

Harvard University Athletics Student-Athlete Handbook 2025-2026



PRINCIPLED LEADERSHIP ACADEMIC INTEGRATION
COMPETITIVE EXCELLENCE

MISSION OF THE DEPARTMENT OF ATHLETICS

The Harvard Department of Athletics is committed to providing “Education through Athletics” and “Building Community and Pride in Harvard.” With an operating philosophy that a university should provide “Athletics for All Students,” competitive and recreational athletics are an integral part of the educational process and experience. Students should have opportunities to participate and compete as appropriate to their interests and skills.

Harvard values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork; ethical and responsible behavior on the field and off; adherence to the spirit of rules as well as to their letter; leadership and strength of character; and sportsmanship -- including respect for one’s opponents, acceptance of victory with humility, acknowledgment of defeat with grace, and respect for the value of cross-cultural understanding and acceptance. In teaching these lessons to its students, Harvard instills habits that will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts by our intercollegiate teams to be their best will lead them to succeed.

Athletic participation is a way for students to grow and learn, to enjoy themselves, and to use and develop their personal, physical, and intellectual skills. The entire Department, including coaches, medical and training staff, facilities and equipment personnel, and administrators, works to achieve these goals, honors the values of the College, and supports the principles of the Ivy League and the NCAA.

MISSION TAKEWAYS

Education through Athletics

- Importance of teamwork and collaboration
- Development of leadership skills and styles through experience
- Adherence to the highest standards of integrity, ethics, and sportsmanship
- Understanding the role of risk-taking and mistakes in the learning process
- Developing the maturity to both give and receive feedback appropriately
- Value and acceptance of diversity, inclusiveness, and cross-cultural understanding
- Important of student-athlete well-being, exercise, and a healthy lifestyle

Develop a Sense of Community and Pride in Harvard

- Compete at a level and in a manner that gives our community reasons to be proud of Harvard • Capture excitement of successful teams
- Connect with alumni
- Create a portal through which our community and neighbors can bond and engage in the Harvard experience
- Build a collegiate loyalty by creating positive experiences for our students
- Engage as many students as possible in an athletic experience

MISSION AND VISION OF HARVARD COLLEGE

MISSION

The mission of Harvard College is to educate the citizens and citizen-leaders for our society. We do this through our commitment to the transformative power of a liberal arts and sciences education. Beginning in the classroom with exposure to new ideas, new ways of understanding, and new ways of knowing, students embark on a journey of intellectual transformation. Through a diverse living environment, where students live with people who are studying different topics, who come from different walks of life and have evolving identities, intellectual transformation is deepened and conditions for social transformation are created. From this we hope that students will begin to fashion their lives by gaining a sense of what they want to do with their gifts and talents, assessing their values and interests, and learning how they can best serve the world.

VISION

Harvard College will set the standard for residential liberal arts and sciences education in the twenty-first century. We are committed to creating and sustaining the conditions that enable all Harvard College students to experience an unparalleled educational journey that is intellectually, socially, and personally transformative.

HARVARD ATHLETICS COMMUNITY AND TEAM CULTURE STATEMENT

Positive community and team culture are integral to the Harvard Athletics experience. In alignment with our dual mission of education through athletics and building community and pride in Harvard Athletics, we strive to deepen the educational experience for our community. Harvard Athletics rejects all forms of discrimination or bias and is committed to being an inclusive organization. We actively seek to create a space that is welcoming and inclusive to all identities.

Being part of a team is foundational to Athletics. Like our community, our teams are strongest when individuals of varied experiences come together in the pursuit of excellence. We strive to provide athletic opportunities for everyone in our community, from future Olympians to weekend warriors. We believe the Harvard Athletics community belongs to all of us.

We commit to being and competing as One Crimson.

THE PRINCIPLES OF THE IVY LEAGUE

Since the signing of the original Ivy League Presidents Agreement in 1954, the Ivy League has developed a variety of rules to govern individual eligibility and to specify the nature of Ivy athletic competition. On the 25th anniversary of the Ivy Agreement in 1979, the Council of Ivy League Presidents agreed to the following statement of principles, which guides us to this day:

- Intercollegiate competition offers desirable development and recreation for student-athletes and a healthy focus for collegiate loyalty when kept in
- Importance of teamwork and collaboration
- Academics and the personal growth of the student-athlete are of paramount importance.
- All student-athletes shall be representative of the student body and held to the same academic standards as other students.
- Financial aid must be awarded on the basis of economic need, rather than for athletic ability.
- Member schools are committed to equal opportunity in athletics for men and women.
- Student-athletes should be participants in intercollegiate competition rather than professional performers in public spectacles.
- Competitive success should be measured primarily by standing within the League.
- Wide participation is encouraged.
- Academic authorities should govern athletics.
- Competitive balance across institutions and sports over time should be sought.
- Student-athletes should make academic progress and post graduate plans without undue influence of athletic participation.
- The spirit of the Ivy League agreement is predicated on wise and flexible administration in a setting of mutual respect and confidence among member schools.

GUIDANCE IN RESOLVING CONFLICTS

COMMUNICATION AND SELF-ADVOCACY

Harvard College encourages all students to advocate for themselves, as they engage, learn, and grow during their years at the College. Similarly, the Athletics Department will treat student-athletes as adults and communicate with them directly, rather than through parents, high school coaches and advisors, etc. Growing up, our parents necessarily are our primary advocates. While parents always remain a source of support, part of the educational process is learning how to effectively communicate with others and to advocate for oneself.

GIVING AND RECEIVING FEEDBACK

As you participate on a team, you will undoubtedly receive both positive and negative feedback. Student-athletes learn to accept constructive criticism, which can sometimes be difficult to hear but will ultimately lead to self-improvement. They also learn to accept positive feedback with humility. In your role as a student-athlete, you may also be required to give both positive and negative feedback to your coaches and teammates. When sharing a challenging message, a helpful way to phrase it is often, "When you ____, I/we feel ____, so please ____."

INTERNAL CONFLICT RESOLUTION

Occasionally, student-athletes may be faced with challenging situations in their roles as students or teammates. When conflicts do arise, student-athletes are strongly encouraged to resolve the issue at hand at the local level. For team or sports issues, this would include communicating with your team captain, your assistant coach(es), your head coach, your program manager, and the

athletic director. For campus issues, communicate with appropriate residential life staff members, including proctors, tutors, and deans.

EXTERNAL CONFLICT RESOLUTION – GRIEVANCE PROCEDURES

In the rare instances when a solution or outcome cannot be reached and agreed upon by the involved parties, the Athletics Department has established grievance procedures to guide a student-athlete and to ensure a fair and clear process for the involved parties. Should you encounter a situation where you believe use of the formal grievance procedures may be necessary, please consult with your team's sport supervisor, or Deputy Director of Athletics Nathan Fry, to learn more about the process. You can also access "Where Do I Go for Help?" on the gocrimson.com website for more information.

DISCIPLINARY ACTION

Student-athletes who participate in activities which are illegal or deemed unethical by the Department of Athletics, the College, the Ivy League, and/or the NCAA will be subject to disciplinary action by the Department of Athletics and the College, in addition to any penalties imposed by the NCAA.

SPORTSMANSHIP

Ivy League institutional administrators and representatives, athletic staff members, coaches, and athletes are expected to abide by standards of good sportsmanship in connection with any athletic activities involving their institutions and are expected not to commit or lead others to commit any act of verbal or physical abuse in connection with any such activities.

RESPECT AND VALUES

Student-athletes, coaches, and Athletics staff members are expected to exhibit a respect for others and to uphold the values of Harvard Athletics and Harvard College.

USE YOUR RESOURCES

There are a number of resources available to students on our campus in resolving issues. Remember to reach out for help or guidance when you need it—that's why these people and groups are here: Coaches, Trainers, Sport Supervisors, Athletics Administrators, Proctors, Tutors, Advisors, Resident Deans, Faculty Deans.

HARVARD ATHLETICS COMMUNITY & TEAM CULTURE POLICIES

Harvard Athletics actively seeks to create a space that is welcoming and inclusive. We strive to create a space where all members of our community feel connected, supported, and valued in all aspects of their experience with Harvard Athletics.

HARVARD ATHLETICS NON-DISCRIMINATION POLICY

In accordance with Harvard University's [Non Discrimination policy](#), discrimination based on race, color, sex, gender identity, gender expression, genetic information, sexual orientation, religion, caste, creed, national origin, age, ancestry, veteran status, disability, military service, political beliefs, or any other legally protected basis is contrary to the principles and policies of Harvard Athletics.

Students should direct their campus inquiries to their Resident Dean or to the Office of the Dean of Harvard College, and athletics inquiries to Montez Paschall at mpaschall@fas.harvard.edu. Students can also report an incident of bias, harassment and/or discrimination by submitting an incident report via the [Anonymous Bias Report Form](#).

HARVARD ATHLETICS SEXUAL HARASSMENT AND OTHER SEXUAL MISCONDUCT POLICIES

In accordance with Harvard University's [Interim Title IX Sexual Harassment Policy](#), [Interim Other Sexual Misconduct Policy](#), and [Sexual and Gender-Based Harassment Policy](#), Harvard Athletics is committed to maintaining a safe and healthy educational and work environment in which no member of the Athletics community is, on the basis of sex, including sexual orientation or gender identity, excluded from participation in, denied the benefits of, or subjected to discrimination in any University programs or activities, including Harvard's Athletics' programs and activities. Sexual harassment, including sexual violence, is a form of sex discrimination in that it denies an individual equal access to the University's programs or activities, including but not limited to the ability to participate in or benefit from Athletics' programs or activities.

