULT IN THE LOSS OF YOUR ELIGIBILITY TO PARTICIPATE IN INTERCOLLEGIATE ATHLETICS AT PROVIDENCE COLLEGE.

If you have any questions or concerns, please contact Joe Nicastro, Associate Athletic Director for Compliance.

FINANCIAL AID

A full grant-in-aid is a scholarship which may include tuition, required fees, room, board, required course-related books and a **stipend** for other expenses up attendance. A partial grant-in-aid is a scholarship covering some, but not all, of the expenses covered by a full grant-in-aid.

ATHLETIC SCHOLARSHIP

A financial award given to a student athlete based upon athletic ability or sports performance is considered an athletic grant.

A qualifying student athlete may receive an athletic grant upon recommendations of the Head Coach and approval from the Athletic Director and/or Associate Athletic Director for Compliance. An offer of a financial award is contingent upon admittance to the College and the student athlete's academic standing. Returning student athletes must be academically eligible and making normal progress towards degree to be eligible for the award.

A full athletic grant-in-aid may cover tuition, required fees, room, board, required course-related books and other expenses related to attendance. Athletic grants-in-aid for lesser amounts are also given. Charges and expenses not covered by an athletic scholarship include phone charges, library fines, parking fines, damage to college property, key/ID card deposits, vehicle registration fees, parking fees, use of institutional phones for off campus calls, non-required field-trips, dictionaries, reference books, pens, notebooks, paper, art supplies, and use of institutional copy machines, faxes and computers for non-academically related issues.

Renewal is contingent upon the attainment of academic eligibility and normal progress requirements. Please note that renewal of an athletic grant is NOT automatic.

ATHLETIC SCHOLARSHIP REVOCATION, NON-RENEWAL AND APPEAL POLICY

1. An athlete who fails to meet academic eligibility and normal progress requirements relative to the athlete's sport season by the first competition or the first day of classes, whichever comes first, may lose his/her athletic grant.
2. An athletic grant may be **CANCELLED IMMEDIATELY**, during the period of the award, if the student athlete:
 - Fails to meet academic eligibility and normal progress towards degree requirements.
 - Voluntarily quits the team.
 - Loses amateur status in the student athlete's sport.
 - Fraudulently misrepresents any information on an application, letter of intent or tender.
 - Engages in serious misconduct warranting substantial disciplinary penalty with the team or with Providence College.
 - Misses numerous unexcused practices and competition.
3. If a student athlete's grant is **NOT RENEWED** for the following academic year for any reason other than an athletics reason (i.e. voluntary withdrawal from team, notification of transfer, disciplinary action from the team of College, etc.), the student athlete has a right to an appeal. The process for receiving notice of a non-renewal and the subsequent appeal process is as follows:

The student will receive a letter notifying him/her that the scholarship is terminated. NCAA bylaw 15.3.5.1 requires that the renewal of athletically related institutional aid shall be made on or before July 1 prior to the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year (under Bylaw 14.2) whether the grant has been renewed or not renewed for the ensuing academic year. Notification of financial aid renewals and non-renewals must come from the institution's regular financial aid authority and not from the institution's athletics department.

If the student decides to appeal a nonrenewal, the student must submit a written appeal as directed in the notification letter. The written appeal should specifically state why the student believes that his/her circumstances warrant an exception to the terms of the scholarship agreement. Once the appeal has been received, the Financial Aid/Scholarship Appeals Committee chairperson will inform the student of the grievance procedures and the date of the hearing.

4. Graduate School: The decision to continue athletic scholarship awards for athletes who have attained his/her baccalaureate degree and still have remaining eligibility shall be at the discretion of the Head Coach and/or the Athletic Director and Associate Athletic Director for Compliance.

NON-SCHOLARSHIP STUDENT ATHLETES

A non-scholarship student athlete (also referred to as a "Walk-On") is entitled to all the benefits of scholarship student athletes, except athletic grant-in-aid awards and benefits from these awards. The following benefits are made available to ALL student athletes:

- Academic advising assistance (i.e. tutoring, career counseling, study hall, etc.)
- Training room treatment for athletically-related injury
- Strength and conditioning facility use
- Team travel and equipment use

PLAYING AND PRACTICE SEASON

IN-SEASON

In-season refers to the period of time between your first date of practice in your sport (as declared by your coaching staff) and the date of your last practice or competition (whichever occurs later). Your required athletically related activities while in-season are limited to a maximum of **4 hours per day** and **20 hours per week**, with **1 required day "off" per week**, during which you may not be required to participate in athletically related activities. A travel day may be used as an official day off.

Please Note: Any competition counts as **3 hours** towards the maximum of 20 hours per week, regardless of the actual duration of the competition.

ACTIVITIES CONSIDERED AS COUNTABLE ATHLETIC ACTIVITIES

Activities considered as practice shall be considered to have occurred if one or more coaches and one or more student athletes engage in any of the following activities:

- Team conditioning or physical fitness activities
- Field, floor or on-court activity
- Setting up offense or defense alignments
- Chalk talk
- Lecture on or discussion of strategy relating to the sport
- Activities utilizing equipment relating to the sport
- Discussion or review of game films, motion pictures or videotapes relating to the sport
- Required weight-training and conditioning activities held at the direction of or supervised by an institutional staff member
- Film or videotape reviews of athletic practices or contests required, supervised or monitored by institutional staff members.
- Required participation in camps, clinics, or workshops
- Meetings initiated by coaches or other institutional staff members on athletically related matters
- Individual work-outs required or supervised by a member of the coaching staff

ACTIVITIES NOT CONSIDERED AS COUNTABLE ATHLETIC ACTIVITIES

The following are considered non-countable athletically related activities and are NOT counted in the weekly or daily time limitations.

- Training table or competition related meals
- Physical rehabilitation
- Dressing, showering, or taping
- Athletics department academic study hall or tutoring sessions

- Meeting with coaches on non-athletic matters
- Travel to and from practice and competition
- Medical examinations or treatments
- Voluntary individual workouts, provided these workouts are not required or supervised by coaching staff member, except that such activities may be monitored for safety purposes by the institution's strength and conditioning personnel
- Individual consultation with a coaching staff member initiated voluntarily by a student athlete, provided the coach and the student athlete are not engaged in athletically related activity.
- Use of an institution's athletics facilities by student athletes, provided the activities are not supervised by or held at the direction of any member of an institution's coaching staff
- In the event that use of an institution's facilities is requested by a team composed partly of enrolled student athletes and partly of individuals not otherwise affiliated with the institution, use of the facilities shall be consistent with policies established for outside groups.
- Involvement of an institution's strength and conditioning staff with enrolled student athletes either in a supervisory capacity for the institution's weight training facilities or assisting in conditioning programs.
- Such assistance may be provided only if the strength and conditioning staff performs its duties on a department-wide basis.

OUT-OF-SEASON

Out-of-season refers to the period of time either before the start of official practice in your sport (as declared by your coach) or after the date of your last practice or competition (whichever occurs later). Your required athletically related activities while out-of-season are limited to a maximum of **8 hours per week** of **weight-training or conditioning activities**, with no more than 4 of these hours being individual skill instruction with a coaching staff member. During this period, you must be given **2 days "off" per week**.

- Please Note: All athletically related activities outside the playing season are prohibited one week prior to the beginning of the final examination period through the conclusion of each student athletes' final exam.

TRANSFERRING

Should you decide to transfer to another institution, the following NCAA regulations will apply:

1. Notification of Transfer – A student-athlete may initiate the transfer providing written notification of transfer at any time. This written notification of transfer must be provided to the Associate Athletic Director for Compliance, after which the student-athlete's name will be entered into a national transfer database within two business days of receipt of the written notification of transfer from the student-athlete. Once the notification is entered into the national transfer database, the student-athlete may speak to any school he or she wishes about a potential transfer. Providence College does not have the ability to restrict student-athletes from transferring to any institution. Once a student-athlete submits a written request for notification of transfer, the student-athlete's ability to participate in team related activities and access to athletic department facilities and resources is at the discretion of the Head Coach, Sport Administrator and Athletic Director.

***NOTE: Per NCAA Bylaw 15.3.5 (f), a student-athlete's athletically related financial aid may be reduced or canceled at the end of the term during which written notification of transfer is received.

2. Residence Requirement – NCAA regulations require that a transfer student athlete from one four year institution to another be a matriculating student for two semesters (two full time semesters - excluding summer school) before becoming eligible for competition. A one-time transfer exception of this requirement is available in all sports provided the student meets their respective sport's notification of transfer deadline (May 1st for Fall/Winter sports, July 1st for Spring sports). If the student meets the notification of transfer deadline and has not previously used the one-time transfer exception, the student may transfer and be eligible for competition immediately.
3. Women's Hockey East Intra-Conference Transfer Policy

Any women's ice hockey player who transfers from one Hockey East school to another Hockey East school, must serve one full academic year in residence at the second Hockey East institution, prior to being eligible to compete. The student-athlete may practice and receive athletic aid during the year in residence.

EXIT SURVEY / EXIT INTERVIEW

A student-athlete exit survey will be provided to all student-athletes who have exhausted their athletic eligibility. All student-athletes completing their eligibility are encouraged to submit. Any student-athlete leaving a team for reasons other than graduation or exhausted eligibility is encouraged to complete and submit an exit survey. If you are leaving a team and would like to participate in an exit interview, please e-mail Jill La Point, Deputy Athletic Director/SWA at jlpoint@providence.edu.

SOCIAL MEDIA GUIDELINES

Providence College is committed to providing a safe environment that enhances the academic, athletic and personal growth of all student-athletes. The Athletic Department holds all student-athletes to the highest ethical, moral and legal standards.

Providence College and The Athletic Department recognize that the internet is a valuable part of higher education. However, student-athletes should also understand the responsibility that comes with the use of this communication tool. Student-athletes who choose to access and become involved in internet communities (Facebook, Instagram, Twitter, YouTube, Snapchat, etc.) must understand that the information, conversations and photos shared in these communities are held to the same standards of conduct as their "true life" or public behavior.

