



Providence College Athletics

2024-2025



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Megan Guilbert, Academic Coordinator Student- Athletes	mguilber@providence.edu	865-1825



OTHER IMPORTANT CAMPUS RESOURCES

Chaplain's Office		865-2216
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Division of Institutional Diversity, Equity & Inclusion	diversity@providence.edu	865-2836
Director of Title IX Compliance (Title IX Coordinator)	titleix@providence.edu	865-1912
Title IX Deputy - Deputy AD/SWA, Jill La Point	jlapoint@providence.edu	865-2588
Associate Vice President of Student Affairs/Associate Dean of Students Tiffany Gaffney	tgaffne1@providence.edu	865-2191
*See contact info on full roster of Deputy Title IX Coordinators beginning on page 47		
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: Assistant Dean/Director of Accessibility Services (Jonathan Gomes, Library 229, 401-865-2470, jgomes3@providence.edu); and Associate Vice President of Student Affairs/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: The Director of Title IX Compliance (Title IX Coordinator 401-865-1912, titleix@providence.edu) The Director of Title IX Compliance 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, Equity Compliance, and Title VI (Simone Tubman, Harkins 312, 401-865-2878, stubman@providence.edu). The Coordinator of Title IX of the Education Amendments of 1972 is: The Director of Title IX Compliance (Title IX Coordinator 401-865-1912, titleix@providence.edu) The Director of Title IX Compliance 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, Equity Compliance, and Title VI (Simone Tubman, Harkins 312, 401-865-2878, stubman@providence.edu). The Coordinator of Title IX of the Education Amendments of 1972 is: The Director of Title IX Compliance (Title IX Coordinator 401-865-1912, titleix@providence.edu). The Director of Title IX Compliance 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, Equity Compliance, and Title VI (Simone Tubman, Harkins 312, 401-865-2878, stubman@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 Division of Institutional Diversity, Equity and Inclusion staff:

- Dr. Quincy Bevely –VP for Institutional Diversity, Equity & Inclusion
- Simone Tubman – Assistant Vice President for Institutional Diversity, Equity Compliance, and Title VI
- Perla Castillo Calderon – Director for the Center at Moore Hall & Director of the PC Smith Hill Annex
- Dr. Saaid Mendoza – Faculty in Residence & Associate Professor of Psychology
- Dr. Christopher Chambers – Faculty in Residence & Assistant Professor of Sociology
- Cathy O'Leary – Executive Assistant
- Dr. Kara Cebulko – Campus Immigration Liaison

For information, support and resources, please visit the Division 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 <http://www.thefriaredge.com> or follow us on X & 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 – Assistant Dean/Director of Student-Athlete Services
- Shannon Catlin – Academic Coordinator for Student-Athletes/ SAAC Co-Advisor
- Megan Guilbert– Academic Coordinator for Student-Athletes
- Amanda Reall– Academic Coordinator for Men’s Basketball

STUDENT SUCCESS CENTER MISSION STATEMENT

The Student Success Center supports all students in the process of discerning and achieving their educational goals. Through a combination of academic advising and services that are learner-centered, technology driven, and culturally responsive, the SSC helps students take ownership of their education, become more self-directed learners, and achieve excellence in the classroom and beyond.

THE GOALS OF THE STUDENT SUCCESS CENTER ARE TO:

- Foster a campus-wide approach to academic advising that is more holistic and developmental
- Provide academic mentoring that cultivates resilience and helps students navigate obstacles in their learning experience
- Raise communal awareness and understanding of effective learning techniques and strategies
- Create an inclusive, accessible learning environment where disabilities are recognized as a fundamental aspect of diversity
- Promote academic success through high-quality peer tutoring that helps students develop their skills and confidence to become more self-directed
- Help students of all ability levels to realize their full potential as writers
- Foster student-athletes’ personal, educational, and professional growth through an evidence-based approach to academic support
- Deliver academic and social support services that facilitate the transition, retention, and graduation of multicultural students
- Promote the inclusion and belonging of multicultural students within the larger College community
- Identify and support students who may be at-risk upon entry to the College and as they continue in their studies
- Work with departments, programs, and schools to strengthen the College’s network of academic advising/ support services, enhance student achievement, and inculcate a dedication to lifelong learning

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:

- 1) 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).
- 2) 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.
- 3) 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).
- 4) 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.
- 5) 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.

2024-2025 SAAC Executive Board:

President – Lily Martinson – (Women's Ice Hockey)

VP/Community Engagement – Ahnna Faust – (Women's Soccer)

VP/Diversity, Equity, Inclusion – Elisa Davalos - (Tennis)

VP/Health and Wellness – Ashley Clark – (Women's Ice Hockey)

VP/Communications – Sammie Ruggles - (Volleyball)

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 with "providence" as the domain.

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.

Friar Hub: 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 family members. Other students may assist you with hosting the prospect but they must pay for their own expenses.
- C. A maximum of \$60 per person may be provided to cover the entertainment expenses for the prospect and the up to 4 family members accompanying the prospect on the visit.
- 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 Alumni Hall, the Amica Mutual Pavilion 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 to professional teams 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 Deputy AD, 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 Deputy AD, 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 Deputy AD, 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 Deputy AD, 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).

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 (AdvantEDGE Friar Marketplace) in support of their noninstitutional NIL activities. The College also may 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://global-education.providence.edu/international-students/>

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 Deputy AD.

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 Deputy AD.

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 Deputy AD. 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 Deputy AD.

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.