Harvard students, faculty, staff, and other Harvard appointees, or third parties wishing to disclose a concern of sexual harassment or other sexual misconduct have many options, including contacting their relevant FAS [Title IX Resource Coordinator](#). Title IX Resource Coordinators have specialized experience in responding to disclosures of sexual harassment and other sexual misconduct. They support all members of the Harvard community, and are expert resources around the University's policies, procedures, and resources in the realm of sexual harassment and other sexual misconduct. Resource Coordinators serve as the primary point of contact for individuals seeking supportive measures, individualized supports that enable Harvard community members impacted by sexual harassment or other sexual misconduct to access their work or studies.

Contacting your local Title IX Resource Coordinator is not the same as filing a formal complaint with the University Title IX Coordinator. Rather, the Resource Coordinators are a resource to help you make an informed decision about which pathways are right for you.

Reisha Williams

Program Officer for Title IX and Other Sexual Misconduct, Harvard College
collegetitleix@fas.harvard.edu

Individuals may also choose to submit an anonymous disclosure of sexual harassment or other sexual misconduct to the Office for Community Support, Non-Discrimination, Rights and

Responsibilities (CSNDR) by using the Resource for Online Anonymous Disclosures (ROAD). Through ROAD, you can report a concern, communicate with a member of the Title IX team, and access resources without revealing your identity. To access ROAD, visit: [Report Anonymously](#)

Finally, individuals may choose to file a formal complaint with the University Title IX Coordinator. To file a formal complaint, please submit your complaint in writing to the University Title IX Coordinator using the following link. [File a Formal Complaint with Title IX](#)

Furthermore, Sexual Harassment/Assault Resources & Education (SHARE) Counselors provide a range of confidential and privileged services to support individual and community healing from harm, as well as prevention education initiatives designed for Harvard students, faculty, staff, and post-doctoral students. Examples of confidential services provided by SHARE Counselors include:

- Crisis response and support to individuals impacted by harm, including interpersonal violence and abuse, including sexual harassment, sexual assault, dating violence, and stalking
- Short-term counseling
- Psychoeducational support groups
- Restorative practices and education for individuals who have caused harm

Location: 6th floor, Smith Campus Center

Phone Number: (617) 496-5636

Crisis Hotline: (617) 495-9100

oge_share@harvard.edu

ADDITIONAL RESOURCES

[Harvard University Office for Community Support, Non-Discrimination, Rights and Responsibilities \(CSNDR\)](#)

[Harvard College Office of Culture & Community](#)

[Title IX and Other Sexual Misconduct Supports](#)

[Harvard University Counseling And Mental Health Services](#)

[NCAA Transgender Student-Athlete Participation Policy](#)

Beyond reaching out to your local Title IX Resource Coordinator, any questions or concerns regarding Harvard Athletics' Non-Discrimination Policy, Interim Title IX Sexual Harassment Policy and Interim Other Misconduct Policies, or the NCAA Transgender Participation Policy may also can be directed to:

Montez Paschall

Assistant Athletic Director for Community & Team Culture

mpaschall@fas.harvard.edu

HAZING

Student-athletes are advised that Massachusetts law and Harvard College policy expressly prohibit any form of hazing in connection with initiation into a student organization or athletics team (Mass. Gen. L. Ch. 269, secs. 17, 18, and 19). The law applies both to officially recognized and unrecognized groups and to practices conducted on and off campus. Harvard students, faculty, staff, and other Harvard appointees, or third parties wishing to report a hazing concern involving a student-athlete or athletic team should disclose the concern to the Associate Director of Athletics for Compliance.

The term "hazing," as used in this law, is defined as "any conduct or method of initiation..., whether on public or private property, which willfully or recklessly endangers the physical or mental health

of any student or other person.” The definition specifically includes “whipping, beating, branding, forced calisthenics, exposure to weather, forced consumption of any food, liquor, beverage, drug or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person, or which subject such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation.”

Additional examples of hazing include:

- 1) **Subtle Hazing** – Activities or behaviors that cause a power imbalance between new members and other members of the group. Subtle hazing can include, but is not limited to, periods of silence, deprivation of privileges, social isolation, and name calling, and/or the assignment of duties not assigned to other members.
- 2) **Harassment Hazing**—Activities or behaviors that cause emotional anguish or physical discomfort in order to feel like a part of the group. Harassment hazing can include, but is not limited to, verbal abuse, threats or implied threats, sexual stimulation, requiring situational inappropriate attire, and/or sleep deprivation.
- 3) **Violent Hazing** – Activities or behaviors that do or could cause physical or psychological harm. Violent hazing can include, but is not limited to, placing a student in a shower against their will, forced or coerced alcohol or drug consumption, forced or coerced sexual acts, or forced or coerced ingestion of vile substances, beating and other forms of assault, kidnapping, and/or expected participation in illegal activity.

Hazing is a crime punishable by fine and/or imprisonment. Consent to the activity is not a valid defense under the Massachusetts hazing law. The Ad Board of the College will consider all reports of hazing in the normal course of its oversight, taking discipline action in appropriate cases, and will report confirmed incidents to appropriate law enforcement officials. A memorandum detailing the specifics of this law is available in the Office of the Dean of Harvard College (617-495-1558). The failure to report hazing is illegal. The statute states: “Whoever knows that another person is the victim of hazing...and is at the scene of such crime shall, to the extent that such a person can do so without danger or peril to himself or others, report such crime to an appropriate law enforcement official as soon as reasonably practicable. Whoever fails to report such crime shall be punished by a fine of no more than one thousand dollars.”

Per Massachusetts law, each year, head coaches are responsible for meeting with their team to review and discuss Massachusetts Hazing Law and to sign the Massachusetts Hazing Law Compliance Attestation. Head coaches and captains sign off on this document to certify that a review of the law has been discussed.

SPORTS WAGERING

The NCAA strictly prohibits sports wagering. In the eyes of the NCAA, sports wagering is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner) in exchange for the possibility of gaining another item of value. Sports wagering has the potential to undermine the integrity of sports contests and jeopardizes the welfare of student-athletes and the intercollegiate athletics community. It also demeans the competition and competitors alike by a message that is contrary to the purposes and meaning of “sport.” Sports competition should be appreciated for the inherent benefits related to the participation of student-athletes, coaches, and institutions in fair contests, not the amount of money wagered on the outcome. For these reasons, the NCAA has adopted the following specific rules prohibiting athletics department staff members and student-athletes from engaging in sports wagering activities as they relate to intercollegiate or professional sporting events.

Staff members of the athletics department of a member institution and student-athletes shall not knowingly:

- Provide information to individuals involved in organized sports wagering activities concerning intercollegiate athletics competition;
- Solicit a bet on any youth, intercollegiate team, or professional team (this includes betting as little as \$1 in any kind of wagering practice including pools, squares, etc.);
- Accept a bet on any team representing the institution, or accept anything of tangible value as a bet or as a prize;
- Participate in any sports wagering activity that involves sports that the Ivy League or NCAA sponsor at any level (youth, intercollegiate, professional, etc.), through a bookmaker, a parlay card, or any other method employed of sports wagering.

In addition to eligibility consequences, athletes who participate in sports wagering activities will also be subject to disciplinary action by the college and potential legal action by the state.

ALCOHOL AND DRUGS

The Department of Athletics and Harvard College are committed to the health and safety of its students and student-athletes. Alcohol and illicit drugs severely affect your judgment and when your judgment is impaired, you are likely to do something that you may regret. The Department of Athletics prohibits the use of alcohol and/or illicit drugs, including cannabis, during team or athletic department activities.

Unlawfully possessing, using, or distributing alcohol and illicit drugs on Harvard property or as part of any Harvard activity constitutes a violation of athletic department and University rules, as well as the law. This includes the possession, use, or distribution of specific nonprescription drugs such as marijuana, amphetamines, heroin, cocaine, and nonprescription synthetics. Additionally, procuring or distributing alcohol by individuals under 21 years of age and providing alcohol to individuals under 21 years of age are both considered violations of both the law and Harvard policy.

In addition to all [University policies](#) regarding the use of alcohol and illicit drugs, the following rules are in effect for all teams:

- No alcohol or illicit drugs are allowed on team buses or vans, nor are alcohol or illicit drugs allowed to be transported in University vehicles.
- Providing alcohol and illicit drugs to or consuming alcohol and illicit drugs with recruits is strictly forbidden.

Captains are expected to act as exemplary leaders of their teams and athletics by setting a good example. Situations involving potentially inappropriate use of alcohol, drugs or other illicit substances by a captain may result in the removal of the student from the captain position, the team, or exclusion from eligibility to become elected in a future election, at the discretion of the head coach and/or Athletics Department. Teams are encouraged to enforce the rules established by the University and the Department of Athletics. In addition, the Department of Athletics discourages the use of alcohol by all student-athletes and prohibits its use by those underaged.

Student-Athlete Wellness Workshops are completed bi-annually by each varsity program and help to educate student-athletes on the effects of alcohol on athletic performance. The 90-minute session will address social norms, team drinking behaviors, and where to go for help.

HARVARD ATHLETIC DEPARTMENT POLICIES

ACADEMIC AND ATHLETIC CONFLICTS

Harvard provides the opportunity for student-athletes to receive an unparalleled education, and the Department of Athletics is proud of the fact that our student-athletes receive the same education with the same requirements as the rest of the student body. While athletics is a part of the education of student-athletes, it is complementary to the classroom experience. At times your athletic schedule may put strain on your academic life, and it is important to remember the priority system at Harvard— academics always come first.