Information and/or photographs posted to these sites is considered in the public domain and represent both the individual and the organization, in this case Providence College and The Athletic Department. Verbal content, photographs and/or videos posted to these sites that is/are illegal, endangers the health, welfare or safety of another person, or otherwise negatively portrays the student-athlete, Providence College and/or The Athletic Department, can have very serious repercussions and will not be tolerated. Penalties could range from suspension to complete loss of financial aid.

We recommend that student-athletes make mature, intelligent and responsible decisions in the manner in which they engage in such activity.

VOLUNTARY WITHDRAWAL

If a student-athlete who is receiving an athletic grant voluntarily withdraws from their respective athletic program, The Athletic Department, at the discretion of the Athletic Director and the Associate Athletic Director for Compliance, may immediately cancel the student-athlete's athletic grant during the period of the award and not renew the athletic grant in future academic years. Student-athletes who are receiving athletic grants and voluntarily withdraw from their respective programs must meet with Joe Nicastro, Associate Athletic Director for Compliance, to complete a Voluntary Withdrawal Form; this form confirms the withdrawal and notifies the student-athlete that their athletic grant may be canceled during the period of the award and/or not renewed for future academic years.

STUDENT-ATHLETE GRIEVANCE PROCEDURE

Situations may occur in which a student-athlete believes that a member of the Department of Athletics has treated him/her in an unfair or improper manner deemed to be harmful to the welfare of the student-athlete, or that a department policy or procedure has been administered in an unfair or improper manner deemed to be unfair to the student-athlete. The Department of Athletics is committed to resolving such disputes, complaints and grievances in a fair, timely and respectful manner for all involved. Every reasonable effort will be made to preserve confidentiality. Students who file good-faith grievances are protected from any and all retaliatory behavior. Please note that in some cases, a student's grievance may be more appropriately addressed by another College grievance procedure; for example, a student who believes that he or she has experienced discriminatory harassment may be advised to follow the grievance procedures provided in official College Policy. Further, all complaints of sexual discrimination or sexual harassment should be reported to and will be investigated by the Title IX Coordinator. Student-athletes should be aware that any grievance not generated by virtue of their status as a student-athlete must be and may only be addressed pursuant to the relevant grievance policy and procedures applicable to all students at the College.

Student-athletes are encouraged to utilize the steps listed below to resolve complaints or grievances involving a coach, administrator, staff member, and sport team or department policy. The student should begin the grievance process within a reasonable period of time after the incident occurs or dispute is discussed.

- 1) The student-athlete is encouraged to bring his or her complaint to the individual whose action, or lack of action, led to the complaint. All parties involved in the matter should work in a cooperative and respectful manner in attempting to resolve the conflict. Both parties are encouraged to resolve the conflict within 10 business days of the date that the student-athlete informed the individual of his/her complaint. If the complaint cannot be resolved within a reasonable timeframe in a manner that is acceptable to the student-athlete, he/she may choose to proceed to #2 below.
- 2) If the student is not satisfied with the Step 1 response, if the student does not receive a timely response, if the student is unable to contact the person whose action or lack of action is being disputed, or for another compelling reason, the student may attempt to resolve the grievance with his/her head coach and sport administrator. In the event the dispute involves the head coach, the student-athlete should request to meet with the sport administrator.

Please note that the student-athlete is required to employ the informal procedures listed in #1 and #2 above before taking the more formal action outlined below.

- 3) A student-athlete who believes that he/she has not received appropriate satisfaction through the informal procedures outlined in #1 and #2 above may choose to file a written grievance with the Director of Athletics. The written complaint should be as complete and factual as possible, with details regarding the specific nature of the grievance and the specific steps taken by the student to attempt resolution; a copy of all correspondence and other related material should be submitted with the complaint. Upon receiving the written grievance, The Director, or his designee, will conduct an investigation of the matter. The Director, or his designee, will then issue his findings to the parties involved within 10 business days of the date the grievance was submitted.
- 4) A student-athlete who feels that his or her issue was not adequately addressed through the first three steps of the grievance procedure, should direct a written letter of appeal, along with the Director's findings, to Tiffany Gaffney, Associate Dean of Students. The Associate Dean of Students will communicate in writing his/her findings and recommendation(s) to the student, staff member, and Athletic Director within 10 business days of receipt of the appeal.

These procedural steps do not preclude the student and the staff member from attempting to resolve the matter at any time during the grievance process. The time frames provided for resolving the grievance may be adjusted for compelling reasons with an explanation and notice to the student and staff member. Once a student contacts a member of the staff regarding a grievance, all records (paper and electronic) that may be relevant to the grievance should be retained and preserved until the matter is resolved.

Please note that in addition to any Department of Athletics policies and procedures, student-athletes have available to them the Providence College policies and procedures that are available to all students. A student-athlete who wishes to obtain more information about these general college procedures should refer to the Providence College Student-Athlete Handbook and/or The Providence College Undergraduate Catalog.

VARSITY LETTER AWARDS

In order to receive a varsity letter award, you must be an amateur, eligible for athletic participation, as defined by the NCAA, and must have been representing Providence College at the time of competition.

All award nominations are recommended by the head coach or coaching staff at the end of the season and then approved by an Associate Athletic Director. Consideration is given to your athletic performance, sportsmanship and observance of rules, as well as other applicable criteria. All awards are in compliance with NCAA regulations. All student-athletes meeting letter award criteria receive a framed varsity plaque and membership into the letter winner society. This one-time award will be bestowed upon the student-athlete at the conclusion of the first year in which the criteria is met OR at the conclusion of the senior year season if the criteria has not been previously met.

SOFTBALL

A player qualifies to receive a letter award if she participates in 50% of the games played during the season. Pitchers and catchers must participate in 33% of the games during the season.

BASKETBALL (MEN & WOMEN)

A player is qualified to receive a letter award if he/she competes in 50% of all games.

TENNIS

A player is qualified to receive a letter by competing in at least 30% of the teams scheduled matches, singles or doubles.

CROSS COUNTRY (MEN & WOMEN)

A runner qualifies to receive a letter award if he/she: 1) Finishes in the top seven team scoring position in at least 50% of meets or 2) Qualifies for the NCAA, as an individual or a member of the top seven of qualifying team.

FIELD HOCKEY

A player is qualified to receive a letter award if she competes in 50% of all matches.

INDOOR & OUTDOOR TRACK & FIELD (MEN & WOMEN)

To qualify for a letter award, a participant must meet one of the following requirements: 1) Score a minimum of 20 points in Dual Meets or 2) Score a minimum of 10 points in Invitational Meets or 3) Score in the BIG EAST Championship Meet or 4) Score in an NCAA Championship Meet or 5) Break a school record.

SOCCER (MEN & WOMEN)

A player is qualified to receive a letter award if he/she competes in 50% of all matches.

ICE HOCKEY (MEN & WOMEN)

A player is qualified to receive a letter award if he/she competes in 50% of all games.

SWIMMING & DIVING (MEN & WOMEN)

A swimmer or diver is qualified to receive a letter award by

- 1) Scoring individually in a minimum of 50% of dual meets
- 2) Competing in the Big East Championship

VOLLEYBALL

Participation in at least 50% of the regular season games played (not matches).

LACROSSE

A player is qualified to receive a letter award if he competes in 50% of all games.

SENIOR GIFTS AND GRADUATION MEDALLIONS

All graduating senior NCAA varsity student-athletes are eligible to receive either a ring, watch or a pendant as senior gift. Senior gifts will be distributed at the annual All-Sport Gala. In addition, all graduating NCAA student-athletes will receive a Friar medallion to wear during Commencement. Medallions will be distributed by head coaches prior to Commencement weekend.

STUDENT ATHLETE HEALTH AND WELLNESS

The “You Are Never Alone in Friartown” mantra came to fruition in the fall of 2017 after a summer of long collaborative effort by many stakeholders across campus. The goal behind “You Are Never Alone in Friartown” is to bring awareness about mental health and wellness to the Providence College campus community and our student-athletes. We hope to fight the stigma that still accompanies these important topics in order to create more inclusive and safer spaces to grow and thrive. The Athletic Department has developed multiple resources to offer student-athletes the help they need to take care of themselves holistically, not only their bodies, but also their minds. We aim to embrace the strength that comes from recognizing when help is needed and the willingness to talk about life struggles by providing professional assistance as well as guidance on how to have healthy conversations with teammates, coaches, and other staff members.

For information, support and resources, please contact:

John Rock, ATC, Senior Associate Athletic Director-Health & Wellness

Ruane Friar Development Center Innovation Lab 2nd Floor / 401-865-2262 / jrock@providence.edu

Jessica Stewart, Psy. D, Clinical Psychologist for Student-Athletes

Ruane Friar Development Center Innovation Lab 2nd Floor OR Personal Counseling Center / (401) 865-2343 / jstewar5@providence.edu

Tim DiLeo, Sports Dietician for Student-Athletes

Ruane Friar Development Center Innovation Lab; Tuesday 8:30am-4:30pm / timdileo1@gmail.com

ATHLETIC DEPARTMENT INNOVATION LAB

The Innovation Lab, located on the 2nd floor of the Ruane Friar Development Center, is primarily designed for **REST and RECOVERY**. Two key components that most, if not all of our student-athletes, need.