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, TikTok, 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 Deputy AD, 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 Deputy AD, 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 Director of Title IX Compliance. 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 Vice President of Student Affairs/Associate Dean of Students. The Associate Vice President of Student Affairs/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 an Associate Athletic Director and approved by the head coach or coaching staff at the end of the season. 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 prior to graduation. 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

Providence College Athletics is committed to Student-Athlete wellness in all its forms: physical, mental, emotional, and social. "You Are Never Alone in Friartown" is a valued mantra at Providence College, signaling our emphasis across campus on creating inclusive spaces for student -athletes to grow and thrive. We embrace the diligence to proactively maintain complete health, the strength to recognize when help is needed, and the courage it takes to seek support. In Friartown, we understand that wellbeing is achieved by attending to our holistic health each day, and we support our student-athletes by providing high quality resources to aid their pursuit of physical and mental health. 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

Lynne Hebert, RD, Sports Nutritionist for Student-Athletes

Ruane Friar Development Center-Innovation Lab/401-865-2167/lhebert1@providence.edu



SPORT PSYCHOLOGY SERVICES

Sport Psychology Services is a branch of the Personal Counseling Center (PCC), created and implemented in collaboration with Athletics and Student Affairs.

How to contact us:

Non-Urgent Appointments:
Personal Counseling Center (401) 865-2343

Crisis Counselor:
Call PCC 401-865-2343

Emergencies:
Call Public Safety: 401-865-2222

<https://personal-counseling.providence.edu/>

ATHLETIC DEPARTMENT INNOVATION LAB

The Innovation Lab, located on the 2nd floor of the Ruane Friar Development Center, is designed for **REST and RECOVERY**.

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

- **MetroNap Nap Pods (5):** Research tells us that we are all sleep deprived, student-athletes. These pods recline to a zero-gravity position; have soothing music and low-level multicolored lighting. The units are programed for a 20-minute nap.
- **Zero Gravity Recovery Recliners (5):** These Lux Lounger recliner chairs are designed to be used 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 Epson 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

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 Monday-Friday 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) 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.

MEDICAL INSURANCE POLICIES AND PROCEDURES

Providence College provides secondary insurance coverage for injuries sustained while an athlete is participating in any officially sanctioned practice, competition, or travel. The coverage provided is on an EXCESS basis, which means that any medical expenses incurred must first be submitted through the parent/guardian or student athlete's primary insurance coverage, if applicable. The primary insurance company should have coverage in Rhode Island.

The medical provider should first submit all bills to the student-athlete's primary insurance company for consideration and processing. By providing insurance coverage, each time a medical bill is submitted to that policy you will receive an explanation of benefits (EOB) or a statement of denial from your insurance company detailing their actions. The EOB is mailed to the address of the policyholder on file with the primary insurer. Please keep these in a safe place so it can be found later if needed.

After the student-athlete's primary insurer acts, the medical provider should then submit any remaining balances to Providence College Athletics' secondary insurance carrier for consideration and processing. Each time a medical claim is submitted to Providence College Athletics' secondary coverage, an EOB will be sent to the address of the policyholder based on the information submitted on the injury claim form. Please read these carefully as information may be required for benefits to be considered. If information is needed, you may be responsible for providing this.

If you wish to submit information, such as primary insurance EOBs or itemized bills that you receive from providers, please see the attached Quick Reference Guide to Submitting Medical Claims/Bills.

As a secondary insurer for athletic injuries, Providence College will consider payment for bills after, and only after, the primary insurance company has paid and/or denied payment to the health care provider(s). Bills not submitted by the medical provider to Providence College Athletics' secondary insurer within one (1) calendar year of the date of service noted on the provider bill may be denied secondary coverage.

Second Opinions

The Athletics Department does not prohibit student-athletes from obtaining a second medical opinion concerning any athletically related injury. However, for the Athletics Department to assume ANY financial responsibility for medical expenses associated with such an injury (e.g. physician visits, physical therapy, x-ray, MRI, etc.) the student-athlete must have already informed the appropriate Athletic Trainer about the injury and the physician of secondary medical opinion you plan to see. Second opinion physicians must also be in network with primary insurance for Providence College Athletics' secondary insurance to pay any remaining balances from that visit.

Quick Reference Guide for Submitting Medical Claims/Bills

- See your Athletic Trainer for secondary insurance information.

- If you do receive a bill from a provider, and it is from your injury during a collegiate practice and/or contest, please do not pay it. Reimbursements for paying a bill take twice as long and are not always guaranteed full payment in return.

- Medical providers do not all bill at the same time and many have different offices for each treatment received so it is imperative that each place has both primary and secondary insurance information. Also, follow up with them to ensure that claims are filed and get a copy of the itemized bills for your records.

- DO NOT submit balance due, balance forward or past due statements for payment. Sending these types of statements will only delay payment. Your insurance company as well as our athletic secondary insurance will only have to request an itemized bill from you or your provider. If you receive a bill, please forward the itemized bill along with a copy of an EOB for EACH date of service on the bill to the Sports Medicine office. This will speed up the payment process.

NOTE: It is the responsibility of the insured patient or parent to send in the correct information. It is not up to the insurance companies, claims payer or sports medicine staff to obtain these records for you. If your insurance company changes, you get a new card or number, please make sure you are notifying a member of the sports medicine staff and updating the information on our web-based documentation system.

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.