When there is a direct conflict with a practice or competition and an academic obligation, you should first talk to your coach to see if there is a way you can make an adjustment to your athletics commitment without missing your academic obligation. If there is no way around the academic conflict, you may ask your professor if they are able to accommodate your conflict. It is important to remember that you must ask for accommodations and not demand. Exceptions are made at the discretion of the professors. Fortunately, many of our faculty are very supportive of the educational value of our athletics programs and accommodate our students' requests. While there is no automatic excused **absence**, if you run into difficulties, please be in touch with your designated sport supervisor who may be able to help you to develop a strategy for your specific situation. Keep in mind that your athletics schedule may need to be adjusted.

Absence from academic exercise, for whatever reason, including representing the College in extracurricular activities such as athletics, does not relieve students from responsibility for any part of the coursework, including all scheduled exercises, during the period of absence. There may be consequences or penalties for not attending academic exercise. Course instructors are not expected or required to excuse absences for interviews and extracurricular activities, including athletics.

TRAVEL POLICIES

If a student-athlete desires to travel separately from their team, to or from a competition, the following applies:

Initial authorization must be granted by the Head Coach, based on individual team travel policies. After approval from the Head Coach, the student-athlete must obtain approval from Caitlyn Prandato, Associate Director of Athletics, to travel separately from the team. The student-athlete must be able to provide details of their alternate travel plans and reasoning for the need to travel separately.

Any additional travel expenses incurred are the responsibility of the individual student-athlete. When the itinerary/logistics of individual travel is coupled with Harvard Athletics travel (i.e., changing the return portion on a plane ticket to travel home or to another location during spring break from a championship), any incremental costs of the travel are the responsibility of the student-athlete. Harvard Athletics pays for campus-to-competition, competition-to-campus travel only. Exceptions to this policy may be granted for required academic commitments/conflicts only.

STRENGTH AND CONDITIONING POLICIES

The Palmer Dixon and Gordon Varsity Strength and Conditioning rooms are equal-access working facilities solely for the use of current varsity student-athletes and athletic staff. Current student-athletes may workout during their team's reserved time or during open/unreserved times (with prior arrangement) but not during another team's scheduled time (unless prior arrangements have

been made). No one is permitted in the training facility without a Strength & Conditioning staff member present.

Students are expected to respect the facility, room regulations, and direction of the Strength & Conditioning staff at all times. Access to Strength & Conditioning programs and services are a varsity student-athlete privilege. The weight room is not a recreational fitness facility and is to be used for sport specific training. Student-athletes will be expected to help maintain the appearance of the weight room by putting away weights and equipment after use. You are expected to accept responsibility for improving your levels of strength and conditioning during each phase of the off-season, as well as maintaining them in-season.

The Palmer Dixon Varsity Strength and Conditioning Room days and hours of operation are Monday through Friday 6:30 am - 6:30 pm during the academic year. Students are not permitted to use the facility between the hours of 10 am and 1:30 pm, unless participating in a rehabilitation program or making up a workout with prior approval at the direction of the medical and Strength & Conditioning room staff.

TICKET POLICIES

The following are the NCAA and Harvard ticket policies for sporting events:

- Student-athletes may receive up to four (4) complimentary admissions for home contests in the sport in which the individual participates, regardless of whether the student competes in the contest. Although NCAA regulations allow students up to four (4) complimentary admissions at away contests, the actual number of complimentary admissions that a student receives may be fewer, depending on the complimentary ticket allotment given to Harvard by the other institution. Students should check with their coaches, the ticket office staff, or their team operations director to confirm the number of complimentary admissions for which they are eligible. Students should also be aware of the signup deadlines for comp tickets for each game and check with the ticket office or their team operations director if they have any questions. Ticket requests for comps must be submitted before the deadline for each game.
- Student-athletes must designate complimentary admissions for their guests on an official pass list which will be administered by the ticket office staff or director of operations of the respected sport. Additionally, student-athletes must designate the name of the individual using the complimentary ticket. Names cannot be changed on the list once the ticket office's electronic complimentary admissions process is closed. Individuals whose names are not listed will be required to buy a ticket. Students should check with their coaches or the ticket office staff ahead of time for specific policies and procedures.
- Complimentary admissions may be provided to members of the institution's team for all intercollegiate athletics events in a tournament in which the team is participating. This includes all contests during the tournament, including contests in which the institution's team is not participating. However, these contests must be held at the same site at which the institution's team participates.
- Harvard Undergraduates may receive free admission to regular season home games by presenting a valid student ID at the Murr Center ticket office or at the box office of the events facility. Tickets will be available until all designated student tickets have been distributed. If any tickets remain on the day of the game, they will be distributed on a first-come first-serve basis. Please note that you may not pick up a free ticket for a contest in which you are competing. For example, a football player may not pick up a free ticket for the Harvard vs. Yale football game. For more information on the games check gocrimson.com or call the ticket office at (617) 495-2211.

- A student-athlete may not receive payment from any source for his or her complimentary admissions and may not exchange or assign them for any item of value. Each student-athlete should check with his or her coach and the ticket office for the complimentary ticket policies and procedures that apply to his or her team.

PARKING POLICIES FOR THE MURR CENTER COMPLEX

Students are NOT permitted to park in the Athletics permit lots at any time (this includes the Murr Center, Gordon, Bright-Landry, and Dillon Field House). Driving for practice, competition, work, training room, and weight room use, etc. is not a permissible reason to park in the permit lots. Use of the permit parking lots is restricted to university permit holders only. If a student were to park in the complex in a permit space, that would constitute an extra benefit and would be a violation of NCAA rules. Student vehicles found in these lots will be subject to ticketing and towing. There are pay meters in the visitors' lot where you may park for up to four hours, in accordance with other visitor parking policies.

SOCIAL MEDIAL PHILOSOPHY

Harvard Athletics supports the personal use of social media by student-athletes, coaches, and administrative staff. Social media is a public forum, however, and as such it is important to remember that you are a representative of Harvard University, the athletics department, your coaching staff, and your teammates.

You should assume that everything you post or comment online is public, and can be seen by everyone. Please post responsibly on all forms of social media, including in live content and on "stories" that only stay public for a set duration. What you post may be public for an indefinite period of time, even if you attempt to modify or delete it. Likewise, you should be mindful of commenting on inappropriate or offensive material.

NCAA and Ivy League rules and regulations extend to social media. It is the responsibility of each student-athlete to ensure that they are in compliance with all NCAA regulations. If you have any questions or concerns regarding these regulations, please contact the compliance office.

CAPTAIN ELECTION POLICY

The following procedures for electing the team captain(s) must be followed by all teams:

- The captain selection process is run by students on the team. They are responsible for running the election, including the nomination, and voting processes.
- The head coach determines when the election occurs, as well as eligibility of undergraduate voters (i.e., Major/Minor H winners, graduating seniors, managers, etc.) ahead of the election. Only undergraduates are eligible to vote.
- The head coach and team will schedule a meeting for the captain election process which will include opening comments from the head coach and a team discussion about captain nominees.
 - The head coach will also give guidance on the specific number of captains to be elected, or if flexible, a maximum number.
 - Following opening comments and guidance on the number of captains, the head coach and other coaching staff members will leave the meeting. Coaches may not be present for the team discussion.
- The sport supervisor will schedule a meeting with the team to conduct voting, and the sport supervisor will tally votes during this meeting.

- The head coach will propose their captain election plan based on this policy to their sport supervisor and will need to seek approval for any future adjustments.

DEPARTMENT PERSONNEL

A full list of Department of Harvard Athletics staff members can be found at <https://www.gocrimson.com/information/directory/index>. This is a helpful resource in identifying a team sport supervisor, athletic communications contact, athletic trainer, or other departmental staff member.

ATHLETIC COMMUNICATIONS

The Athletics Communications Office is responsible for the publicity and promotion of Harvard's 42 varsity sports teams. The office maintains the official department website ([GoCrimson.com](https://www.gocrimson.com)), serves as the liaison between the department and the local and national media, uses social media and multimedia to promote Harvard's teams and student-athletes, creates graphics, videos and other creative content, and keeps statistical and archival information for Harvard's varsity programs. The office also manages the process of nominating student-athletes for awards and postgraduate scholarships offered by the NCAA and the Ivy League.

All varsity athletes are requested to complete a publicity questionnaire for the communications office. This background information allows the office to better publicize Harvard student-athletes to local, national, and hometown media, assists with bios contained online and in media packets, and gives the office permission to nominate student-athletes for athletic and scholar-athlete awards. If your information needs to be updated during your Harvard career, please reach out to the Athletics Communications team to make the appropriate changes.

While the office interacts with students, fans, and alumni, one of the primary focuses is on media relations. Student-athletes should direct all requests for interviews to the Athletics Communications Office. A member of staff will, in turn, contact you with the request. If you receive a request directly from a member of the media, please remind them of this policy and refer them to the Communications portion of the Staff Directory on GoCrimson.com.

Harvard Athletics will not share Harvard student-athletes' phone numbers, e-mail addresses, or other personal information unless expressly asked to do so by a student-athlete. Student-athletes are not required to do any interviews, except in certain Ivy League and NCAA settings.