***To schedule a time for any of the below equipment, please contact your team athletic trainer. All scheduling is done through Team Works.**

- **MetroNap Nap Pods (5):** Research tells us that we are all sleep deprived, student-athletes in particular. These pods recline to a zero gravity position; have soothing music and low-level multi colored lighting. The units are programed for a 20-minute nap.
- **Zero Gravity Recovery Recliners (5):** These Lux Lounger recliner chairs are designed to use in conjunction with the Recovery Pump System. As you use the recovery gear, you can recline back with heat and massage as the sequentially programmed boots massage your legs. Along with boots, we also have Recovery Shorts, Full Body Suits and Shoulder garments.
- **Full Body Novo XL Massage Chair:** With 56 different settings, the chair can massage your toes up to your neck. A must try for everyone.
- **Sensory Deprivation Float Tanks (2):** Sensory Deprivation Float is designed for relaxation. You lay on your back, in 10 inches of 94-degree water with 1000 pounds of Epsom Salts.
- **Impact CryoTherapy Chamber:** This is a "deep freeze" recovery treatment. You stand in chamber; gradually rotate your body for a total of 3 minutes as liquid nitrogen flows into the unit. The temperature in the chamber gets to 130 degrees below zero.
- **Bod Pod:** This "egg" shaped unit is the most advanced equipment to determine body composition.
- **Office Space**
 - a. Associate AD for Health & Wellness
 - b. Sports Nutrition/Dietician
 - c. Sports Psychology
 - d. Cognisens Cave

SPORTS MEDICINE / ATHLETIC TRAINING

ATHLETIC TRAINING ROOM RULES & PROCEDURES

- The Canavan Sports Medicine Center, located on the 1st floor of Alumni Hall, will be open weekdays from 6:30 am to 7:00 pm during the regular academic year. Weekends, holidays, and summer sessions will vary and be dependent on team games / practices and staff availability. Weekly hours are posted at both entrances to the facility. **HOURS ARE ALWAYS SUBJECT TO CHANGE.**
- It is the responsibility of the Student-Athlete to report all physical injuries, illnesses, & mental health concerns (anxiety, depression, etc.) to an Athletic Trainer as soon as possible.
- All physician and specialist appointments (e.g., chiropractor / massage therapy / sports dietician / sports psychology) are to be scheduled directly through an Athletic Trainer.
- The Athletic Training Room is a medical facility. Please be respectful of the staff, student-workers, student-athletes, and equipment.
- No profanity, derogatory/abusive or disrespectful language is allowed.
- Appropriate attire is always required. Refrain from wearing cleats, spikes, or muddy footwear in the facility.
- Personal belongings should be left in the locker room or in the space provided inside the facility.
- Cell phone use should be limited during treatment & rehabilitation sessions. Refrain from phone calls / text messaging when receiving one-on-one care.
- Absolutely NO food or beverages are allowed in the Athletic Training Room.
- All student-athletes must shower / rinse off prior to utilizing the hot / cold plunge or SwimEx.
- Absolutely NO towels are to be removed from the Athletic Training Room.
- Please ask permission prior to taking or using any equipment or medical supplies. No equipment should be removed from the facility without permission.
- Please return all equipment issued by the Athletic Training Room if no longer being utilized (e.g., crutches / cast boots / braces / compression sleeves).

GUIDELINES FOR TREATMENT

- The Athletic Department will treat any injury or illness directly related to intercollegiate sport participation that was incurred during team travel, supervised practice, scheduled games, or while conditioning for a sport during the NCAA defined playing and practice season.
- The Athletic Department assumes no financial or legal responsibility for:
 - Any financial charges by a hospital or specialist in which there was no referral made by a member of the Providence College Sports Medicine Department.
 - Any injuries or conditions not received in an authorized practice or official contest.
 - Injuries in the dorm, off-campus, or from intramural or recreational activities.

FUELING STATION

- Friartown Fuel is located on the 1st floor of Alumni Hall, just outside of the Canavan Sports Medicine Center.
- Several pre / post-workout fueling options are available to student-athletes (e.g., fresh fruit / granola bars / energy chews / cherry juice / nutritional shakes) and may vary throughout the year.
- All student-athletes will have a pre-determined number of credits per week to utilize at the Fueling Station.
- Hours of operation will be posted outside the service window and will vary depending on time of year. Student-athletes are encouraged to plan and obtain recovery food / beverages in advance if the Fueling Station is not scheduled to be open pre / post-practice or game.
- NO Fueling Station items will be allowed to be consumed in the Athletic Training Room or Innovation Lab.

DRUG EDUCATION, TESTING, & COUNSELING PROGRAM FOR STUDENT-ATHLETES

Providence College Athletic Department administrators, athletic trainers, and coaching personnel have taken the position that the abuse of alcohol, the use of performance enhancing drugs, and the use (except as prescribed by a physician) of other controlled substances by a student-athlete participating in intercollegiate athletics can seriously damage the student-athlete's physical and mental well-being and threaten the well-being of the student-athlete's teammates.

The Providence College Athletic Department reserves the right to change, without notice, any statement in this policy as necessary to comply with college, NCAA, or other applicable rules and policies.

PURPOSE

1. To promote the health and safety of all student-athletes by helping to prevent drug-related injuries and by discouraging the use and/or abuse of banned substances by student-athletes.
2. To identify drug users and/or abusers so that counseling and rehabilitation assistance may be provided directly to the student-athlete.
3. To help maintain the integrity of intercollegiate athletics and minimize the vulnerability of student-athletes to exploitation, through both testing and education.

DRUG TESTING POLICY

Year-round participation in the Drug Testing Program will be required of all intercollegiate student-athletes. All participants are subject to urine testing. No substance belonging to the prohibited class banned by the NCAA may be used, regardless of whether it is specifically listed as an example.

- All student-athletes will be subject to testing throughout the calendar year.
- All student-athletes will be subject to testing on a continual basis. Testing will be carried out on either a team or an individual basis.
- Seniors who have exhausted their eligibility are no longer subject to testing by Providence College but are eligible to be tested by the NCAA.
- Student-athletes who have received a permanent medical disqualification are eligible for testing for the duration of their athletic grant in aid.

DRUG TESTING PROCEDURE

Procedural Objectives:

To provide a consistent method of collection for all student-athletes.

Student-Athlete Notification:

Notification of testing will be by email, phone and/or personal contact.

Student-Athlete Selection:

Random selection will take place via a computerized random selection program and can take place by season, gender, sport classification, etc.

Frequency of Institutional Drug Testing:

Each student-athlete is eligible to receive unlimited institutional drug testing during an academic year or summer session.

Location of Drug Testing:

Drug Testing can occur at any site on or off-campus.

Testing Procedure:

Specimens will be collected by a team designated by Drug Free Sport and will follow the same sample collection procedures as the NCAA.

Note: When given advance notice of a test, failure to report for a drug test will result in a positive test.

COMMUNICATION OF INSTITUTIONAL DRUG TESTING RESULTS

Negative drug tests will not be communicated to the student-athlete.

Student-athletes will be notified of positive drug tests by email and/or telephone by the Drug Testing Program Administrator (DTPA) within 24 hours of receiving a positive result. The Drug Testing Program Administrator will also schedule a meeting for the student-athlete with the DTPA within 4 business days based off class schedule.

Drug testing and the associated sanctions for test-positive student-athletes serve as a minimum response by the Providence College Drug Testing Program Administrator. Individual team policies may include sanctions that are stricter than those outlined in this policy.

SAFE HARBOR CLAUSE

One time in a student-athletes collegiate athletic career at Providence College, any student-athlete who has experimented with drugs or feels that he/she has a problem with alcohol or other drugs, and who has not had a previous positive test, may request assistance through the Drug Testing Program Administrator.

This request **MUST** occur prior to notification of testing. Such a request shall not be treated as a positive test, and the student-athlete shall be treated/counseled in a manner appropriate to his/her situation. Additional testing will occur as often as weekly.

The intent of this clause is to allow a student-athlete to seek appropriate help without notification of either the head coach or the parent(s).

OTHER IMPORTANT INFORMATION

- It is the responsibility of the student-athlete to check with the athletic training staff before using any substance.
- Before consuming any nutritional/dietary supplement product, review the product with the appropriate or designated athletics department staff.
- Any substance that is chemically related to the class, even if it is not listed as an example, is also banned.
- You are responsible for everything that you put into your body.
- If a student-athlete has a medical condition for which a physician authorizes the use of a prescribed drug, he/she must provide a statement of such authorization to a Certified Athletic Trainer for inclusion in the student-athlete's medical file prior to initiation of the prescribed medication.

https://ncaaorg.s3.amazonaws.com/ssi/substance/2021-22NCAA_BannedSubstances.pdf

Revised: April 2022

CONCUSSION SAFETY PROTOCOL

Introduction

Providence College Sports Medicine recognizes the health risks student-athletes are exposed to, including those associated with sports-induced concussions. The following Concussion Safety Protocol is based upon current medical best practices and NCAA requirements and recommendations. The Protocol has at its foundation, an emphasis on education of student-athletes and coaches regarding concussions, baseline assessment of student-athletes, standard assessment of the potentially concussed student-athletes, guidelines for immediate management of the student-athlete with head trauma, return-to-sport guidelines, and return-to-learn recommendations. This Protocol is reviewed annually and modified to remain consistent with new data and recommendations as they arise.

Education

Sports Medicine Staff

- On an annual basis, and prior to the start of each academic year, the Athletic Training Staff and Team Physicians will review, discuss, and update the Concussion Safety Protocol based upon contemporary best practices and updated material provided by the NCAA.
- All Sports Medicine Staff members will sign an acknowledgement that they have received and read, and that they understand and will follow, the concussion material.

Student-Athlete Education

- All student-athletes will receive annual education regarding concussions in sport; they also will be provided with the latest version of the NCAA Fact Sheet for Student-Athletes and/or other applicable concussion education material.
- All student-athletes will be required to sign an acknowledgment form that they have received and read, to acknowledge that they understand and will follow, the guidelines and requirements in this educational material, including with respect to the causes, signs and symptoms, and possible consequences of, concussion; they also will acknowledge in writing that they understand and accept their responsibility for reporting immediately any suspected concussions or head injuries directly to the medical staff.
- The Sports Medicine Staff will ensure that each student-athlete has been allowed an opportunity to discuss concussion education material, completed this education, and the signed acknowledgment forms will be retained in the student-athlete's medical chart.

Coaches & Sport Administrator Education

- All coaches and sport administrators will be provided annual concussion education that includes the NCAA Fact Sheet for Coaches and/or other concussion education material; they will also be provided with a copy of the Protocol and an opportunity to discuss concussion education material.
- All coaches and sport administrators will be required to sign an acknowledgment form that they have received and read. This is to acknowledge that they understand and will follow the guidelines and requirements in this educational material, including with respect to the causes, signs and symptoms, and consequences of a concussion. They will also acknowledge in writing that they understand and accept their responsibility for immediately reporting any suspected concussions or head injuries directly to the medical staff.