Revised: April 2022

CONCUSSION SAFETY PROTOCOL

Introduction

Providence College Sports Medicine is committed to protecting the health of and providing a safe environment for each of its participating student-athletes. To this end, and in accordance with NCAA legislation, Providence College Sports Medicine has adopted the following Concussion Safety Protocol for all student-athletes. This protocol identifies expectations for institutional concussion management practices as they relate to (1) the definition of sport-related concussion; (2) independent medical care; (3) preseason education; (4) pre-participation assessment; (5) recognition and diagnosis; (6) initial suspected concussion evaluation; (7) post-concussion management; (8) return-to-learn management; (9) return-to-sport management; and (10) reducing head impact exposure.

Definition of Sport-Related Concussion

There is no uniform definition of concussion. The Consensus Statement on Concussion in Sport, which resulted from the 6th international conference on concussion in sport, defines sport-related concussion as follows:

Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities. This initiates a neurotransmitter and metabolic cascade, with possible axonal injury, blood flow change, and inflammation affecting the brain. Symptoms and signs may present immediately, or evolve over minutes or hours, and commonly resolve within days, but may be prolonged.

No abnormality is seen on standard structural neuroimaging studies (computed tomography (CT) or magnetic resonance imaging (MRI) T1-T2 weighted images), but in the research setting, abnormalities may be present on functional, blood flow, or metabolic imaging studies. Sport-related concussion results in a range of clinical symptoms and signs of concussion cannot be explained solely by (but may occur concomitantly with) drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction) or other comorbidities (such as psychological factors or coexisting medical conditions).

Independent Medical Care

As required by NCAA Medical Care legislation, team physicians and athletic trainers shall have unchallengeable autonomous authority to determine medical management and return-to-activity decisions, including those pertaining to concussion and head trauma injuries, for all student-athletes.

Preseason Education

All student-athletes will be provided and allowed an opportunity to review and discuss the Concussion Safety Protocol and NCAA Concussion Education Fact Sheet and will be required to sign and acknowledge, on an annual basis and prior to participation, that they have been provided, reviewed, and understood the concussion education material.

All coaches, team physicians, athletic trainers, directors of athletics and other personnel involved in student-athlete health and safety decision making will be provided and allowed an opportunity to discuss the Concussion Safety Protocol and NCAA Concussion Education Fact Sheet and will be required to sign an acknowledgement, on an annual basis, that they have been provided, reviewed, and understood the concussion education material.

Pre-Participation Assessment

All student-athletes will undergo a pre-participation baseline concussion assessment at Providence College Sports Medicine and, at a minimum, will include assessment for the following:

- History of concussion or brain injury, neurologic disorder, and mental health symptoms and disorders.
- Symptom assessment
- Cognitive assessment
- Balance evaluation (modified BESS)

This assessment is accomplished via C3 LOGIX, which is a computerized neurocognitive tool, and includes components of the Sport Concussion Assessment Tool 6 (SCAT6), accelerometer and gyroscope data, and objective and qualitative assessments. This assessment will remain available for comparison should the student-athlete sustain a concussion while competing for Providence College.

The team physician will determine pre-participation clearance and/or the need for additional consultation or testing and will consider a new baseline assessment at six months or beyond for any NCAA student-athlete with a documented concussion, especially those with complicated or multiple concussion history. Importantly, baseline testing may inform post-injury evaluation; however, student-athletes who have suffered a concussion may perform at the same level or even better than their baseline testing, as motivation and other factors may differ in post-concussion testing. Ultimately, baseline testing serves as one of the many potential factors in making a clinical decision.

Depending on the severity of prior injuries, the number of prior concussions, other individual concerns, and based on the developing state of science, the team physician will review each athletes' history and consider discussing with the student-athlete concerns about concussion and repetitive head impact as warranted, including potential risks and benefits from playing sport. Such discussion allows the athlete to make an informed decision about their participation in sport.

Recognition and Diagnosis of Concussion

An athletic trainer and/or team physician with training in the diagnosis, treatment, and initial management of acute concussion must be present at all NCAA competitions in the following contact/collision sports: basketball; field hockey; diving; ice hockey; lacrosse; pole vault; soccer; softball; volleyball. To be present means to be on site at the campus or arena of the competition. Medical personnel may be from either team or may be independently contracted for the event.

An athletic trainer and/or team physician with training in the diagnosis, treatment, and initial management of acute concussion must be available at all NCAA practices in the following contact/collision sports: basketball; field hockey; diving; ice hockey; lacrosse; pole vault; soccer; softball; volleyball. To be available means that, at a minimum, medical personnel can be contacted at any time during the practice via telephone, messaging, email, or other immediate communication means and that the case can be discussed through such communication, and immediate arrangements can be made for the athlete to be evaluated.

Any student-athlete that exhibits signs, symptoms, or behaviors consistent with concussion must be removed from practice or competition for evaluation. Examples of signs that warrant immediate removal include actual or suspected loss of consciousness, seizure, tonic posturing, ataxia, poor balance, confusion, behavioral changes, amnesia.

Initial concussion evaluation will be performed by an athletic trainer, team physician or physician designee with concussion experience. Ample time (e.g., 10-15 minutes) will be allowed to conduct a multi-modal screen to evaluate a potential concussion. 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.

The athlete must be removed from practice/play for that calendar day if concussion is confirmed or suspected. The athlete may only return to play the same day if the athletic trainer, team physician or physician designee determines that concussion is no longer suspected after evaluation. Even in such cases, next day follow-up assessment is considered because initial symptoms may not appear for several hours.