HARVARD VARSITY CLUB

Founded in 1886, the Harvard Varsity Club (HVC) is Harvard's largest affinity group. Comprised of 30,000+ current and former Harvard student-athletes, alumni, parents, and friends around the world, the HVC stands on its mission of preserving the traditions, fostering the ideals, and advancing the interests of Harvard Athletics. All undergraduate student-athletes become HVC members as soon as they step foot on campus, with the opportunity to opt-out at anytime. HVC memberships are meant to build camaraderie and connection between current Crimson student-athletes and alumni athletes from all over. To see a full list of Student-Athlete benefits visit harvardvarsityclub.org.

Career Service

The HVC provides a wide range of services to undergraduate student-athletes including individual meetings, team presentations, employer open houses, industry nights, career fairs, the Athlete Medical Mentorship Program, and a job & internship board. Schedule a 1-on-1 meeting with Taryn Braz, the Assistant Director of Career Services, today.

Community Building

The HVC brings all student-athletes together under one roof at events like the Senior Letterwinners' Dinner and Welcome Back BBQ, and hosts events around the country that allow alumni, parents, and friends to remain engaged with the Harvard Athletics community. We also provide assistance to those in our community who need it the most through the Benson M. Abercrombie '21 Fund and Michael Vollmer '90 Fund.

Preserving Traditions

The HVC has been preserving the traditions of Harvard Athletics since 1886. The most prominent examples are the Susan and Cory '90 Thabit Varsity Lettersweater Program, The Cory Thabit Family Senior Letterwinners' Dinner, HVC Hall of Fame, HVC Award, and the H Book series chronicling the history of Harvard Athletics.

Friends Group Support

The HVC provides event management support for 80+ annual Friends Group events, helping the groups build stronger communities and meeting their annual fundraising goals.

Instagram: @HarvardVarsityClub

LinkedIn: [linkedin.com/company/harvardvarsityclub](https://www.linkedin.com/company/harvardvarsityclub)

Twitter: @hvclub

Facebook: [facebook.com/HarvardVarsityClub](https://www.facebook.com/HarvardVarsityClub)

Athlete Medical Mentorship Program (AMMP)

Dedicated to assisting, inspiring, and advocating for the Harvard premedical student-athlete. The Harvard Varsity Club founded the Athlete Medical Mentor Program (AMMP) through the combined efforts of Stephen O'Brien, M.D. '77, Olivia Abbate '14, and Bob Glatz '88. AMMP facilitates professional interaction between student-athletes and alumni in the medical field willing to offer insight into their area of specialty. Recognizing the academic and athletic demands on scholar athletes, and the value of building community between alumni athletes in medicine, AMMP's goal is to provide student-athlete participants with formative exposure to the medical profession. We aim to match student members with alumni based on location and area of medical interest. By facilitating a day of shadowing we hope to provide participants with unique opportunities to explore medicine and build a supportive community of alumni athletes in the field.

HARVARD CAMPUS RESOURCES

CRIMSON360: SETTING STUDENT-ATHLETES UP FOR PERSONAL AND PROFESSIONAL SUCCESS

To help support the development of student-athletes outside of athletic activity, the Harvard Department of Athletics and Harvard Varsity Club have established Crimson360, a collection of student-athlete workshops meant to set individuals up for personal and professional success. Programming is meant to enhance the overall student-athlete experience by cultivating leadership and life skills, facilitating professional development, and fostering community building. Crimson360 will provide a foundation for the continued pursuit of excellence through a program that draws on university and departmental resources. For more information, visit gocrimson.com/Crimson360.

HARVARD UNIVERSITY HEALTH SERVICES

75 Mt. Auburn Street
(617) 495-5711

Harvard University Health Services (HUHS) provides high quality, comprehensive, confidential health care to students, staff, faculty, and their dependents at the main health service located at the Smith Campus Center in Harvard Square, as well as at satellite clinics on the Law School and Medical Area campuses.

PRIMARY CARE

Third floor, Smith Campus Center
617-495-2001, 617-495-8414

<https://huhs.harvard.edu/>

Each student is assigned an HUHS primary care physician (PCP). Primary care is also available at the HUHS satellite clinics at the Law School (**617-495-4414**) and Medical Area (**617-492- 1370**) campuses.

URGENT CARE

3rd Floor, Smith Campus Center
617-495-5711

<https://huhs.harvard.edu/urgent-care>

HUHS provides advice and treatment for urgent health problems, both physical and emotional, that require prompt attention but are not life-threatening emergencies. If a problem seems life-threatening, please call 911 immediately. Urgent health problems (physical or emotional) include sudden, serious, and unexpected illnesses, injuries, or conditions which require immediate attention.

COUNSELING AND MENTAL HEALTH SERVICES

4th floor, Smith Campus Center
617-495-2042

<https://camhs.huhs.harvard.edu/>

Until further notice, please call before visiting CAMHS in person. CAMHS can be reached 24/7 at 617-495-2042. (CAMHS is located on the fourth floor of HUHS, and traditionally has also provided services at the HUHS satellite clinics at the Law School and Medical Area campuses.)

- Bereavement
- Transitional issues and adjustment difficulties
- Depression, anxiety, or stress
- Concerns interfering with work or relationships
- Sexual concerns
- High-risk behaviors around food, alcohol and/or other substances

NUTRITION

Fifth floor, Smith Campus Center
617-495-2068

<https://huhs.harvard.edu/nutrition>

Students need a referral to see one of the nutritionists at HUHS; referrals can be provided by medical and mental health providers at HUHS.

CENTER FOR WELLNESS

Second Floor, Smith Campus Center
617-495-9629

<https://wellness.huhs.harvard.edu/>

The Center for Wellness is a University-wide resource that is focused on promoting the lifelong health and well-being of those in the Harvard community.

ACADEMIC RESOURCE CENTER

1414 Massachusetts Avenue
Floor 3R

<https://academicresourcecenter.harvard.edu/>
academicresourcecenter@harvard.edu

The Academic Resource Center (ARC) exists to empower Harvard students to reach their full academic potential. Through the ARC, students have access to academic coaching, accountability groups, workshops, peer tutoring, English language conversation partners, and other skills-based resources. They are supported in developing organization and time management skills, sustainable study habits, reading and note-taking strategies, metacognitive approaches to learning, and more. All College students are welcome and can access the full range of ARC services at any time. No referral is needed. GSAS students can also access academic coaching, workshops, and accountability groups at any time. All College and GSAS students can access ARC services through the website, or they can call or send an email to get in touch with ARC staff. The ARC offers four main services: Academic Coaching, Accountability Groups, Workshops, and Peer Tutoring, as well as the English Language Conversation Program.

For more information about the ARC or any of our services, please contact us [by email](#) and visit the [Academic Resource Center website](#). Students can sign up for most ARC services via the [ARC Scheduler](#).

HARVARD UNIVERSITY POLICE DEPARTMENT (HUPD)

Sensitive Crimes Unit
8 AM – 4 PM: (617) 495-1796
After hours: (617) 495-1212

HARVARD OMBUDS OFFICE

44R Brattle Street, Suite 117-118, Cambridge
(617) 495-7748
university_ombudsman@harvard.edu
<https://ombudsman.harvard.edu/>

The Ombudsman Office is an independent, neutral and confidential place for visitors to discuss their academic and workplace issues and concerns. Our office is informal, assures confidentiality, and is independent of University administration. The office is open to Harvard ID holders: faculty, fellows, staff, students, and retirees.

PEER COUNSELING

The Mental Health Service at HUHS oversees the training and supervision of undergraduate peer counseling groups offering anonymous, confidential hotline and drop-in counseling throughout the academic year.

You can find more information here: <https://camhs.huhs.harvard.edu/peer-counseling>

Group		Location and Contact Info
Contact	Contact is peer counseling that strives to create a supportive space for Harvard undergraduates to talk about feelings and experiences around mental health and Bisexual, Gay, Lesbian, Transgender, Queer, Intersex, and Asexual (BGLTQIA+) identities.	Thayer Basement B03, B04, B05 Current events are posted on Contact's Facebook page. https://harvardcontact.wixsite.com/peer-counseling
ECHO	<p>ECHO is a peer counseling group that provides a confidential, non-judgmental, non-directive space for undergraduate students to receive support about any concern. ECHO stands for Eating Concerns Hotline and Outreach.</p> <p>Echo specializes in addressing concerns about:</p> <ul style="list-style-type: none"> • Exercising • Body image • Food and eating • Eating disorders <p>No concern is too big or too small.</p>	<p>Eliot Basement, T-24 In-person walk-ins 8 PM-11 PM, Eliot Basement T-24 Hotline daily from 8 PM-8 AM: (617) 495-8200</p>
Indigo	Indigo Peer Counseling strives to foster a supportive and empathetic campus environment for undergraduate students grappling with and addressing concerns that lie at the intersection of identity and mental health. We provide specialized services grounded in an understanding of intersectionality. Our training centralizes on, but is not limited to, how race, ethnicity, socioeconomic status, first-generation identity, citizenship status, ability, gender, sexuality, and other identities, singularly and collectively, inform individual experiences. Indigo provides confidential non-directive, non-judgmental peer counseling, as well as informational resources for students.	<p>Thayer Basement – B01 Contact: indigopeer-counseling@gmail.com</p>

Response	<p>Response is a group of undergraduate students trained to provide confidential peer counseling on any and all relationship issues -- from concerns about dating to concerns about sexual harassment or assault.</p> <p>We are here to provide non-judgmental support, information, and resources to Harvard undergraduates of all genders and sexualities.</p>	<p>Lowell EL-15 Only for currently enrolled undergraduate students at Harvard College.</p> <p>Walk in: Lowell EL-15, Sunday-Wednesday 8- 11pm Hotline: (617) 999 8353, Sunday-Wednesday 8pm-8am</p>
Room 13	<p>Room 13 is a confidential and non-judgmental peer counseling service for Harvard undergraduates. We aim to provide a safe space for students to talk about anything on their minds, no matter what that may be. We counsel on gender, identity, SES, alcohol and drugs, grief, relationships, eating, health, school, and anything else.</p> <p>Room 13 offers confidential, non-judgmental, non- directive group discussions with peers trained to listen.</p>	<p>Thayer Basement - B08, B09, B10 Only for currently enrolled undergraduate students at Harvard College.</p> <p>Room 13 is open every night of the semester from 7pm-7am for small group sessions.</p> <p>Walk-in & phone (617-495-4969); our website link is: http://www.hcs.harvard.edu/~room13/</p>

ActiveMinds (Peer Educators)

ActiveMinds is the nation's premier nonprofit organization supporting mental health awareness and education for young adults. Active Minds, formerly SMHL (Student Mental Health Liaisons), collaborates with CAMHS, Wellness Tutors, and student groups to promote a supportive student community at Harvard. ActiveMinds members facilitate dialogue about mental health and self-care, provide information about resources to seek help, and work towards destigmatizing mental illness on campus and nationwide.