Additional Medically Pertinent Personnel

- "Additional Medically Pertinent Personnel" includes any supplementary medical health care provider whose expertise, knowledge and care may be required to ensure the safety and management of a student-athlete who has sustained a concussion.
- All Additional Medically Pertinent Personnel will sign an acknowledgment that they have received and read, and that they understand and will follow, the concussion material.
- The Sports Medicine Staff will ensure that any Additional Medically Pertinent Personnel has been allowed an opportunity to discuss provided concussion education material, and the signed acknowledgment form will be retained in the Sports Medicine Department.

Pre-Season, Annual Baseline Assessment

To establish a measure of baseline neurocognitive status, all student-athletes will undergo a review of their medical history (including but not limited to: concussion or brain injury, neurologic disorder, and mental health symptoms and disorders), baseline symptom evaluation, baseline cognitive assessment, and baseline balance evaluation. This will be accomplished via a computerized neurocognitive assessment which includes components of the Sport Concussion Assessment Tool 5 (SCAT5), accelerometer and gyroscopic data, objective assessments, and quantitative assessments. This baseline assessment will remain available for comparison should the student-athlete sustain a concussion while competing for Providence College.

Team physician judgment will determine pre-participation clearance and/or the need for additional consultation or testing based upon known individual concussion modifiers. New baseline concussion assessment will be considered at six months or beyond for any student-athlete with a documented concussion, especially those with complicated or multiple concussion history. This will be determined by the team physician.

Recognition and Diagnosis of Concussion

An athletic trainer and/or team physician, both with training in the diagnosis, treatment and initial management of acute concussion will be “present” at all competitions in the following Men’s and Women’s contact/collision sports: Basketball; Field Hockey; Ice Hockey; Lacrosse; Pole Vault; Soccer. To be “present” means to be on site at the campus or arena during competition. Medical personnel may be from either team or may be independently contracted for the event.

An athletic trainer and/or team physician, both with training in the diagnosis, treatment, and initial management of acute concussion, will be “available” at all practices in the following Men’s & Women’s contact/collision sports: Basketball; Field Hockey; Ice Hockey; Lacrosse; Pole Vault; Soccer. To be “available” means that, at a minimum, the athletic trainer and/or team physician can be contacted at any time during the practice via telephone, messaging, email, or other immediate communication means. Further, the case can be discussed through such communication, and immediate arrangements can be made for the athlete to be appropriately evaluated.

Evaluation of the Potentially Concussed Student-Athlete

Any student-athlete who exhibits or is suspected to exhibit signs or symptoms of a concussion will be removed from practice or competition and be evaluated by the team’s athletic trainer, team physician, and/or the physician designee with concussion experience. If a staff member is not immediately available, the student-athlete should be removed from activity and referred to a sports medicine staff member as soon as possible.

The minimum evaluation will consist of a clinical examination that includes, but is not limited to, symptom inventory, physical and neurological exam, cognitive and balance assessment, performed serially, and a clinical assessment for cervical spine trauma, skull fracture, intracranial bleed and/or catastrophic injury.

If the diagnosis of concussion is made by the Sports Medicine professional, the student-athlete will not be permitted to return to participation in any athletic activity that day. The student-athlete will continue to be monitored for worsening symptoms in their clinical status.

Any student-athlete who is suspected to have sustained a concussion must be removed from practice/play for that calendar day if a concussion is confirmed. The student-athlete may return to sport on the same day if the concussion is no longer suspected by their team athletic trainer and/or team physician.

Post-Concussion Management

The Emergency Action Plan that includes transportation to **EMERGENCY TRAUMA CENTER at RHODE ISLAND HOSPITAL** for further medical care shall be activated should a student-athlete show signs of increased deterioration that includes but is not limited to:

- Glasgow Coma Scale <13 on initial assessment, or GCS <15 at 2 hours or more post-initial assessment
- Prolonged loss of consciousness
- Focal neurological deficit suggesting intracranial trauma
- Repetitive emesis
- Persistently diminished/worsening mental status or other neurological sign/symptoms
- Suspected spinal injury

Early Management of the Student-Athlete with a Concussion

Once a student-athlete has been determined to be clinically stable, they will be discharged with oral and written instructions for home care and follow-up. These instructions will be provided to the student-athlete and a responsible adult (e.g., parent or roommate). The student-athlete will be required to report the next day for follow-up.

Follow-Up Assessment of the Student-Athlete with a Concussion

All student-athletes who sustain a concussion will follow-up with their athletic trainer daily for reassessment. Minimum assessment at this time will include the completion of a symptom questionnaire with documentation of their symptom score for that day. This daily assessment will continue until the student-athlete completely recovers or until, in the clinical judgment of the Sports Medicine staff, the student-athlete is no longer making significant daily change, either positively or negatively, to necessitate this daily evaluation.

Follow-up physician evaluation will be determined individually based on what the treating physician decides is clinically appropriate for a student-athlete with atypical presentation or persistent symptoms to consider additional diagnosis, best management options, and consideration of referral.

Subsequent consultation with other specialists, such as neurologists, neuropsychologists, or neurosurgeons, will be determined as clinically appropriate by the team physician. The same is true regarding any additional testing, such as neuroimaging studies, follow-up neurocognitive testing, or other clinically relevant testing. Additional diagnoses to consider with atypical presentation or persistent symptoms include but are not limited to: Fatigue and/or sleep disorder, migraine or other headache disorders, mental health symptoms and disorders, ocular dysfunction, vestibular dysfunction, cognitive impairment, and/or autonomic dysfunction.



Return-to-Sport Decision-Making and Clearance

The final determination of unrestricted return-to-sport from a concussion is the responsibility of the team physician or his or her designate. No other health care professional can clear a Providence College student-athlete for return-to-sport as that decision belongs exclusively to that student-athlete's team physician. The highly individualized decision to return a student-athlete to participation revolves around the complete resolution of all post-concussive symptoms, a normal neurological examination and return to baseline scores on clinical measures. The student-athlete must be asymptomatic for 24 hours before following the return-to- play protocol in the stepwise progression listed below.

Recovery Stages	Functional Exercise	Objective
No Activity or Symptom-Limited Activity	PHYSICAL & COGNITIVE REST	Recovery
Exertion Step 1 (Light Aerobic Exercise)	Light aerobic exercise: walking, bike. Intensity: <70% Max HR NO RESISTANCE TRAINING	Increase heart rate
Exertion Step 2	Mode, duration and intensity-dependent exercise based upon sport: i.e. interval bikeIntensity: 85% Max HR	Engage anaerobic metabolism
Exertion Step 3 (Sport Specific Exercise)	Sport specific activity with no head impact. Skating drills in hockey, running drills in soccer, etc.	Add Movement
Exertion Step 4 (Non-Contact)	Limited, controlled return to non-contact practice i.e. passing drills.Resumption of progressive resistance training.	Exercise, Coordination, & Cognitive Load
Exertion Step 5 (Full Contact – Unrestricted Training)	Medical clearance requiredFull sport participation in a practice	Restore Confidence, Assessment of Functional Skill by Coaching Staff
Return To Sport (Unrestricted)	NORMAL GAME PLAY	

The 5 exertion steps do not require 5 days to complete, although no more than 2 steps should be performed on the same day to allow for monitoring of both acute and delayed symptoms. If the exertion activities do not produce acute symptoms, the athlete may progress to the next step. The athlete may advance to step 5 and return to full participation the day after completing step 4 of the 5-step exertion process if they remain asymptomatic. The amount of time spent in each level of the progression will be dependent upon the student-athlete's symptoms and the presence or absence of concussion modifiers, such as previous concussions, previous prolonged post-concussive syndromes, ADD/ADHD, depression, or other diagnosed mental health conditions. The determination regarding the speed of progression through the stages will be made based on the clinical judgment of the Providence College Sports Medicine Staff in collaboration with the Team Physician. Unrestricted return-to-sport should not occur prior to unrestricted return-to-learn for injuries occurring while the athlete is enrolled in classes. **The sports medicine staff and team physician have exclusive authority with respect to ALL medical decisions. Consistent with best practice, and league and conference regulations and guidance, the College requires that a student-athlete must be cleared by a member of the sports medicine staff and/or a team physician before returning to practice sessions and/or competition.**

Return-to-Learn Decision-Making and Clearance

The team athletic trainer is responsible for informing the designated staff member in the Student Success Center (SSC) about any concussion episode, who in turn will notify the student-athlete's professors as well as the Dean of Student's office. The student-athlete is encouraged to reach out to his/her professors as appropriate. The team athletic trainer should document the communication with SSC and receive written confirmation from SSC that the information has been received.

Management of all concussions will not only include a plan to return to sports activities, but also a plan to return to academic programs and activities.

- Once a student-athlete is diagnosed with a concussion, the physician or Certified Athletic Trainer will navigate Return-to-Learn with the student-athlete by notifying the designated staff member in SSC and providing them information that the student should be excused from academic programs/activities until the team physician determines, based on re-evaluation, that symptoms have improved.
- Return-to-Learn will be initiated with cognitive rest. This will include avoiding stressors such as going to class, reading, studying, screen time on computer, playing video games, and texting.
- The student will begin an individualized return to academic programs/activities based on symptoms as tolerated. Their individualized initial plan for Return-to-Learn is likely to include at least the following elements:
 1. Compliance with applicable law.
 2. No classroom activity on same day as concussion.
 3. Remaining at home/dorm if student-athlete cannot tolerate light cognitive activity.
 4. Gradual return to classroom/studying as tolerated.