Initial Suspected Concussion Evaluation

The initial concussion evaluation must include an immediate assessment/neurological screen for "red flags" or observable signs (as noted in the Concussion Emergency Action Plan below). The assessment may include a multi-modal evaluation as clinically indicated such as:

- Clinical assessment to rule out cervical spine trauma, skull fracture, intracranial bleed, or other catastrophic injury.
- Symptom evaluation (SCAT6)
- Physical and neurological exam
- Cognitive assessment
- Balance exam (Modified BESS)

The Concussion Emergency Action Plan indicates that a student-athlete must be immediately removed from play and assessed for possible transport to local hospital/trauma center when any of the following signs/symptoms/behaviors are present:

- Neck pain or tenderness
- Seizure of convulsion
- Double vision
- Loss of consciousness
- Weakness or tingling/burning in more than one arm or in the legs.
- Deteriorating conscious state
- Vomiting
- Severe or increasing headache.
- Increasingly restless, agitated, or combative
- Glasgow Coma Scale Score <15
- Visible deformity of the skull

Post-Concussion Management

For all cases of diagnosed concussion, there must be documentation that post-concussion plan of care was communicated to both the student-athlete and another adult responsible for the student-athlete, in oral and/or written form. Because symptoms may evolve or manifest over time, for all suspected or diagnosed concussions, there will be in place a mechanism for serial evaluation of the student-athlete off-field the same day and up to 72 hours.

There should be in place a subacute (three days to weeks post-injury) management plan that includes a mechanism for evaluation and monitoring the following:

- Symptom evaluation
- Immediate and delayed memory
- Concentration
- Orthostatic vital signs
- Cervical spine assessment
- Neurological evaluation
- Balance and tandem gait assessment
- Modified VOMS

In addition, the subacute management plan may consider evaluating the athlete for following, as clinically indicated:

- Screen for fear, anxiety or depression, or other mental health issues.
- Screen for sleep disturbance.
- Graded aerobic exercise testing.

For all concussion management plans:

- Consideration of symptom-limited, light aerobic physical activity within 24-48 hours (e.g., walking).
- Consideration of reduced screen time use in the first 48 hours after injury.

Re-Evaluation

Any student-athlete with atypical presentation or persisting symptoms > 4 weeks will be re-evaluated by a physician to consider additional diagnoses, best management options, and consideration for referral. Additional diagnoses include but are not limited to fatigue and/or sleep disorder; migraine or other headache disorders; mental health symptoms and other disorders; ocular dysfunction; cervical and vestibular dysfunction; cognitive impairment and autonomic dysfunction including orthostatic intolerance and postural orthostatic tachycardia syndrome; pain.

Return-to-Learn Management

Most young adults have a full return-to-learn with no additional academic support by 10 days post-injury. Complete rest and isolation should be avoided, even during the initial 24-48 hours post-injury. Relative rest is important in the first 24 hours. For the student-athletes with persisting symptoms, a more formal plan may be in order.

The return-to-learn concept should follow an individualized and stepwise process overseen by an Academic Coordinator for Student-Athletes (Student Success Center), who will navigate return-to-learn with the student-athlete and, in more complex cases of prolonged return-to-learn, work in conjunction with a multi-disciplinary team that may vary student-to-student depending on the specifics of the case. The team may include, but is not limited to:

- Team physician
- Athletic trainer
- Psychologist / counselor (Personal Counseling Center)
- Neuropsychologist
- Medical specialists
- Faculty athletics representative
- Academic coordinator for student-athletes
- Course instructor(s)
- College administrators
- Accessibility services
- Coaches

A student-athlete who has suffered a concussion will return to classroom/studying as tolerated with modification of scheduled/academic accommodations, as indicated, with help from the Academic Coordinator for Student-Athletes. The plan may address environment, physical, curriculum and/or testing adjustments. Campus resources will be engaged for cases that cannot be managed through schedule modification/academic accommodations. Campus resources will be consistent with the Americans with Disabilities Act Amendments Act of 2008 (ADAAA) and will include one of the following:

- Learning specialists
- Office of accessibility services

A student-athlete will be re-evaluated by a team physician (or their designee) and members of the multi-disciplinary team, as appropriate, if concussion symptoms worsen with academic challenges or in the event of atypical presentation or persisting symptoms.

Return-to-Sport Management

Unrestricted return-to-sport should not occur prior to unrestricted return-to-learn for concussions diagnosed while the student-athlete is enrolled in classes. Complete rest and isolation should be avoided, even for the initial 24-48 hours. Relative rest is important in the first 24 hours. Final determination of unrestricted return-to-sport will be made by a Providence College team physician or their medically qualified designee following implementation of an individualized, supervised, stepwise progression management plan that includes:

STEP 1: Symptom-limited activities of daily living.

STEP 2: Aerobic exercise with light (up to 55% maximum heart rate) resistance training as tolerated. No more than mild or brief (< 1 hour) exacerbation of symptoms. Progress to moderate (up to approximately 70% maximum heart rate).

STEP 3: Individual sport-specific exercise and activity without any increased risk of inadvertent head impact exposure.

Proceed to STEP 4 only after resolution of signs and symptoms related to the current concussion, including with and after physical exertion.

STEP 4: Non-contact practice with progressive resistance training.

STEP 5: Unrestricted practice or training.

STEP 6: Unrestricted return-to-sport.

The above stepwise progression will be supervised by a health care provider with expertise in concussion, with it typical for each step in the progression to last at least 24 hours.

If at any point the student-athlete becomes symptomatic (more symptomatic than baseline), the team physician or physician designee will be notified, and adjustments will be made to the return-to-sport progression.