Contact: harvardactiveminds@gmail.com

ActiveMinds on the Web:

Facebook: <https://www.facebook.com/harvardactiveminds/>

Instagram: https://www.instagram.com/harvard_active_minds/

Wellness Educators (WE)

Harvard University Health Services (HUHS) is collaborating with the campus community to create a new holistic peer education program for Fall 2021. A group of undergraduate students will be available in the near future to educate and support students on issues related to overall well-being, including drugs and alcohol prevention, sexual health and relationships, physical activity, healthy eating, sleep, and other topics related to cultivating healthy habits and living your best life.

The Wellness Educators (WE) work to cultivate an empowered Harvard College student body that embraces all aspects of well-being. WEs use a multi-dimensional approach to engage students through education and skill-building and collaborate with campus partners to support community wellbeing.

ATHLETIC ELIGIBILITY

Before you can participate in athletics, there are several steps that must be completed. The following must be completed before your sport's eligibility meeting, which you must attend prior to participating in any athletic activities with the team. To verify your eligibility for intercollegiate athletics at Harvard, this process must be completed before you can tryout, draw equipment, practice, or compete.

PRE-PARTICIPATION MEDICAL EXAMS

All student-athletes must be medically cleared by Harvard University Sports Medicine prior to sports participation. Any student new to sport is required to receive an initial sports pre-participation physical exam from Harvard University Health Services. Returning student-athletes receive an annual sports clearance that meets the recommended requirements as set forth by the American Heart Association. Student-athletes are responsible for their appointment times as set forth by Harvard University Health Services and Harvard University Sports Medicine. If you miss your appointment, make-up dates and times are at the discretion of the Harvard University Sports Medicine staff.

ELIGIBILITY PAPERWORK

A series of forms, which will be assigned to each student-athlete via ARMS software, will also need to be completed by you prior to being eligible to draw equipment, participate in tryouts, and/or practice.

NCAA ELIGIBILITY CENTER

The NCAA Eligibility Center: First Years

Any first-years who plans to compete in an NCAA sport at the NCAA Division I level must be certified for amateurism and academics by the NCAA Eligibility Center. The NCAA Eligibility Center is an agency that will provide initial-eligibility certification for all first-year student-athletes. To receive amateurism certification from the NCAA Eligibility Center, students must provide information related to all previous sports participation and demonstrate that they have maintained your amateur status. To receive academic certification from the NCAA Eligibility Center, students must meet the following requirements:

- Graduation from High School
- A minimum sum score on the ACT or minimum combined score on the SAT
- High school grade-point average of at least 2.3 (on a 4.0 scale) in a core curriculum of 16 courses. 10 of these 16 courses must be completed before senior year of high school. The core courses are listed below:

English—4 years

Math—3 years

Natural/Physical Science (incl. 1 lab)—2 years

Social Science—2 years

Additional English, Math, or Natural/Physical Science—1 year

Additional Academic Courses (foreign language, social studies, philosophy)—4 years

In order to register with the NCAA Eligibility Center, students must create an account at <http://www.eligibilitycenter.org>. There is a registration fee. Students are responsible for completing all required tasks and receiving final certification before becoming eligible to compete on any intercollegiate team. Competition prior to receiving certification will result in an NCAA violation.

FULL-TIME ENROLLMENT

The NCAA requires all student-athletes to be enrolled in a full-time course load in order to be eligible for intercollegiate athletics. At Harvard, full-time enrollment means being enrolled in at least 12 credits. Students in their last semester of enrollment are permitted to take less than 12 credits if they need less credits to complete all graduation requirements.

All student-athletes **MUST** have their online enrollments completed and submitted by the published deadline indicating full-time enrollment, in order to be eligible for practice and competition. Student-athletes will be notified immediately if they do not enroll in courses on time. For courses requiring instructor permission, students are not officially enrolled in the course until the instructor grants permission and the student confirms the enrollment.

Different from first-years, academic eligibility for competition for upperclassmen is determined by their academic record at Harvard. To be eligible to practice and compete upperclassmen must be enrolled full-time and meet the following satisfactory progress requirements:

CREDIT-HOUR REQUIREMENTS

Student-athletes must pass 18 credits each academic year and 6 credits each semester to be eligible for ongoing athletic participation. The 6-credit semester requirement is for any term that a student-athlete enrolls, even if you withdraw prior to the end of the term.

Members of the football team, who do not pass at least 9 credits during the fall term, will not be eligible to compete in the first 4 contests against outside competition in the following playing season.

LEAVES OF ABSENCE

Students take leaves of absence for a variety of reasons including personal time off or academic/disciplinary leaves. In any scenario, students taking a leave of absence for any reason should contact the Compliance Office before leaving campus to discuss ongoing eligibility for athletics. If a student leaves Harvard during the semester, even as early as after attending the first day of classes, they will be ineligible to compete upon their initial return to Harvard before progress-towards-degree requirements will not be met. However, there are opportunities for waivers if the situation warrants relief. Additionally, if a student competes prior to taking a leave of absence, they will use a season of eligibility.

Student-athletes on a leave from Harvard may participate on a non-collegiate, amateur team and receive actual and necessary expenses incurred for participating on that team but may **NOT** practice or compete with another college team or professional team. If students are on any type of leave from Harvard and wish to participate on a team, it is imperative that they contact the Compliance Office before participating on that team.

Students who have been required to withdraw from the University are not permitted by Harvard to engage in any activities on campus or to use Harvard athletic facilities. Student-athletes who take a voluntary leave may have limited access to Harvard facilities and are restricted from athletically-related activities with their team or their coach. Facility use during a leave of absence is also regulated. Student-Athletes may **NOT** use the following athletic facilities while on leave from

Harvard: Equipment Room, Varsity Weight Room, Newell and Weld Boathouses, Sailing Center, all athletic fields, Harvard Stadium, Bright-Landry Hockey Center, Briggs/Lavietes, and the Athletic Training Room. Student-Athletes may use the following athletic facilities but only as a guest of a registered user and must pay a fee every time they use the facility: Blodgett Pool, Malkin Athletic Center, Hemenway, Gordon Track, Palmer Dixon, Beren Tennis Center, and the Murr Center. If students retain their health coverage from HUHS while on leave, they may continue to get treated by their doctor, including Drs. Steiner, or Boland, but only in the doctors' offices at HUHS - not the training room!

In addition, athletes may not participate in the following activities: strength and conditioning activities with the strength & conditioning staff, the coach or the team; practice or ANY related activities with their teams; coaching activities or be present at team practices (except in rare circumstances approved by the Athletic Department).

TRANSFER STUDENTS

If student-athletes are considering transferring to another institution, they should contact the Compliance Office to request to be added to the NCAA Transfer Portal. Prior to being added to the Portal, it is impermissible under NCAA rules for other institutional coaches to discuss potential transfer opportunities with the student. Additionally, student-athletes may set-up a meeting with the student-athlete to discuss their transfer eligibility and help determine whether they will be immediately eligible for competition at another institution.

POST-GRADUATE COMPETITION

If a student-athletes finishes their degree requirements in fewer than 8 semesters of enrollment and have not used all four seasons of competition, they may compete as a graduate student at Harvard. They must be enrolled full-time in a graduate program and participation must occur within four calendar years from the time of matriculation.

If they wish to compete as a graduate student at another Division I school, they must have at least one season of eligibility remaining, have one year remaining on your five-year clock and meet the requirements of the one-time transfer exception. Please note that you may not compete as a graduate student at another Ivy League school.

FIVE-YEAR/EIGHT-TERM RULE

Under NCAA legislation, students have four seasons of intercollegiate competition in any one sport, and they must complete those four seasons within five continuous calendar years from the beginning of their first year of full-time enrollment at any collegiate institution. Harvard rules state that seasons of competition must be completed within a period of eight semesters (or "terms") of actual attendance. There are certain circumstances under which you may be granted an additional season. Here is a brief overview:

MEDICAL HARDSHIP WAIVER

The most commonly utilized waiver is the Medical Hardship Waiver. Students can use this waiver to earn back one of their four seasons of competition if they suffer an incapacitating injury or illness under the following conditions:

1. The injury or illness occurs during one of the four seasons of competition;
2. It occurs prior to the completion of the first half of the regular season;
3. It occurs before the student has played more than three contests or 30% (whichever is greater) of the total number of contests actually played that season.