For more complex cases where the student remains symptomatic, a multidisciplinary team will meet and assess conditions requiring more prolonged care. The prolonged Return-to-Learn management team is likely to include:

- Team Physician
- Athletic Trainer
- Psychologist/Counselor/Neuropsychologist
- Faculty Athletic Representative
- Academic Coordinator
- Course Instructor(s)
- College Administrators
- Disability Support Services Representative
- Coaches

***Re-evaluation by the team physician (or their designee) and members of the Return-to-Learn management team is warranted if concussion symptoms worsen with academic challenges or student-athlete has atypical presentation or persistent symptoms lasting longer than two weeks.**

- The Return-to-Learn process may require specific adjustments to the student's academic schedule, among other changes.
- If symptoms are prolonged and last over two weeks, academic modifications may be initiated to accommodate a student's testing schedule, written compositions or papers, class projects, and/or presentations.
- In certain situations, when symptoms are prolonged, it may be necessary to contact one of several campus resources available for students requiring more specialized services. Such campus resources must be consistent with applicable law, and include at least one of the following:
 1. Learning Specialists
 2. Disability Support Services
 3. ADAAA office

Limiting Exposure to Head Trauma Management Plan

Providence College will:

- Limit head trauma exposure in a manner consistent with *Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes*. For example:
 - All practices and competitions adhere to existing ethical standards.
 - Using playing or protective equipment (including the helmet) as a weapon is prohibited during all practices and competitions.
 - In all practices and competitions, deliberately inflicting injury on another player is prohibited.
 - All playing and protective equipment (including helmets), as applicable, meet relevant equipment safety standards and related certification requirements.
 - All contact/collision, helmeted practices and competitions adhere to keeping the head out of blocking and tackling.
- Take a “safety first” approach to all sports.
- Provide education to coaches and student-athletes regarding safe play, proper technique, and taking the head out of contact.
- Aim to reduce gratuitous contact during practices in all sports.

The Providence College Head Team Physician has the authority for medical disqualification of a student-athlete with a history of multiple concussions.

Revised: April 2022

NUTRITION, WEIGHT, AND BODY COMPOSITION MANAGEMENT PROGRAM

OVERVIEW

The Providence College Sports Medicine staff is committed to providing resources for student-athletes, coaches, and department staff to help manage nutrition, weight, and body composition. Resources include medical and athletic training services, individual- and team-focused sports nutrition meetings and information, psychological counseling services, and health promotion programming.

The goals of a nutrition, weight, and body composition management program are:

- To promote awareness about nutrition by providing information, advice, and guidance to student-athletes and coaches;
- To provide sport psychological counseling for student-athletes and coaches;
- To enhance health and performance; and,
- To help prevent behaviors that could jeopardize a student-athlete’s health and safety.

This Nutrition, Weight, and Body Composition Program includes scientifically reliable information about weight and body composition, and recommendations for the assessment and monitoring of weight and body composition to help establish and evaluate healthy weight goals.

Weight and Body Composition Information

–There is no definitive link between body weight or composition and performance. For example, low percent body fat or weight does not always correlate with improved performance; it can lead to a decrease in performance and an increased risk of injury or illness.

–Some student-athletes often will set, and will do whatever it takes to reach, a weight or body composition goal that may not be realistic. Without proper knowledge and guidance about how to lose or gain weight appropriately, student-athletes may resort to unhealthy behaviors with significant health consequences (e.g. eating disorders, anabolic steroid use, and illicit drug use).

–Weight does not change rapidly unless the student-athlete is ill; severely restricting calories; dehydrating; binge eating; or, using anabolic steroids or other ergogenic agents. When weight becomes excessively important, it can precipitate for the student-athlete body obsession and significant emotional distress, thereby making healthy eating difficult to achieve and sustain.

–Certain behaviors, such as frequently weighing student-athletes, penalizing them for lack of weight control, and unrealistically linking their weight to performance, can lead to pathogenic weight control behaviors, disordered eating, and, eventually, to eating disorders. Body dissatisfaction and associated eating patterns sometimes are precursors to disordered eating. Disordered eating patterns can negatively impact student-athletes’ mental and physical well-being, and eventually, their performance.

--Frequent weigh-ins can encourage "competitive thinness," in which student-athletes try to be thinner than their teammates; frequent weigh-ins can send student-athletes the message that their weight is more important than: eating focused on training; achieving good sleep hygiene; hydrating appropriately; and, recovering in accordance with best practices for the sport.

--Coaches can have a tremendous influence on student-athletes, and should be conscious of their attitudes, behaviors and language that may directly or indirectly contribute to the onset of unhealthy eating behaviors and/or lifestyles.

Recommendations and Interventions

The Sports Medicine staff provides the following information to help guide staff and student-athletes:

1. Coaches should promote healthy lifestyle practices; these include: obtaining sufficient rest; adopting stress-management strategies; making optimal eating choices and practicing positive eating behaviors; and, avoiding use of alcohol and drugs not prescribed by a licensed medical provider.
2. Determining optimal body weight and composition is best performed by staff with proper knowledge and training. This process should be individualized to account for different body types, the strong influence of genetics on body composition, and other factors (both modifiable and non-modifiable).
3. To optimize proper nutrition and high performance, and to promote health and safety, student-athletes may, and should be encouraged to, consult with and seek the services of the sports nutritionist/dietitian for information, guidance, and assistance.
4. Concerns about a student-athlete's weight gain or loss should be shared directly with the sports medicine staff and/or the nutritionist/dietitian. Concerns will be assessed by the appropriate staff members, which also may include a team physician, athletic trainer, mental health counselor, and strength and conditioning coach. Any individualized weight or body composition management plan will be developed in conjunction with the student-athlete; the student-athlete's input and feedback are important components to setting, achieving, and sustaining goals.
5. It is rarely helpful to the student-athlete for coaches to suggest or state that a certain body weight or composition is optimal for that student-athlete. Coaches are not in the best position to provide weight-related advice to, or to set targeted goals for, one or more student-athletes. Coaches, therefore, should refrain from taking on this role. They are not authorized to weigh student-athletes, to apply substantial pressure on student-athletes to gain or lose weight, or to share confidential information about any student-athletes to persons who do not need that information to perform a job-related task.
6. A student-athlete on a weight/body composition management plan will work closely with the sports medicine staff, nutritionist/dietitian, and/or other trained professionals. The plan may include periodic weigh-ins and other assessments. Unless dehydration is an issue, the student-athlete's weight typically will not be assessed more frequently than once per week. If the plan includes weight management, the student-athlete should be weighed by the appropriate staff member in a private manner or setting; also, the student-athlete will be reminded that the weigh-in will help promote health and/or monitor progress in accordance with the existing or a modified management plan. If disordered eating or an eating disorder is suspected or disclosed, the student-athlete should be referred in a timely manner to the team physician for further evaluation and treatment.
7. Weight and body composition measurements will be used solely as a screening tool for the following reasons: to set realistic and healthy goals, if any; to assess progress with respect to the management plan (which may include assessment of trends and patterns); to assess athletic performance; to prevent or reduce the likelihood of injury or other health-related problems; and/or to determine return-to-play readiness after an injury, surgery, illness, or prolonged interruption to a strenuous training regimen.
8. Weight and body composition measurements are confidential medical indices and permission is required from the student-athlete before sharing them; however, under certain circumstances (i.e., in the event of a health or safety emergency), relevant information may be shared on a need-to-know basis with other athletics staff, other College officials, and/or parents.
9. Generally, sports medicine staff and the nutritionist/dietitian will strongly discourage student-athletes from using dietary supplements, and student-athletes should fully disclose all supplement use with the sports medicine staff and/or nutrition/dietitian.

References

IOC Medical Commission Position Stand on the Female Athlete Triad (2005)
Female Athlete Triad Handbook for Coaches; NCAA
Sports Medicine Handbook; NCAA
Revised: June 2020

HAZING POLICY

Consistent with Rhode Island law, athletic conference guidelines, and national fraternal policies, hazing is prohibited at Providence College. The term “hazing” means any act that, as an explicit or implicit condition for initiation to, affiliation with, or continued membership in, a team, club, group, or organization, could be assessed by a reasonable person as creating an undue risk of danger to a person’s physical or mental health via, for example, humiliating, intimidating, or demeaning treatment; consumption of alcohol, drugs, or other substances; or other violations of College policy. A claim that one or more student participants in the activity did so voluntarily and/or were given an opportunity to opt-out of participation at any time are not viable defenses to a charge of hazing.

It is not possible to list all circumstances that might constitute hazing; however, the following examples should inform students as to the general types of unacceptable behavior that will not be tolerated at Providence College: forcing or coercing someone to consume food, alcohol, other drugs, or other substances; forcing or coercing someone to publicly wear apparel that is conspicuous and outside the norm of what is considered to be in good taste, or engaging in public stunts and buffoonery, or degrading or humiliating games or activities; whipping, paddling, branding, striking, tattooing, piercing someone’s body; exposing someone to extreme weather conditions; depriving someone of sleep/rest or disturbing someone’s sleep during normal rest hours; isolating or confining someone in a small space; forcing or coercing someone to engage in physical activity that is likely to create a risk of harm, or that adversely affects someone’s health or safety; forcing or coercing someone to participate in pranks such as stealing from or harassing another organization, or theft or vandalism of College property or personal property; ridiculing, yelling, screaming or cursing at new members; any other activities that are not consistent with state law, the College’s mission, or the educational process.

There are many activities in which members of student groups may voluntarily participate that foster camaraderie and team-building, promote unity and a sense of belonging, and build self-confidence and self-esteem. Examples of such activities include: attending pre-season or organizational training sessions; administering supervised testing for skills, endurance, or performance; sponsoring a skit night; wearing appropriate, similar clothing as a symbol of unity; performing community service; completing a ropes course; and participating in a supervised group trip. Hazing shall not include any activity or conduct that furthers the mission of Providence College or military training (ROTC) program goals, provided that these goals, as well as the activity and conduct in support of these goals, are deemed appropriate and approved by the College.