Reducing Head Impact Exposure

Providence College is committed to protecting the health of and providing a safe environment for each of its participating student-athletes. To this end and in accordance with NCAA association-wide policy, Providence College will reduce student-athlete head impact exposure in a manner consistent with Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes and Consensus Statement on Concussion in Sport: the 6th International Conference on Concussion in Sport. For example:

- Providence College teams will adhere to existing ethical standards in all practices and competitions.
- Using playing or protective equipment (including the helmet) as a weapon will be prohibited during all practices and competitions.
- Deliberately inflicting injury on another player will be prohibited in all practices and competitions.
- All playing and protective equipment (including helmets), as applicable, will meet relevant safety standards and related certification requirements.
- Providence College will keep the head out of blocking and tackling in contact/collision, helmeted practices and competitions.
- Providence College will emphasize education of proper techniques to reduce head impact exposure for all contact and collision sports, with special emphasis in pre-season.
- Providence College will adhere to policies and rules in sport that limit the number and duration of contact practices and activities in contact/collision sports.
- There will be consideration of participation in neuromuscular training warm-up programs.
- It is recommended that all ice hockey players wear a mouthguard.

REVISED APRIL 2024

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 percentage 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 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/84/2022/03/sexual-misconduct-policy.pdf>

Anti-Harassment and Discrimination Policy and Grievance Procedures:

<https://institutional-diversity.providence.edu/wp-content/uploads/sites/93/2023/03/March-2023-Anti-Harassment-Policy.pdf>

COLLEGE OFFICIALS FOR REPORTING AND ASSISTANCE:

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

Director of Title IX Compliance (Title IX Coordinator)

(401) 865-1912

titleix@providence.edu

Title IX Deputy Coordinator

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

For a full list of Deputy Title IX Coordinators please visit: <https://sexual-harassment.providence.edu/about-title-ix/>

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

"I'm stronger than I think I am – mentally,
physically." – Misty May-Treanor

JULY 2024						
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AUGUST 2024						
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SEPTEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

26

MONDAY

27

TUESDAY

28

WEDNESDAY



29 THURSDAY		
30 FRIDAY		
31 SATURDAY		
1 SUNDAY		

SEPTEMBER

"Go into the sport because you have fun doing it, not because of 'what ifs' and dreams of gold medals. That way, no matter what happens, you win." – Shannon Miller

AUGUST 2024						
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SEPTEMBER 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

2

MONDAY

3

TUESDAY

4

WEDNESDAY

Labor Day

All undergraduate, graduate, and SCE courses begin

Academic Convocation

SEPTEMBER

"If I compete my hardest, I can't fail." – Maya Moore

AUGUST 2024						
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SEPTEMBER 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

9

MONDAY

Last day to add a course via Cyberfriar for undergraduates

10

TUESDAY

Administrative adjustment period begins for undergraduates

11

WEDNESDAY

Patriot Day

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

Mawlid al-Nabi begins at sundown

SEPTEMBER

"Excuses are like losses. Everyone has them except champions." – Alex Morgan

AUGUST 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

16

MONDAY

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

17

TUESDAY

Late adjustment period begins for undergraduates

18

WEDNESDAY

19

THURSDAY

20

FRIDAY

21

SATURDAY

22

SUNDAY

First day of autumn

SEPTEMBER

"Concentration is a fine antidote to anxiety." – Jack Nicklaus

AUGUST 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

23

MONDAY

24

TUESDAY

25

WEDNESDAY

OCTOBER

"Good things happen to those that hustle." – Chuck Noll

SEPTEMBER 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

30

MONDAY

1

TUESDAY

2

WEDNESDAY

Rosh Hashanah begins at sundown



3 THURSDAY		Rosh Hashanah
4 FRIDAY		
5 SATURDAY		
6 SUNDAY		

OCTOBER

"Hard work beats talent when talent doesn't work hard." – Tim Notke

SEPTEMBER 2024						
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NOVEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

7

MONDAY

8

TUESDAY

9

WEDNESDAY

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

Yom Kippur begins at sundown

Yom Kippur

OCTOBER

"Success in golf depends less on strength of body than upon strength of mind and character." – Arnold Palmer

SEPTEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

14

MONDAY

15

TUESDAY

16

WEDNESDAY

Columbus Day
Columbus Day holiday – Offices closed; All classes suspended

All classes resume; Monday class schedule to be followed

OCTOBER

"The more difficult the victory, the greater the happiness in winning." – Pelé

SEPTEMBER 2024						
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OCTOBER 2024						
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NOVEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

21

MONDAY

22

TUESDAY

23

WEDNESDAY

Mid-semester date for undergraduate courses; Last day to submit coursework to instructor for "I" and "NM" grades for Spring/Summer 2024

OCTOBER

"It's hard to beat a person who never gives up." – Babe Ruth

SEPTEMBER 2024						
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OCTOBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

28

MONDAY

29

TUESDAY

30

WEDNESDAY

Last day for submission of mid-semester grades

31

THURSDAY

Halloween

1

FRIDAY

Solemnity of All Saints

2

SATURDAY

3

SUNDAY

Standard time begins

NOVEMBER

"An hour of hard practice is worth five hours of foot-dragging." – Pancho "Segoo" Segura

OCTOBER 2024						
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NOVEMBER 2024						
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DECEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

4

MONDAY

5

TUESDAY

6

WEDNESDAY

Election Day

NOVEMBER

"If you fail to prepare, you're prepared to fail." – Mark Spitz

OCTOBER 2024						
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NOVEMBER 2024						
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DECEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

11

MONDAY

Veterans Day

12

TUESDAY

Last day to elect Pass/Fail option
(option for Class of 2028 begins
with second semester)