This waiver cannot be used if the student plays in any part of any game during the second half of the season. Please note that this is different from “redshirting.” Unlike most Division I schools, the Ivy League does not permit student-athletes to extend their stay at Harvard beyond 8 terms for athletic reasons (i.e. to use one of the 5 seasons solely for a practice opportunity). This waiver is not automatic. If a student wishes to get back a lost season of eligibility due to an injury, they must speak with the Athletic Compliance staff, who will apply for the waiver to the Ivy Office. They must provide the Compliance Office with complete medical records from the training room/doctor documenting the injury. This should be done at the end of the lost season.

Wrestling: Ivy League rules prohibit student-athletes from participating on outside teams/competitions during a medical hardship waiver year (during the academic year). Please be advised that the Ivy League will not grant a medical hardship waiver in this case, which would prevent you from earning that year back.

DRUG TESTING

Harvard University does not conduct institutional drug testing. Student-athletes who participate in any NCAA-sponsored sport are eligible for random mandatory urinalysis NCAA drug testing. It is the student-athletes responsibility to be informed on the current NCAA banned substances. We highly recommended that all student-athlete reference the NCAA Banned Substance List which can be found online and on the athletic training room bulletin board. All student-athletes will undergo drug testing education as part of their annual compliance meeting. Teams who qualify for a post-season NCAA championship event may be tested anytime following the competition. The NCAA may also drug test student-athletes during the summer months. If you refuse to be tested or fail to attend a drug test, it is considered the same as a positive test and you will be ineligible until you present a negative test.

Under NCAA Bylaw 18.4.1.4, a student-athlete who tests positive for a banned substance (other than narcotics) will be ineligible to participate in regular season and postseason competition for one calendar year (i.e., 365 days) after the positive drug test and shall be charged with the loss of a minimum of one season of competition in all sports. A student-athlete will remain ineligible for all regular season and postseason competition for one calendar year after the positive drug test, and until the student-athlete retests negative and the student-athlete’s eligibility is restored by the Student-Athlete Reinstatement Committee. A student-athlete who, as a result of a drug test administered by the NCAA, is found to have used a substance in the banned drug class illicit drugs (in accordance with the testing methods authorized by the Executive Committee) shall be charged with the loss of competition during a minimum of 50 percent of a season in all sports (at least the first 50 percent of regular season contests or dates of competition in the season following the positive test). The student-athlete shall remain ineligible until the prescribed penalty is fulfilled, the student-athlete tests negative (in accordance with the testing methods authorized by the Executive Committee) and his or her eligibility is restored by the Committee on Student-Athlete Reinstatement. If a student-athlete tests positive a second time for the use of any drug, besides an “illicit drug”, he or she shall lose all remaining regular season and postseason eligibility in all sports. In addition, the penalty for missing a scheduled drug test is the same as the penalty for testing positive for the use of a banned drug. If a student-athlete test positive for an illicit drug after being restored eligibility, he or she shall be charged with the loss of a minimum of one additional season of competition in all sports and also shall remain ineligible for regular season and postseason competition at least through the next calendar year. Any student- athlete who is found to have clearly manipulated an NCAA drug test sample will lose a minimum of two seasons of competition in all sports.

PRESCRIPTION DRUGS

Some prescription medications may contain banned substances, such as but not limited to, narcotics, asthma medications, and medications for the treatment of ADHD. Please notify your team athletic trainer or team physician if you are taking any prescription medication. If there is an alternative prescription drug that does not contain a banned substance, you would be advised to take the alternative medication. Under other circumstances, the student-athlete will need to gather all appropriate documentation from their prescribing physician supporting the use of the banned substance and file for a Medical Exception Waiver.

The NCAA enforces a strict rule in reporting medications for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). These medications, which are classified as stimulants, are banned by the NCAA without a proper diagnosis to take such medication by a medical doctor. It is the responsibility of the student-athlete to follow the rules and regulations of the NCAA with regard to these medications. The student athlete and prescribing physician for any ADD/ADHD medication must fill out and complete the appropriate documentation each year they are competing in NCAA-sponsored athletics. Please reach out directly to your team athletic trainer to initiate the process for filling out the Medical Exception form.

NUTRITIONAL SUPPLEMENTS

All student-athletes should be aware that nutritional supplements are not regulated by the Food and Drug Administration. Some nutritional supplements may contain NCAA-banned substances. The NCAA works with Drug Free Sport which is a resource tool that can help identify risks for some nutritional supplements. Student-athletes who purchase nutritional supplements must reach out to their team athletic trainer and/or our assigned liaison with Drug Free Sport to evaluate their possible risk for containing NCAA Banned Substances prior to consumption. Please note any feedback from Drug Free Sport is only a recommendation and does not ensure a supplement is NCAA compliant. All student-athletes who choose to consume nutritional supplements are responsible for the supplement they consume and do so at their own risk.

NCAA BANNED SUBSTANCES

The 2025-26 NCAA Banned Substances list can be found [here](#).

PLAYING AND PRACTICE SEASONS

The length of playing and practice seasons is regulated by the Ivy League and the NCAA. These guidelines have been established to balance athletic requirements with the demands of your academic program. They are as follows:

THE “IN-SEASON”

During the playing season, or “In-Season,” the maximum number of hours that a coach may require you to practice and compete each day and each week is limited. The limits are a maximum of four hours a day and 20 hours a week. In addition, during the season you must have at least one day off during the week when you are not required nor expected to either practice or compete. For fall sports, these limitations do not apply to preseason practice, and for all sports these restrictions are not applicable during vacation periods when you are “in season.”

Each sport has a specific number of contest dates that are permitted as determined by the NCAA and the Ivy League. Each date of competition, including scrimmages, counts as a contest date. These limits are not to be exceeded. During the “In-Season”, you may neither practice nor compete with any outside team. Please note: Harvard policy states that student-athletes are

permitted to participate in only ONE varsity sport in the same season (fall, winter, spring). While participating in your sport's "non-traditional" season, you are permitted to participate on another varsity team.

THE "OUT-OF-SEASON"

During the academic year, the Ivy League permits up to six hours a week of voluntary supervised out- of-season weight training and conditioning in which a coach can be present. Four of these six hours per week can be used by teams for skill instruction sessions.

NCAA rules also require student-athletes to have at least two days off per week in the out-of-season.

THE IVY LEAGUE REST PERIOD

The rest period requires each team to schedule 49 days off for each student-athlete during the academic year. During the rest period, student-athletes should have no required athletic activity, no voluntary activity under the supervision of a team coach, no team athletic activities (e.g. captain's practices), and no team or team-member athletically related activities resulting from encouragement by the coaching staff to engage in such activity. Under no circumstances will any athletically related activity involving team members be supervised by a team coach, nor will facilities be reserved for team activities.

Team members will be free to participate in any recreational venue or activity open to all other students, and to have whatever supervision is provided in those circumstances.

10-HOUR RECOVERY PERIOD

The 10-hour recovery period requires teams to have no countable athletically related activities for the first 10 hours after returning to campus from an away-from-home competition.

TWO-WEEK RECOVERY PERIOD

The two-week recovery period requires teams to have no countable athletically related activities for 14 days after the conclusion of their season. The conclusion of the season is after the last regular season competition if the team does not get selected for post-season competition or the conclusion of their final post-season contest.

OUTSIDE COMPETITION

A student-athlete in any sport, other than basketball, who participates during the academic year as a member of any outside team in any noncollegiate, amateur competition becomes ineligible for intercollegiate competition in that sport for the remainder of the year and for the next academic year. Students are permitted to practice only on such a team during the academic year (when you are out- of-season).

Students are permitted to compete outside of their sport's playing and practice season (except for basketball) as a member of an outside team during any official vacation period published in Harvard's catalog. In the sports of soccer, women's volleyball, field hockey, and men's water polo, you are permitted to participate on an outside team after May 1.

A basketball player who participates in any organized basketball competition during the academic year, except while representing Harvard, becomes ineligible for any further intercollegiate competition in the sport of basketball.

It is imperative to check with your coach and see the Compliance Office prior to any participation with an outside team, whether you are enrolled or not. If you compete for an outside team while not enrolled, you may be ineligible upon your return to Harvard.

SUMMER COMPETITION

Student-athletes of all sports, except basketball, may practice and compete with outside teams during the summer, but may not play or practice with a professional team. Please notify the Compliance Office if you plan to participate on an outside team during the summer. The NCAA has strict guidelines for basketball and baseball that must be followed in order to remain eligible to compete at Harvard. Participation in leagues in these sports must be approved by the Compliance Office prior to practice/competition.

AMATEURISM

EXTRA BENEFITS

Some of you may be offered benefits by individuals which are not offered to other students. The crew race against Yale back in 1852 was organized by an official of the Boston and Concord Railroad to get people to pay for rail fare to the race site, and the promoter provided free lodging and alcohol to both teams, and silver oars to the winners. Too often in collegiate athletics this trend to provide gifts has continued, and they may be offered to you. Such gifts are “extra benefits”, and if you accept any based on your status or reputation as a student-athlete, you will be in violation of the NCAA’s principle of amateurism and deemed ineligible. A few examples are:

- Cash or merchandise (or cash equivalent)
- Free memberships
- Tickets to a pro sporting event, movie, concerts, etc.
- Athletic equipment or clothing (outside of regular team apparel from the Harvard Equipment Room)
- Any type of benefit from a booster or alum (i.e., meal). All an alum can do for you is to help arrange employment, either during the summer or after graduation.
- Loan of money
- Use of an automobile or free/reduced travel
- Any type of benefit from a former teammate/student-athlete beyond those similar in nature that occurred while both were in college (movie, meal, etc.).