If a student (leader, captain, organizer, or participant) is unclear as to whether a particular activity or certain behavior would constitute a violation of the College’s hazing policy, the student, prior to authorizing, organizing or engaging in the activity, should consult with an administrator. Community members who have experienced hazing or have information about a possible hazing incident should report the activity to the Office of Safety and Security, the dean of students, the director of athletics or club and recreational sports, the executive Associate Athletic Director/SWA, the dean of residence life, or the director of S.A.I.L. All reports will be taken seriously and investigated promptly. Retaliation and reprisals against persons who file a report or who cooperate with an investigation of hazing are prohibited. When evidence of retaliatory behavior exists, the person or persons responsible will be subject to appropriate and immediate disciplinary action. In addition to disciplinary action imposed by the College, teams, clubs, and organizations may be subject to additional sanctions imposed by their respective governing bodies or conferences. Persons who violate Rhode Island law (R.I.G.L. § 11-21-1 et. seq.) may receive sanctions consisting of a fine and/or incarceration.

MEDIA RELATIONS

Providence College and its athletic teams enjoy tremendous media coverage throughout the year. This coverage comes in the form of newspaper articles, radio interviews and talk shows and television interviews. The coverage can vary from national coverage to local coverage.

The Providence College Sports Information Office deals with the media on a daily basis. From simple tasks like providing statistics and photos to a newspaper, to setting up interviews, to promoting story ideas, to game day management, the Sports Information Staff is always there to help.

Guidelines when interacting with the media:

1. Friar student-athletes have a responsibility to themselves, the College, the coaching staff, their teammates and fans to cooperate with the media. Friar fans and fans from your hometown are sincerely interested in your collegiate experience. Dealing with the public and the media are now as much a part of your athletic experience as strength training, practice and competitions.

2. Dealing with the public and media can be one of your most satisfying and rewarding educational experiences at Providence College. Developing communication skills and the experience that comes from being a public figure will benefit you throughout your entire life.
3. From the time that you decided to compete at a nationally recognized athletic program such as Providence College, you became a public figure. Being a public figure brings added attention and recognition. Be aware that almost everything you do will be seen or heard by someone who knows you are a Friar athlete.
4. When you travel, talk with the public, or spend time with the media, remember that you are representing yourself, your family, your team and Providence College.
5. People who cover college athletics are professionals who have worked hard to reach this level in their careers. Be courteous, polite and cooperative with the media and it will represent you well in the story. Remember, the impression you leave with the media is the impression the public will get from the story. It is not the reporter's job to make you "look good." An interview is your chance to show the public exactly what kind of person you are. Use it to your advantage.
6. All interviews, including those with The COWL, must be scheduled through and by the Sports Information Office. If a media member contacts you directly, (via telephone or e-mail) have him/her call the Sports Information Office before you agree to an interview.
7. NEVER give your phone number, e-mail address or social media information to the media. Also, remind your family and friends not to give your contact information to the media. Reporters should never interview you in your room or during a meal.
8. Dress appropriately and neatly especially in dealing with television. Do not wear hats or dark glasses for an interview. Stand up straight and keep body movements to a minimum. Look at the interviewer and speak slowly and clearly when responding to a question.
9. There are no interviews on game day or prior to a game. All interviews should end at least ten minutes to the start of practice.
10. Always be truthful. If there is a question that you are uncomfortable with or would prefer not to answer, then direct the question to a coach or an SID. Never say, "no comment", rather, politely emphasize that you would prefer not to answer that question - "I don't know" or "I would rather not answer that question" are polite and acceptable.
11. Reporters may ask about "team matters." Your coach will make you aware of these and you should request that the reporter talk to the head coach about those questions.
12. If you do not understand the question, have the reporter rephrase it. If you are being taped for radio or television and would like to answer the question in a different way, ask the reporter for a second chance. Most reporters will accommodate you. Remember, as a general rule, don't say anything that you do not want to read about in the paper the next day!
13. Never talk "off the record" no matter how well you think you know the reporter. Never use offensive language or appear upset with a reporter.
14. NEVER talk about injuries to yourself or your teammates. The Sports Information Staff, your coaches or the athletic trainers are the only individuals who should make statements about injuries.
15. NEVER talk about point spreads or favorites. Gambling and college athletics do not mix.
16. Always remember that you have the right to decline an interview. We ask that you fulfill interview requests because we feel it is in your best interest and is helpful to your team's recognition. If you feel uncomfortable with an interview request, please let us know.
17. NEVER be critical of anyone but yourself. Do not criticize teammates, opponents, coaches, fans, officials or the media. Take your wins with humility and your losses with dignity. Acknowledge your teammates.
18. The responsibility of the Sports Information Office is to serve as a liaison between The Athletic Department and the media. We try to generate publicity for you and your teammates through a number of different vehicles. Mostly, we are here to HELP you.
19. Do not put any information about your team, or yourself involving the team, on social media unless it promotes you, your team, The Athletic Department or the College in a positive manner.

DISCRIMINATION AND HARASSMENT

Title IX and Sexual Harassment Information, Policies and Resources:

<https://sexual-harassment.providence.edu/>

Sexual Misconduct or Relationship Violence Policy and Grievance Procedures:

<https://sexual-harassment.providence.edu/wp-content/uploads/sites/84/2022/01/sexual-misconduct-policy-appendix-a.pdf>

Anti-Harassment and Discrimination Policy and Grievance Procedures:

<https://cpb-us-e1.wpmucdn.com/sites.providence.edu/dist/a/54/files/2019/11/anti-harassment-policy-nov-2019.pdf>

COLLEGE OFFICIALS FOR REPORTING AND ASSISTANCE:

Public Safety Office, 865-2391 – Dial extension 2222 for emergencies

Title IX Coordinator

Rachel Andoscia Slavin 106F

Direct: (401) 865-1029 / Administrative/Scheduling: (401) 865-2813

randosci@providence.edu

Assistant Title IX Coordinator

Tiffany Gaffney - Associate Dean of Students Slavin 201

Direct: (401) 865-2191 / Administrative/Scheduling: (401) 865-1782

tgaffne1@providence.edu

Title IX Deputy Coordinators

Quincy Bevely - Assistant VP Institutional Diversity Harkins 312

Direct: (401) 865-2889 / Administrative/Scheduling: (401) 865-2836

qbevely@providence.edu

Dr. Sandra Keating - Associate Professor of Theology/Director DWC Program Ruane 232

Direct: (401) 865-2230

skeating@providence.edu

Jill LaPoint – Sr. Associate VP/Deputy Athletic Director/Senior Woman Administrator Alumni Hall 210

Direct: (401) 865-2588 / Administrative/Scheduling: (401) 865-2265

jlapoint@providence.edu

Dr. Chris Arroyo – Professor of Philosophy Phillips Memorial Library, Rm. 207

Direct: (401) 865-2235

carroyo@providence.edu

Chris Schmidt

Associate Director of Recreational Sports Peterson LL108

Direct: (401) 865-2340

cchmid4@providence.edu

Medical:

Providence College EMTs 401-865-2888

Student Health Center 401-865-2422 Lower Bedford Hall

Women & Infants Hospital 401-274-1100 (General) 401-274-1750 (Emergency)

Rhode Island Hospital 401-444-4000 (General) 401-444-5411 (Emergency)

Counseling/Emotional Support/Advocacy Resources:

Personal Counseling Center 401-865-2343 Lower Bedford Hall

Chaplain/Campus Ministry 401-865-2216 St. Dominic Chapel

Day One Advocacy Coordinator 401-280-0564

Day One Sexual Assault & Trauma Resource Center 1-800-494-8100 (24hr)

401-421-4100 (General)

Safety/Policy Enforcement/Administrative Support:

Office of Public Safety 401-865-2222 (Emergency) 401-865-22391 (General) Huxley Gate

Providence Police Department Emergency: 911 General: (401) 272-3121

Special Victims Unit: General: (401) 243-6331

Law Enforcement Advocate: (401) 243-6338

Residence Life On-Call Representative 401-639-9110

Office of Community Standards 401-865-2813 Slavin 206

Dean of Students 401-865-1782 Slavin 201

Director of Residence Life 401-865-2392 Slavin 105



AUGUST

"A trophy carries dust. Memories last forever." – Mary Lou Retton

JULY 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

AUGUST 2022						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

PRIORITY THIS WEEK:



All undergraduate, Graduate, and SCE courses begin; SCE Term I courses begin

Academic Convocation

THIS WEEK

29

MONDAY

30

TUESDAY

31

WEDNESDAY

1		
THURSDAY		
2		
FRIDAY		
3		
SATURDAY		
4		
SUNDAY		

SEPTEMBER

"Today I will do what others won't, so tomorrow I can accomplish what others can't." – Jerry Rice

AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

5

MONDAY

Labor Day
Labor Day holiday – Offices closed;
Classes suspended

6

TUESDAY

All classes resume; Last day to
add a course via Cyberfriar for
undergraduates

7

WEDNESDAY

Administrative adjustment period
begins for undergraduates

8	THURSDAY	
9	FRIDAY	
10	SATURDAY	
11	SUNDAY	Patriot Day

SEPTEMBER

"There are only two options regarding commitment.
You're either in or you're out. There is no such
thing as life in between." – Pat Riley

AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

12

MONDAY

13

TUESDAY

14

WEDNESDAY

Last day to drop courses without
"WD" grade via Cyberfriar for
undergraduates; Last day for
election of audit option; Last day
to add courses without charge

Late adjustment period begins for
undergraduates

15	THURSDAY		
16	FRIDAY		
17	SATURDAY		
18	SUNDAY		

SEPTEMBER

"Never underestimate the power of dreams and the influence of the human spirit. The potential for greatness lives within each of us." – Wilma Rudolph

AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

19

MONDAY

20

TUESDAY

21

WEDNESDAY

22		First day of autumn
THURSDAY		
23		
FRIDAY		
24		
SATURDAY		
25		Rosh Hashanah begins at sundown
SUNDAY		

SEPTEMBER

"Every strike brings me closer to the next home run." – Babe Ruth

AUGUST 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

26

MONDAY

27

TUESDAY

28

WEDNESDAY

Rosh Hashanah

29	THURSDAY	
30	FRIDAY	
1	SATURDAY	
2	SUNDAY	

OCTOBER

"Do you know what my favorite part of the game is? The opportunity to play." – Mike Singletary

SEPTEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

PRIORITY THIS WEEK:



THIS WEEK

3

MONDAY

4

TUESDAY

5

WEDNESDAY

Yom Kippur begins at sundown

Yom Kippur

6	THURSDAY	
7	FRIDAY	Mawlid al-Nabi begins at sundown
8	SATURDAY	
9	SUNDAY	

OCTOBER

"To uncover your true potential, you must first find your own limits, and then you have to have the courage to blow past them." – Picabo Street

SEPTEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

PRIORITY THIS WEEK:



THIS WEEK

10

MONDAY

Columbus Day
Columbus Day holiday – Offices closed; Classes suspended

11

TUESDAY

All classes resume; MONDAY class schedule

12

WEDNESDAY

13	THURSDAY		
14	FRIDAY		
15	SATURDAY		
16	SUNDAY		

OCTOBER

"Success is where preparation and opportunity meet." – Bobby Unser

SEPTEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

17

MONDAY

SCE Term I Courses End

18

TUESDAY

SCE Term I Final Exams

19

WEDNESDAY

Mid-semester date for undergraduate courses; Last day to submit coursework to instructor for "I" and "NM" grades for Spring/Summer 2022; SCE Term I final exams

20	THURSDAY	
21	FRIDAY	
22	SATURDAY	
23	SUNDAY	

OCTOBER

"When you fall, get right back up. Just keep going; keep pushing it." – Lindsey Vonn

SEPTEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
						1
						2
						3
						4
						5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

PRIORITY THIS WEEK:



THIS WEEK

24

MONDAY

25

TUESDAY

26

WEDNESDAY

SCE Term II courses begin

Last day for submission of mid-semester grades

27	THURSDAY		
28	FRIDAY		
29	SATURDAY		
30	SUNDAY		

NOVEMBER

"Adversity causes some men to break — others to break records." — William Arthur Ward

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

31

Halloween

MONDAY

1

Solemnity of All Saints

TUESDAY

2

WEDNESDAY

3	THURSDAY	
4	FRIDAY	
5	SATURDAY	
6	SUNDAY	Standard time begins

NOVEMBER

"If you don't have time to do it right, when will you have time to do it over?" – John Wooden

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PRIORITY THIS WEEK:



THIS WEEK

7

MONDAY

8

TUESDAY

9

WEDNESDAY

Election Day
Last day to elect Pass/Fail option
(option for 2026 begins with
second semester)

10	THURSDAY	
11	FRIDAY	Veterans Day Course registration for Class of 2023 and December 2023 graduates
12	SATURDAY	
13	SUNDAY	

NOVEMBER

"The principle is competing against yourself. It's about self-improvement, about being better than you were the day before." – Steve Young

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

14

MONDAY

15

TUESDAY

16

WEDNESDAY

Course registration for Class of 2024 and December 2024 graduates

Course registration for Class of 2025 and December 2025 graduates

17	THURSDAY	
18	FRIDAY	Course registration for Class of 2026 and December 2026 graduates
19	SATURDAY	Weather cancellation make-up day (if necessary)
20	SUNDAY	

NOVEMBER

"The fastest way to get me to go out and do something is to tell me no way I can do it." – Evelyn Ashford

OCTOBER 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

21

MONDAY

22

TUESDAY

23

WEDNESDAY

Thanksgiving Recess

24	THURSDAY	Thanksgiving Thanksgiving Recess
25	FRIDAY	Thanksgiving Recess
26	SATURDAY	Thanksgiving Recess
27	SUNDAY	Thanksgiving Recess

NOVEMBER

"I concentrate on preparing to swim my race and let the other swimmers think about me, not me about them." – Amanda Beard

OCTOBER 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
						1
						2
						3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

PRIORITY THIS WEEK:



THIS WEEK

28

MONDAY

29

TUESDAY

30

WEDNESDAY

All classes resume

1		
THURSDAY		
2		Last day to withdraw from courses with "WD" grade, with permission of the Dean of Undergraduate and Graduate Studies
FRIDAY		
3		
SATURDAY		
4		
SUNDAY		

DECEMBER

"I love combining power and technique to push your body to the limit — to the point of surreal awareness." — Kikkan Randall

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PRIORITY THIS WEEK:



THIS WEEK

5

MONDAY

6

TUESDAY

7

WEDNESDAY

<div>8</div> <div>THURSDAY</div>		Solemnity of the Immaculate Conception
<div>9</div> <div>FRIDAY</div>		Undergraduate classes for fall semester end after last class
<div>10</div> <div>SATURDAY</div>		SCE and Graduate classes for fall semester end after lass class / Reading Day for undergraduates
<div>11</div> <div>SUNDAY</div>		Reading Day for undergraduates

DECEMBER

"I am a big believer in visualization. I run through my races mentally so that I feel even more prepared." – Allyson Felix

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PRIORITY THIS WEEK:



THIS WEEK

12

MONDAY

Fall semester exams (including DWC)

13

TUESDAY

Fall semester exams; SCE Term II courses end

14

WEDNESDAY

Fall semester exams

15		Fall semester exams
THURSDAY		
16		Fall semester exams for undergraduate courses only
FRIDAY		
17		Fall semester exams for graduate and SCE courses
SATURDAY		
18		<i>Hanukkah begins at sundown</i>
SUNDAY		

DECEMBER

"When it comes down to competition, it's not always about the best skater. It's about who skates the best in that competition." – Gracie Gold

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PRIORITY THIS WEEK:



THIS WEEK

19

MONDAY

20

TUESDAY

21

WEDNESDAY

Hanukkah
SCE Wintersession I begins

First day of winter

22	THURSDAY	
23	FRIDAY	
24	SATURDAY	
25	SUNDAY	Christmas

DECEMBER

"Fame and success and titles stay with you, but they wear out eventually. In the end, all that you are left with is your character." – Ana Ivanovic

NOVEMBER 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

PRIORITY THIS WEEK:



THIS WEEK

26

MONDAY

27

TUESDAY

28

WEDNESDAY

Kwanzaa begins

29	THURSDAY	
30	FRIDAY	
31	SATURDAY	
1	SUNDAY	New Year's Day New Year's Day holiday, Solemnity of Mary Mother of God

JANUARY

"Sometimes bad things are going to happen in your life, and those things can make you stronger if you just learn how to get over them." – Lolo Jones

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

PRIORITY THIS WEEK:



THIS WEEK

2

MONDAY

3

TUESDAY

4

WEDNESDAY

5		
THURSDAY		
6		
FRIDAY		
7		
SATURDAY		
8		
SUNDAY		

JANUARY

"Building a better life for every child is a lot harder than becoming a world champion. Both goals take dedication and commitment." – Yuna Kim

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

PRIORITY THIS WEEK:



THIS WEEK

9

MONDAY

10

TUESDAY

11

WEDNESDAY

SCE Wintersession II begins

12	THURSDAY	
13	FRIDAY	SCE Wintersession I ends, SCE Wintersession II ends
14	SATURDAY	Proposed weather cancellation make-up day for Wintersession classes
15	SUNDAY	

JANUARY

"When you win, you don't get carried away.
But if you go step by step with confidence,
you can go far." – Diego Maradona

DECEMBER 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

PRIORITY THIS WEEK:



THIS WEEK

16

MONDAY

Martin Luther King Jr. Day
Martin Luther King, Jr. holiday –
Offices closed

17

TUESDAY

All undergraduate, Graduate and
SCE courses begin; SCE Term
III courses begin

18

WEDNESDAY

19	THURSDAY	
20	FRIDAY	
21	SATURDAY	
22	SUNDAY	Lunar New Year

JANUARY

"I just keep fighting and try to be the last one standing." – Li Na

DECEMBER 2022						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

PRIORITY THIS WEEK:



THIS WEEK

23

MONDAY

Last day to add a course via Cyberfriar for undergraduates

24

TUESDAY

Administrative adjustment period begins for undergraduates

25

WEDNESDAY

26	THURSDAY		
27	FRIDAY		
28	SATURDAY		
29	SUNDAY		

FEBRUARY

"To watch people push themselves further than they think they can — it's a beautiful thing." — Abby Wambach

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRIORITY THIS WEEK:



THIS WEEK

30

MONDAY

31

TUESDAY

1

WEDNESDAY

Last day to drop courses without "WD" grade via Cyberfriar for undergraduates; Last day for election of audit option; Last day to add courses without charge

Late adjustment period begins for undergraduates

2		Groundhog Day
THURSDAY		
3		
FRIDAY		
4		
SATURDAY		
5		
SUNDAY		

FEBRUARY

"If there is a dream or a goal that you want, you have to go for it 100%. Give all you have for the goals that you have." – Alia Atkinson

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRIORITY THIS WEEK:



THIS WEEK

6

MONDAY

7

TUESDAY

8

WEDNESDAY

9	THURSDAY	
10	FRIDAY	
11	SATURDAY	
12	SUNDAY	Lincoln's Birthday

FEBRUARY

"Follow your passion; be prepared to work hard and sacrifice; and above all, don't let anyone limit your dreams." – Donovan Bailey

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRIORITY THIS WEEK:



THIS WEEK

13

MONDAY

14

TUESDAY

15

WEDNESDAY

Valentine's Day

16	THURSDAY		
17	FRIDAY		
18	SATURDAY		
19	SUNDAY		

FEBRUARY

"I've got a theory that if you give 100% all of the time, somehow things will work out in the end." – Larry Bird

JANUARY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

PRIORITY THIS WEEK:



THIS WEEK

20

MONDAY

Presidents' Day
President's Day holiday – Offices closed; Classes suspended

21

TUESDAY

All classes resume; MONDAY class schedule

22

WEDNESDAY

Ash Wednesday
Washington's Birthday

23	THURSDAY		
24	FRIDAY		
25	SATURDAY		
26	SUNDAY		

MARCH

"It's not the will to win that matters — everyone has that. It's the will to prepare to win that matters." — Paul "Bear" Bryant