13

WEDNESDAY

14

THURSDAY

15

FRIDAY

16

SATURDAY

17

SUNDAY

Course registration for Class of
2025 and December 2025
graduates

NOVEMBER

"We have to fight the entire time. We can't start at the end when it's getting down to crunch time. We can't leave anything on the floor." – Kerri Walsh

OCTOBER 2024						
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NOVEMBER 2024						
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DECEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

18

MONDAY

19

TUESDAY

20

WEDNESDAY

Course registration for Class of 2026 and December 2026 graduates

Course registration for Class of 2027 and December 2027 graduates

21

THURSDAY

22

FRIDAY

23

SATURDAY

24

SUNDAY

Course registration for Class of
2028 and December 2028
graduates

NOVEMBER

"It doesn't matter what your background is and where you come from. If you have dreams and goals, that's all that matters." – Serena Williams

OCTOBER 2024						
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NOVEMBER 2024						
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DECEMBER 2024						
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PRIORITY THIS WEEK:



THIS WEEK

25

MONDAY

26

TUESDAY

27

WEDNESDAY

Thanksgiving Recess – Offices closed; All classes suspended (through December 1)



28 THURSDAY		Thanksgiving
29 FRIDAY		
30 SATURDAY		
1 SUNDAY		

DECEMBER

"When the upper hand is ours, may we have the ability to handle the win with the dignity that we absorbed the loss." – Doug Williams

NOVEMBER 2024						
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DECEMBER 2024						
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JANUARY 2025						
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31						

PRIORITY THIS WEEK:



THIS WEEK

2

MONDAY

3

TUESDAY

4

WEDNESDAY

All classes resume

DECEMBER

"I am always happy when I can make somebody laugh. The times when everyone chuckled – that made my heart feel good." – Lynette Woodard

NOVEMBER 2024						
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DECEMBER 2024						
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JANUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

9

MONDAY

10

TUESDAY

11

WEDNESDAY

Solemnity of the Immaculate Conception

12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

Last day of fall undergraduate classes

Reading Day – undergraduates;
Last day for fall SCE and graduate classes

Reading Day for undergraduates

DECEMBER

"Focus, discipline, hard work, goal setting, and of course the thrill of finally achieving your goals – these are all lessons in life." – Kristi Yamaguchi

NOVEMBER 2024						
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DECEMBER 2024						
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JANUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

16

MONDAY

17

TUESDAY

18

WEDNESDAY

Fall semester exams (including DWC)

Fall semester exams

Fall semester exams

19

THURSDAY

Fall semester exams

20

FRIDAY

Fall semester exams for undergraduate courses only

21

SATURDAY

First day of winter
Fall semester exams for graduate and SCE courses

22

SUNDAY

DECEMBER

"In any revolution, the way to make something true starts with believing it is. Let's claim infinite joy, success, and power – together." – Abby Wambach

NOVEMBER 2024						
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DECEMBER 2024						
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JANUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

23

MONDAY

24

TUESDAY

25

WEDNESDAY

Christmas
Hanukkah begins at sundown
Christmas Day – holiday



26

THURSDAY

Kwanzaa begins
Hannukah

27

FRIDAY

28

SATURDAY

29

SUNDAY

JANUARY

"What makes something special is not just what you have to gain, but what you feel there is to lose." – Andre Agassi

DECEMBER 2024						
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JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

30

MONDAY

31

TUESDAY

1

WEDNESDAY

New Year's Day
New Year's Day holiday; Solemnity of Mary Mother of God

JANUARY

"Don't quit. Suffer now and live the rest of your life as a champion." – Muhammad Ali

DECEMBER 2024						
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JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

6

MONDAY

7

TUESDAY

8

WEDNESDAY



9

THURSDAY

10

FRIDAY

11

SATURDAY

12

SUNDAY

JANUARY

"Being a paralympian is a full-time job. Training isn't a hobby we do on weekends. It's a lifestyle." – Chuck Aoki

DECEMBER 2024						
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JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



All undergraduate, graduate, and SCE courses begin

THIS WEEK

13

MONDAY

14

TUESDAY

15

WEDNESDAY

JANUARY

"Those times when you don't think you can get through the training, you've just got to go back and say, 'I really believe that I can do anything.'" – Tony Azevedo

DECEMBER 2024						
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JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

20

MONDAY

21

TUESDAY

22

WEDNESDAY

Martin Luther King Jr. Day
Martin Luther King, Jr. holiday
– Offices closed; All classes suspended

All classes resume; Last day to add a course on Cyberfrier for undergraduates

Administrative adjustment period begins for undergraduates

JANUARY

"I don't celebrate because I'm only doing my job. When a postman delivers letters, does he celebrate?" – Mario Balotelli

DECEMBER 2024						
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JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

27

MONDAY

28

TUESDAY

29

WEDNESDAY

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

Lunar New Year
Late adjustment period begins for undergraduates



30 THURSDAY		
31 FRIDAY		
1 SATURDAY		
2 SUNDAY		<i>Groundhog Day</i>

FEBRUARY

"The riches of the game are in the thrills,
not the money." – Ernie Banks

JANUARY 2025						
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FEBRUARY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

3

MONDAY

4

TUESDAY

5

WEDNESDAY



6

THURSDAY

7

FRIDAY

8

SATURDAY

9

SUNDAY

FEBRUARY

"If I've learned anything ... it's the individual stuff isn't as important as the team stuff." – Kayla Banwarth

JANUARY 2025						
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FEBRUARY 2025						
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MARCH 2025						
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PRIORITY THIS WEEK:



THIS WEEK

10

MONDAY

11

TUESDAY

12

WEDNESDAY

Lincoln's Birthday



13

THURSDAY

14

FRIDAY

15

SATURDAY

16

SUNDAY

Valentine's Day

FEBRUARY

"If you are afraid of failure, you don't deserve to be successful." – Charles Barkley

JANUARY 2025						
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FEBRUARY 2025						
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MARCH 2025						
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30	31					

PRIORITY THIS WEEK:



THIS WEEK

17

MONDAY

Presidents' Day
 President's Day holiday – Offices closed; All classes suspended

18

TUESDAY

All classes resume; Monday class schedule to be followed

19

WEDNESDAY



20

THURSDAY

21

FRIDAY

22

SATURDAY

23

SUNDAY

Washington's Birthday

FEBRUARY

"I meditate and have quiet time and do positive imagining before a game." – Brian Bell

JANUARY 2025						
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FEBRUARY 2025						
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MARCH 2025						
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PRIORITY THIS WEEK:



THIS WEEK

24

MONDAY

25

TUESDAY

26

WEDNESDAY

Mid-semester date for undergraduate courses; Last day to submit coursework to instructor for "I" and "NM" grades for Fall 2024 and Winter 2025

27

THURSDAY

28

FRIDAY

Ramadan begins at sundown

1

SATURDAY

2

SUNDAY

MARCH

"It's truly a matter of wanting to be the best version of me." – Simone Biles

FEBRUARY 2025						
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MARCH 2025						
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APRIL 2025						
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PRIORITY THIS WEEK:



THIS WEEK

3

MONDAY

4

TUESDAY

5

WEDNESDAY

Ash Wednesday
 Ash Wednesday; Last day for submission of mid-semester grades

6

THURSDAY

7

FRIDAY

8

SATURDAY

9

SUNDAY

Spring Recess – All classes suspended

Daylight saving time begins
Spring Recess – All classes suspended

MARCH

"I love to meditate. Peace is a huge part of my life." – Sue Bird

FEBRUARY 2025						
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MARCH 2025						
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APRIL 2025						
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PRIORITY THIS WEEK:



THIS WEEK

10

MONDAY

11

TUESDAY

12

WEDNESDAY

Spring Recess – All classes suspended

Spring Recess – All classes suspended

Spring Recess – All classes suspended

13

THURSDAY

Spring Recess – All classes suspended

14

FRIDAY

Spring Recess – All classes suspended

15

SATURDAY

Spring Recess – All classes suspended

16

SUNDAY

Spring Recess – All classes suspended

MARCH

"Are the odds you face defeating or motivating you?" – David Boudia

FEBRUARY 2025						
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MARCH 2025						
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APRIL 2025						
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PRIORITY THIS WEEK:



THIS WEEK

17

MONDAY

St. Patrick's Day
All classes resume

18

TUESDAY

19

WEDNESDAY

Last day to elect Pass/Fail option



20

THURSDAY

First day of spring

21

FRIDAY

22

SATURDAY

23

SUNDAY

MARCH

"You were born to be a player. You were meant to be here. This moment is yours." – Herb Brooks

FEBRUARY 2025						
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MARCH 2025						
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APRIL 2025						
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PRIORITY THIS WEEK:



THIS WEEK

24

MONDAY

25

TUESDAY

26

WEDNESDAY

27

THURSDAY

Laylat al-Qadr begins at sundown

28

FRIDAY

29

SATURDAY

30

SUNDAY

Eid al-Fitr begins at sundown

APRIL

"I was always a competitor at whatever I chose to do." – Mackenzie Brown

MARCH 2025						
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30	31					

APRIL 2025						
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MAY 2025						
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31						

PRIORITY THIS WEEK:



THIS WEEK

31

MONDAY

1

TUESDAY

2

WEDNESDAY

April Fools' Day



3

THURSDAY

4

FRIDAY

5

SATURDAY

6

SUNDAY

Course registration for December 2025 graduates

APRIL

"When you win, say nothing. When you lose, say even less." – Paul Brown

MARCH 2025						
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APRIL 2025						
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MAY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

7

MONDAY

8

TUESDAY

9

WEDNESDAY

Course registration for Class of 2026 and December 2026 graduates

Course registration for Class of 2027 and December 2027 graduates

10

THURSDAY

11

FRIDAY

12

SATURDAY

13

SUNDAY

Course registration for Class of 2028 and December 2028 graduates

Passover begins at sundown

Palm Sunday
Passover

APRIL

"I've always believed that I could do whatever
I set my mind to." – Alice Coachman

MARCH 2025						
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APRIL 2025						
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MAY 2025						
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25	26	27	28	29	30	31

PRIORITY THIS WEEK:



THIS WEEK

14

MONDAY

15

TUESDAY

16

WEDNESDAY

17

THURSDAY

Holy Thursday; Easter Recess – All classes suspended

18

FRIDAY

Good Friday
Good Friday; Easter Recess; Offices closed; All classes suspended

19

SATURDAY

Easter Recess – All classes suspended

20

SUNDAY

Easter
Easter

APRIL

"All you can do is be your best self. I'm representing more than just me. I think every person should think that way." – Misty Copeland

MARCH 2025						
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APRIL 2025						
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MAY 2025						
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25	26	27	28	29	30	31

PRIORITY THIS WEEK:



THIS WEEK

21

MONDAY

22

TUESDAY

23

WEDNESDAY

Easter Recess – All classes suspended

Earth Day
All classes resume

Monday class schedule to be followed

24

THURSDAY

25

FRIDAY

26

SATURDAY

27

SUNDAY

Last day to withdraw with "WD" with permission

Proposed weather cancellation make-up day

APRIL

"If you can dream it, you can do it." – Walt Disney

MARCH 2025						
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APRIL 2025						
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MAY 2025						
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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