Do not accept any type of gift or benefit from anyone, an Alumni Club, booster, etc., either prior to, during, or after enrollment, if the benefit is based on status or reputation as a student-athlete.

PROFESSIONALISM

The Ivy League has very strict guidelines about amateurism. If you have professionalized yourself in any Ivy sport, you will be ineligible for all varsity sports in the Ivy League. The following situations impact your amateur status and jeopardize your eligibility:

- Competition on an outside amateur team (i.e., club team) and accepting reimbursement for expenses over and above your actual necessary expenses to participate in the competition.
- In team sports, acceptance of any prize money based on your place finish in an athletic event (i.e., 3-on-3 basketball, etc.) after you have enrolled full-time at a college or university. Note: Individual sports may accept prize money based on place finish provided the event is open, the competition occurs after May 1st and the prize money does not exceed actual and necessary expenses and is provided only by the sponsor of the open event.

- Signing a contract of any kind, at any time, with a team that has been deemed professional.
- Directly or indirectly receiving money or remuneration for participating in competition in any sport.
- Participating in any athletic competition under an assumed name or in any other way intending to deceive your institution.
- Practicing or trying out in any professional sport after you matriculate, even if you receive no payment or expense allowance.
- You may receive a prize in a school's promotional contest (i.e. free-throw shooting contest during half-time at a basketball game) that involves any kind of athletic ability or skill in your sport, as long as the selection of the participant is made on a strictly random basis.

USE OF NAME, IMAGE, AND/OR LIKENESS (NIL)

NCAA and Ivy League rules allow for student-athletes to receive compensation and/or remuneration in exchange for the use of their name, image, and/or likeness ("NIL"). These rules do not allow student-athletes to receive compensation for participation in athletics events or competitions (i.e., pay-for-play) or for NIL opportunities used as recruiting inducements to attend Harvard. Additionally, student-athletes, or commercial entities partnering with student-athletes, may not use Harvard's name, logos, trademarks, buildings, statues, or other Harvard landmarks during NIL activities, including pictures in uniforms or other athletics-issued equipment or apparel. Student-athletes must disclose all NIL activities to the Athletic Compliance Office through the NIL Go or the INFLCR app, as outlined in the Harvard Athletics NIL policy, prior to engaging in an NIL activity or signing a contract. You can find the full [Harvard Athletics NIL Policy](#) on GoCrimson.com. Please contact the Athletics Compliance staff for more information associated with student-athletes engaging in NIL activities.

AGENTS

NCAA and Ivy rules are very strict with regard to agents. If an agent contacts you, please notify the Compliance Office as soon as possible. The department has policies with regard to agents being on campus, and all prospective agents are required to register with Harvard athletics. Agents hired to market the use of your name, image, and/or likeness are permitted. If you sign or even reach a verbal agreement with an agent whose job is to further your athletic career, your intercollegiate eligibility will be forfeited immediately.

EMPLOYMENT AND FINANCIAL AID

FINANCIAL AID

Harvard does not offer financial aid based on athletics ability. However, NCAA financial aid rules do have some bearing on what type of aid student-athletes can receive. Even if no aid award is athletically related, you may not receive a total amount of aid that exceeds Harvard's Full-Grant-In-Aid amount. What you need to be aware of is that any income you earn by working in or for the athletic department counts against the full cost of total attendance. In addition, each team can only have so many student-athletes who receive aid that can be counted as athletically related. The Compliance Office and the Financial Aid Office tracks these types of aid, so you will be informed if there is an issue.

All financial aid that you receive from sources outside of the College, including private grants and scholarships, must be reported to the Undergraduate Office of Financial Aid in Harvard College immediately upon notification of receipt of the aid.

COACHING, TEACHING, AND INSTRUCTION

After enrolling at Harvard, you may receive compensation on a fee-for-lesson basis for teaching, instruction, or coaching. However, no institutional facilities may be used and compensation must be paid by the lesson recipient or their family and not another individual or entity. You may serve as a coach, official, or an athletic instructor for compensation in a physical education class outside of Harvard. You may teach sports techniques or skills or both. This employment may not be arranged by the College or a representative of Harvard's athletic interests. All coaching, teaching, and instruction opportunities are required to be approved by compliance. If you plan on teaching on a fee-for-lesson basis this year, please contact a member of the compliance staff.

NCAA STUDENT-ATHLETE ASSISTANCE FUND

If you are a student-athlete, and you receive Pell Grant funds as part of your financial aid package or you are an international student who has comparable need, you are eligible to receive funding from the NCAA Student-Athlete Assistance Fund to cover certain expenses. The following category of expenses will be covered:

1. Medical expenses not covered by insurance
2. Travel expenses for immediate family members to be present in the event of an emergency
3. Expenses for essential items and clothing
4. Academic course supplies

Course-related textbooks and software are not covered under this program. In addition, all money received under this grant must be reported as taxable income. Once team rosters are finalized and the Financial Aid Office sends a list of Pell Grant student-athletes to the department of athletics, you will receive information regarding this fund if you are a Pell recipient. Do not assume you will be eligible this year because you received a Pell Grant last year. You must check with the Financial Aid office to verify your eligibility. If you qualify, you can apply to be reimbursed for covered expenses that you incur during the current academic year. There is a form that you must fill out to apply and you will need to keep and submit all original receipts.

OLYMPIC FUNDING

Any funding that the USOC or a USOC affiliate (i.e. a National Governing Body) wants to provide to you needs to be cleared through the Compliance Office. Some USOC funding is permitted under NCAA rules (such as tuition assistance), but some will jeopardize your eligibility. Please clear any funding you may receive before you accept it.

RECRUITING

HOSTING RECRUITS

Recruiting prospective student-athletes is an important process for both the prospective student-athlete and the Harvard Department of Athletics. NCAA rules and Harvard policies regulate the responsibilities and actions of a student host and prospective student-athlete on an official visit. Both the student host and the prospective student-athlete act as official representatives of their respective educational institutions.

In accordance with NCAA rules, Harvard University has instituted guidelines designed to ensure a quality, healthy, and safe experience for all individuals involved in the recruiting process. It is our goal to provide a safe and informative experience for the prospective student-athlete while emphasizing the need for the prospect to contribute to the academic mission of our institution upon enrollment. Although a student host is not held directly responsible for the behavior of his or her prospective student-athlete, the behavior and actions of the student host can impact the

prospective student-athlete's experience during his or her visit. The actions of student hosts directly reflect on not only themselves, but also their team and coaches. If a student host witnesses or suspects a violation of the following policies committed by a prospective student-athlete, it is the student host's responsibility to report such activity to his or her head coach.

ALCOHOL AND DRUGS

Regardless of age, student-athlete hosts are required to abstain from the use of alcohol and other illicit substances for the duration of a prospective student-athlete's visit. Furthermore, a student-athlete shall not persuade or encourage a prospective student-athlete to consume alcohol or illicit drugs or provide a prospective student-athlete with alcohol or illicit drugs or otherwise make alcohol or illicit drugs available to a prospective student-athlete.

ENTERTAINMENT

Entertainment for a prospect and the prospect's parents may be provided only within a 30-mile radius of the Harvard's campus. Entertainment and contact by representatives of athletics interest (i.e., Friends of Harvard) during the official visit are prohibited. Up to three complimentary tickets to a home sporting event may be provided to a prospect and those persons accompanying the prospect via an institutional pass list. If a prospect is a member of a non-traditional family, up to two additional tickets may be provided in order to accommodate the parents accompanying the prospect (e.g., step parents). Tickets may not be provided for Ivy, ECAC, NCAA, or any other post-season competition. Prospective student-athletes are not permitted to receive complimentary tickets to professional sporting events, even if tickets are provided free of charge.

The student-athlete host and prospective student-athlete are expected to behave morally, ethically, and responsibly when making decisions about the prospect's entertainment. Per NCAA rules, the entertainment provided to a prospective student-athlete is to be reflective of Harvard student activities, and not something that would generate an admonition (or worse) from a resident dean. Similarly, student-athlete hosts are prohibited from using sexual relations or incentives to encourage prospective student-athletes to commit to Harvard. In addition, Massachusetts law provides penalties for any person attempting to use false or fraudulent written, printed, or photo-static evidence of age and identity to enter an establishment that requires patrons to be 21 years of age or older. Under no circumstances should a prospective student-athlete enter any establishment that requires patrons to be 21 years of age or older while visiting Harvard. In addition, student hosts and/or prospective student-athletes are forbidden from committing acts that violate criminal law. Furthermore, gambling and/or gaming activities are strictly prohibited during official visits.

RECRUITS WORKING OUT ON CAMPUS/RECREATIONAL ACTIVITIES

Recruits may participate in physical workouts or recreational activities while visiting campus as long as a coach does observe the workout. In addition, recruits may only use facilities that are available to student guests, and they must pay any appropriate guest fees. As a host, you may work out with the recruit, but you may not report back to the coach on the recruit's athletic ability.

SPORTS MEDICINE

Harvard Athletics is committed to the Student-Athlete's physical, mental, emotional, and social health and wellness. This is achieved by attending to our holistic health each day and providing quality support and resources, while contributing to a diverse and inclusive athletic department and campus community. Our multidisciplinary team, consisting of physicians, Athletic Trainers, sports dietitian, mental health clinicians, and strength and conditioning coaches, incorporates a

holistic, evidence-based approach that promotes and enhances student-athlete healthcare and safety. We honor the value of every individual's unique experiences, contributions, and perspectives and strive to foster a sense of welcoming and belonging within our departments in order to provide quality, equitable, and accessible care for our Student-Athletes.