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

27

MONDAY

28

TUESDAY

1

WEDNESDAY

2	THURSDAY	
3	FRIDAY	
4	SATURDAY	Spring Recess – All classes suspended
5	SUNDAY	Spring Recess – All classes suspended

MARCH

"Continuous effort — not strength or intelligence — is the key to unlocking our potential." — Liane Cordes

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

6

MONDAY

Spring Recess – All classes suspended

7

TUESDAY

Spring Recess – All classes suspended

8

WEDNESDAY

Spring Recess – All classes suspended

9		Spring Recess – All classes suspended
THURSDAY		
10		Spring Recess – All classes suspended
FRIDAY		
11		Spring Recess – All classes suspended
SATURDAY		
12		Daylight saving time begins Spring Recess – All classes suspended
SUNDAY		

MARCH

"Remember all things are possible for those who believe." – Gail Devers

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

13

MONDAY

All classes resume; SCE Term III courses end

14

TUESDAY

SCE Term III final exams

15

WEDNESDAY

Mid-semester date for undergraduate courses; Last day to submit coursework to instructor for "I" and "NM" grades for Fall 2022 and Winter 2023; SCE Term III final exams

16	THURSDAY		
17	FRIDAY		St. Patrick's Day
18	SATURDAY		
19	SUNDAY		

MARCH

"The vision of a champion is someone who is bent over, drenched in sweat, at the point of exhaustion, when no one else is watching." – Anson Dorrance

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

20

MONDAY

21

TUESDAY

22

WEDNESDAY

First day of spring
SCE Term IV courses begin

Ramadan begins at sundown
Last day to submit mid-semester grades

23	THURSDAY		
24	FRIDAY		
25	SATURDAY		
26	SUNDAY		

MARCH

"Never limit yourself; never be satisfied;
and smile. It's free!" – Jenny Finch

FEBRUARY 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

27

MONDAY

28

TUESDAY

29

WEDNESDAY

Last day to elect Pass/Fail option

30	THURSDAY	
31	FRIDAY	
1	SATURDAY	April Fools' Day
2	SUNDAY	Palm Sunday

APRIL

"Gold medals aren't really made of gold. They're made of sweat, determination, and a hard-to-find alloy called guts." – Dan Gable

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PRIORITY THIS WEEK:



THIS WEEK

3

MONDAY

4

TUESDAY

5

WEDNESDAY

Passover begins at sundown

6		Holy Thursday; Passover, Easter Recess – Classes suspended
THURSDAY		
7		<i>Good Friday</i> Good Friday; Easter Recess, Offices closed; Classes suspended
FRIDAY		
8		Easter Recess – Classes suspended
SATURDAY		
9		<i>Easter</i>
SUNDAY		

APRIL

"Only he who can see the invisible can do the impossible." – Frank L. Gaines

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PRIORITY THIS WEEK:



THIS WEEK

10

MONDAY

Easter Recess – Classes suspended

11

TUESDAY

All classes resume

12

WEDNESDAY

MONDAY class schedule to be followed for all courses

13	THURSDAY	
14	FRIDAY	Course registration for December 2023 graduates
15	SATURDAY	
16	SUNDAY	Laylat al-Qadr begins at sundown

APRIL

"Courage, sacrifice, determination, commitment, toughness, heart, talent, guts — that's what little girls are made of. The heck with sugar and spice." — Bethany Hamilton

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PRIORITY THIS WEEK:



Course registration for Class of 2024 and December 2024 graduates

Course registration for Class of 2025 and December 2025 graduates

THIS WEEK

17

MONDAY

18

TUESDAY

19

WEDNESDAY

20	THURSDAY	
21	FRIDAY	Eid al-Fitr begins at sundown Course registration for Class of 2026 and December 2026 graduates
22	SATURDAY	Earth Day
23	SUNDAY	

APRIL

"If you don't love what you do, you won't do it with much conviction or passion." – Mia Hamm

MARCH 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

PRIORITY THIS WEEK:



THIS WEEK

24

MONDAY

25

TUESDAY

26

WEDNESDAY

27	THURSDAY	
28	FRIDAY	Last day to withdraw with "WD" with permission
29	SATURDAY	Proposed weather cancellation make-up day
30	SUNDAY	

MAY

"It is not the size of a man but the size of his heart that matters." – Evander Holyfield

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

1

MONDAY

2

TUESDAY

3

WEDNESDAY

4	THURSDAY	
5	FRIDAY	Cinco de Mayo Last day of undergraduate classes
6	SATURDAY	Reading Day – undergraduates; Last day for spring SCE and graduate classes
7	SUNDAY	Reading Day for undergraduates

MAY

"If you dream and you allow yourself to dream,
you can do anything." – Clara Hughes

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

8

MONDAY

Spring semester exams (including
DWC)

9

TUESDAY

Spring semester exams; SCE Term
IV courses end

10

WEDNESDAY

Spring semester exams, SCE Term
IV final exams

11	THURSDAY	Spring semester exams, SCE Term IV final exams
12	FRIDAY	Spring semester exams for undergraduate courses only
13	SATURDAY	Spring semester exams for graduate and SCE courses
14	SUNDAY	Mother's Day

MAY

"Set your goals high, and don't stop till you get there." – Bo Jackson

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

15

MONDAY

16

TUESDAY

17

WEDNESDAY

18	THURSDAY	
19	FRIDAY	ROTC Commissioning
20	SATURDAY	Academic Awards Ceremony; Commencement Mass; Parents' Reception
21	SUNDAY	Commencement

MAY

"Mental will is a muscle that needs exercise, just like muscles of the body." – Lynn Jennings

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



SCE & MBA Maymester begins

THIS WEEK

22

MONDAY

23

TUESDAY

24

WEDNESDAY

25	THURSDAY	
26	FRIDAY	SCE & MBA Maymester ends
27	SATURDAY	
28	SUNDAY	

MAY

"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you do." – Derek Jeter

APRIL 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

MAY 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

29

MONDAY

Memorial Day
Memorial Day holiday – Offices closed

30

TUESDAY

SCE and Graduate Summer I courses begin

31

WEDNESDAY

1	THURSDAY		
2	FRIDAY		
3	SATURDAY		
4	SUNDAY		

JUNE

"Falling in life is inevitable; staying down is optional." – Carrie Johnson

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

5

MONDAY

6

TUESDAY

7

WEDNESDAY

8	THURSDAY		
9	FRIDAY		
10	SATURDAY		
11	SUNDAY		

JUNE

"To have any doubt in your body is the biggest weakness an athlete can have." – Shawn Johnson

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

12

MONDAY

13

TUESDAY

14

WEDNESDAY

Flag Day

15		
THURSDAY		
16		
FRIDAY		
17		
SATURDAY		
18		<i>Father's Day</i>
SUNDAY		

JUNE

"I have failed many times, but I have never gone into a game expecting myself to fail." – Michael Jordan

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

19

MONDAY

20

TUESDAY

21

WEDNESDAY

Juneteenth

First day of summer

22		
THURSDAY		
23		
FRIDAY		
24		
SATURDAY		
25		
SUNDAY		

JUNE

"I know what I have to do, and I'm going to do whatever it takes. If I do it, I'll come out a winner, and it doesn't matter what anyone else does." – Florence Griffith Joyner

MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

PRIORITY THIS WEEK:



THIS WEEK

26

MONDAY

27

TUESDAY

28

WEDNESDAY

Eid al-Adha begins at sundown

29	THURSDAY	
30	FRIDAY	
1	SATURDAY	
2	SUNDAY	

JULY

"Run when you can; walk if you have to; crawl if you must. Just never give up." – Dean Karnazes

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
						1
						2
						3
						4
						5
						6
						7
						8
						9
						10
						11
						12
						13
						14
						15
						16
						17
						18
						19
						20
						21
						22
						23
						24
						25
						26
						27
						28
						29
						30
						31

PRIORITY THIS WEEK:



THIS WEEK

3

MONDAY

4

TUESDAY

5

WEDNESDAY

Independence Day

6		
THURSDAY		
7		
FRIDAY		
8		
SATURDAY		
9		
SUNDAY		

JULY

"This ability to conquer oneself is no doubt the most precious of all things sports bestows." – Olga Korbut

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
						1
						2
						3
						4
						5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

PRIORITY THIS WEEK:



THIS WEEK

10

MONDAY

11

TUESDAY

12

WEDNESDAY

13	THURSDAY		
14	FRIDAY		
15	SATURDAY		
16	SUNDAY		

JULY

"I've learned that something constructive comes from every defeat." – Tom Landry

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

PRIORITY THIS WEEK:



THIS WEEK

17

MONDAY

18

TUESDAY

19

WEDNESDAY

Muharram begins at sundown

20	THURSDAY	
21	FRIDAY	
22	SATURDAY	
23	SUNDAY	

JULY

"The difference between the impossible and the possible lies in a person's determination." – Tommy Lasorda

JUNE 2023						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

JULY 2023						
S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

PRIORITY THIS WEEK:



THIS WEEK

24

MONDAY

25

TUESDAY

26

WEDNESDAY

27	THURSDAY		
28	FRIDAY		
29	SATURDAY		
30	SUNDAY		

AUGUST

"If you don't have confidence, you'll always find a way not to win." – Carl Lewis

JULY 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

AUGUST 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SEPTEMBER 2023						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

PRIORITY THIS WEEK:



THIS WEEK

31

MONDAY

1

TUESDAY

2

WEDNESDAY

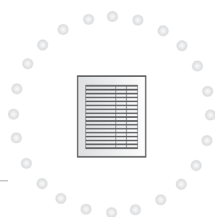
<div>3</div> <div>THURSDAY</div>		
<div>4</div> <div>FRIDAY</div>		
<div>5</div> <div>SATURDAY</div>		
<div>6</div> <div>SUNDAY</div>		

NOTES



Lined area for notes, consisting of multiple horizontal lines.

NOTES



NOTES



Lined area for notes, consisting of multiple horizontal lines.