1

THURSDAY

2

FRIDAY

3

SATURDAY

4

SUNDAY

Last day of undergraduate classes

Reading Day – undergraduates;
Last day for spring SCE and
graduate classes

Reading Day for undergraduates

MAY

"If better is possible, good is not enough." – Lin Dunn

APRIL 2025						
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MAY 2025						
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JUNE 2025						
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15	16	17	18	19	20	21
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29	30					

PRIORITY THIS WEEK:



THIS WEEK

5

MONDAY

6

TUESDAY

7

WEDNESDAY

Cinco de Mayo
Spring semester exams (including
DWC)

Spring semester exams

Spring semester exams

8

THURSDAY

Spring semester exams

9

FRIDAY

Spring semester exams for undergraduate courses only

10

SATURDAY

Spring semester exams for graduate and SCE courses

11

SUNDAY

Mother's Day

MAY

"You can't always control the circumstances – only how you react to those circumstances. You can always control your attitude and your effort." – Jennie Finch

APRIL 2025						
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MAY 2025						
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JUNE 2025						
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PRIORITY THIS WEEK:



THIS WEEK

12

MONDAY

13

TUESDAY

14

WEDNESDAY

15

THURSDAY

16

FRIDAY

17

SATURDAY

18

SUNDAY

ROTC Commissioning; Graduate/
SCE Commencement

Academic Awards Ceremony;
Commencement Mass; Parents'
Reception

Commencement

MAY

"We had our one bad run. We said, 'No more bad runs.' We just want to have fun and do our best." – Vonetta Flowers

APRIL 2025						
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MAY 2025						
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JUNE 2025						
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PRIORITY THIS WEEK:



THIS WEEK

19

MONDAY

20

TUESDAY

21

WEDNESDAY

SCE & MBA Maymester begins

22

THURSDAY

23

FRIDAY

24

SATURDAY

25

SUNDAY

SCE & MBA Maymester ends

MAY

"No matter what accomplishments you make,
somebody helped you." – Althea Gibson

APRIL 2025						
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MAY 2025						
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JUNE 2025						
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22	23	24	25	26	27	28
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PRIORITY THIS WEEK:



THIS WEEK

26

MONDAY

27

TUESDAY

28

WEDNESDAY

Memorial Day
Memorial Day holiday – Offices
closed

SCE and Graduate Summer I
courses begin



29 THURSDAY		Ascension Thursday
30 FRIDAY		
31 SATURDAY		
1 SUNDAY		

JUNE

"You can't train and compete at the same time." – Laura Graves

MAY 2025						
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JUNE 2025						
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JULY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

2

MONDAY

3

TUESDAY

4

WEDNESDAY



5

THURSDAY

6

FRIDAY

7

SATURDAY

8

SUNDAY

Eid al-Adha begins at sundown

JUNE

"The second the stakes start to get high, I seem to get more focused and more drive. I know what my job is." – Adeline Gray

MAY 2025						
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JUNE 2025						
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JULY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

9

MONDAY

10

TUESDAY

11

WEDNESDAY



12

THURSDAY

13

FRIDAY

14

SATURDAY

15

SUNDAY

Flag Day

Father's Day

JUNE

"To be No. 1, you have to train like you're No. 2." – Maurice Greene

MAY 2025						
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JUNE 2025						
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JULY 2025						
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25	26	27	28	29	30	31

PRIORITY THIS WEEK:



THIS WEEK

16

MONDAY

17

TUESDAY

18

WEDNESDAY

19

THURSDAY

Juneteenth
Juneteenth – Offices closed;
classes suspended

20

FRIDAY

First day of summer

21

SATURDAY

22

SUNDAY

JUNE

"The highest compliment that you can pay me is to say that I work hard every day, that I never dog it." – Wayne Gretzky

MAY 2025						
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JUNE 2025						
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JULY 2025						
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PRIORITY THIS WEEK:



THIS WEEK

23

MONDAY

24

TUESDAY

25

WEDNESDAY



26

THURSDAY

Muharram begins at sundown

27

FRIDAY

28

SATURDAY

29

SUNDAY

JULY

"Make sure your worst enemy doesn't live between your own two ears." – Laird Hamilton

JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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PRIORITY THIS WEEK:



THIS WEEK

30

MONDAY

1

TUESDAY

2

WEDNESDAY



3

THURSDAY

4

FRIDAY

Independence Day

5

SATURDAY

6

SUNDAY

JULY

"Go until you fail, and then do one more. That way you know that you just got stronger." – Tobin Heath

JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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31						

PRIORITY THIS WEEK:



THIS WEEK

7

MONDAY

8

TUESDAY

9

WEDNESDAY

JULY

"The only one who can beat me is me." – Michael Johnson

JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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PRIORITY THIS WEEK:



THIS WEEK

14

MONDAY

15

TUESDAY

16

WEDNESDAY

JULY

"Greatness finds us by obstacles in front of us. I don't look at hurdles as obstacles blocking my path but opportunities to overcome." – Lolo Jones

JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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PRIORITY THIS WEEK:



THIS WEEK

21

MONDAY

22

TUESDAY

23

WEDNESDAY

JULY

"I became a good pitcher when I stopped trying to make them miss the ball and started trying to make them hit it." – Sandy Koufax

JUNE 2025						
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JULY 2025						
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AUGUST 2025						
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PRIORITY THIS WEEK:



THIS WEEK

28

MONDAY

29

TUESDAY

30

WEDNESDAY