The sports medicine department is dedicated towards providing a safe, effective, high quality health care system for the student-athlete with a focus on accurate diagnosis and treatment grounded in evidence-based foundations. This is achieved through our staff's accessibility, appropriate referral, restoration and improvement of health and well-being, enhancement of student-athlete performance, and the implementation of collaborative preventative measures.

Athletic Training Staff

The athletic training staff consists of 14 full-time Athletic Trainers and 3 athletic training fellows, all dedicated to providing care for every intercollegiate athletic team. Each Athletic Trainer is assigned to specific sports, with coverage determined by factors such as NCAA injury statistics, risk of catastrophic injury, proximity of facilities to the athletic training room, season schedules, practice times, Title IX guidelines, and the overall work-life balance for the Athletic Trainer/s. All Athletic Trainers operate under the clinical supervision of the Head Team Physician and possess the authority for diagnosis, management, and return-to-play decisions within parameters set by the team physicians.

Harvard Sports Medicine employs a care model to its athletic training service in order to provide Athletic Trainer availability across all of our sport programs. Athletic Trainers (AT) provide practice and or game coverage based upon NCAA injury rates, catastrophic risk, location of facility venue from athletic training room and competition season. An Athletic Trainer is assigned to manage specific teams(s) but all staff members are expected to assist with care and coverage.

Any student-athlete is welcome to walk-in for evaluation/care at any time during normal operating hours. If managing Athletic Trainer is not available another staff member will evaluate and give verbal instructions to student-athlete on how to follow up with managing Athletic Trainer

Athletic Training Room Operations

Dillon Athletic Training Room

- The Dillon Athletic Training Room normal hours of operation are Monday-Friday 7am – 11am and 1:00pm-7:00pm.
- Weekend athletic training room hours are per in season care and coverage.

Malkin Athletic Center (MAC) Athletic Training Room

The MAC Athletic Training Room normal hours of operation are Monday-Friday, 1:30pm-7:00pm.

Bright-Landry Hockey Center Athletic Training Room

- The Bright Athletic Training Room is only utilized prior to in-season hockey practice/games per the discretion of the Men's and/or Women's Ice Hockey Athletic Trainer and the Associate Director of Athletics for Student-Athlete Health and Performance.

Lavietes Pavillion First Aid Room

- The Laviettes first aid room is only utilized during basketball competition time, i.e. during game, halftime

All athletic training facilities may remain open later or open earlier to accommodate practicing teams at the discretion of the Associate Director of Athletics for Student-Athlete Health and

Performance, as well as for individual appointments set up with the Student-Athlete's Athletic Trainer/s. The athletic training room will have reduced hours and staffing during reading periods, final exam periods, holidays, spring break, and summer. These changes will be posted on the doors and communicated to Student-Athletes by their Athletic Trainers.

Team Physicians

Orthopedic physician services are available to student-athletes by appointment on Monday through Thursday in the Dillon Athletic training Room, with x-ray services available during the afternoon clinic times as well. In-season sports are given priority in scheduling. Primary care sports medicine services are available by appointment on Monday and Tuesday mornings and Wednesday and Thursday afternoons. Student-Athletes are encouraged to utilize these services but may also visit Harvard University Health Services if needed.

Clinics are as follows:

- Monday
 - Dr. Amin Farokhrani (8:30-10:30am)
 - Dr. Thomas Wuerz (3:30-5:30pm)
- Tuesday
 - Dr. Amin Farokhrani (8:30-10:30am)
 - Dr. Arun Ramappa (3:30-5:30pm)
- Wednesday
 - Dr. Amin Farokhrani (1:30-3:30pm)
 - Dr. Lars Richardson (3:30-5:30pm)
 - Dr. Martin Dolan (4:00-5:30pm)
- Thursday
 - Dr. Amin Farokhrani (1:30-3:30pm)
 - Dr. Kelly McInnis (2:30-4:30pm)

All appointments are scheduled by the athletic training staff using the PnC scheduling system, with priority given to in-season sports. Coaches are not permitted to attend student-athlete appointments in the athletic training room. However, with the student-athlete's permission, the physician and/or Athletic Trainer may communicate with the coach after the appointment if appropriate. In such cases, the student-athlete should be scheduled for the last appointment slot of that clinic.

Sports Dietician

Nutrition plays an essential role in Crimson student-athlete health and performance. Harvard athletes are encouraged to speak with their sports dietitian to discuss proper nutrition. By working with a dietitian, student-athletes learn how to fuel their bodies to maximize training, optimize performance, minimize injury risk, and improve overall health and well-being.

Our sports dietitian, Amanda Waldron, is available for individual student-athlete appointments five days a week. Appointments can be scheduled through the HUHS Patient Portal, by emailing Amanda directly, or by coordinating through your athletic trainer.

Amanda Waldron

Dillon Field House

Email: awaldron@huhs.harvard.edu ; Phone: 617-998-1883

Crimson Mind and Body

Harvard Sports Medicine in conjunction with CAMHS is committed to advancing resources available to our student athletes and promoting student athlete mind and body health. The

Crimson Mind and Body team (team physicians, athletic trainers, mental health clinicians, sports dietitian, S&C coaches, and student athlete groups-SAAC, SAWL) is designed to facilitate the growth and development of the Harvard student athlete to enhance physical, psychological, and emotional health and awareness. We support the education of the student athlete to manage the adversity they face within their athletic, academic, and personal lives.

Our Crimson Mind and Body Team consists of two mental health counselors, Megan Willette and Michael Hinckley. Both Megan and Mike have specialized training in sport and performance psychology and their offices are found in the counseling center. In addition to individual counseling, the CMB clinicians collaborate with coaches, captains, and teams to enhance sports performance through consultations, workshops, group sessions, and team training.

To make an Appointment with A CMB clinician or get connected with a mental health provider:

- Option 1: Call the CAMHS front desk at 617-495-2042 and request an “initial consult.”
- Option 2: Go through your HUHS patient portal and schedule an “Initial Consult” with one of the Access Coordinators.

**This initial consultation will be a brief phone call with one of the Access Coordinators who will describe the therapeutic services and get a sense of what support you’re looking for. They will then schedule an intake session for you. You can meet with someone from the CMB Team or a non-CMB clinician at CAMHS.*

Click here(<https://camhs.huhs.harvard.edu/getting-started>) for more information about getting connected to CAMHS.

- Another option for mental health services is TimelyCare. Click here-
<https://camhs.huhs.harvard.edu/timelycare>) to learn more about TimelyCare at Harvard.

CAMHS Cares Line

The CAMHS Cares line, 617-495-2042, is a 24/7 support line for Harvard students who have mental health concerns, whether they are in immediate distress or not, on-campus or elsewhere. At all times, including evenings, weekends, and holidays, students can follow the prompts to speak directly with a CAMHS Cares Counselor about an urgent concern or if they just need to talk to someone about a difficult challenge or mental health issue.

Medical Clearance and Pre Participation Exams

All student-athletes must be medically cleared by Harvard University Sports Medicine prior to sports participation. Any student new to sport is required to receive an initial sports pre-participation physical exam from Harvard University Health Services. Returning student-athletes receive an annual sports clearance that meets the recommended requirements as set forth by the American Heart Association. Student-athletes are responsible for their appointment times as set forth by Harvard University Health Services and Harvard University Sports Medicine. If you miss your appointment, make-up dates and times are at the discretion of the Harvard University Sports Medicine staff.

Healthcare Costs and Insurance

Massachusetts law requires that students enrolled in an institution of higher learning in Massachusetts participate in a student health insurance program or in a health benefit plan with comparable coverage. All Harvard students are automatically enrolled in the HUSHP and the cost of the plan is applied to their term bill. HUSHP is a comprehensive health program comprised of two parts:

1. **Student Health Fee:** All students are charged this health fee as part of enrollment. The Student Health Fee includes coverage of most services at Harvard University Health Services (HUHS) including primary care, medical and surgical specialties, radiology, and mental health counseling.
2. **Student Health Insurance Plan:** This insurance plan, which includes Blue Cross Blue Shield hospital/specialty and prescription drug coverage, complements the Student Health Fee by providing coverage for medically necessary hospitalization, emergency, and specialty care. Students enrolled in a comparable health insurance plan may be eligible to waive the Student Health Insurance Plan. Waivers must be completed by the appropriate deadline, or the charges will remain on the student's term bill. Please see their website for further details or questions, <https://hushp.harvard.edu/student-health-insurance-plan>.

Waiving the Student Health Insurance Plan:

Before you consider waiving, carefully evaluate whether your existing health plan will provide adequate, comprehensive coverage in the Boston area. In many cases, coverage is limited to out-of-state, with only emergency or urgent care coverage available.

For more information on HUSHP benefits, rates, and deadlines, visit <http://hushp.harvard.edu/>

Financial Responsibility

Harvard University requires that every student provide evidence of current primary health insurance and always maintain that coverage while the student is enrolled at Harvard. In compliance with the NCAA requirements effective 08/01/2023, Harvard athletics will provide medical care, including payment for out-of-pocket medical expenses, to varsity student athletes for injuries/illnesses incurred during the student athlete's involvement in intercollegiate athletics. These costs will be covered while the student athlete is at the institution and for at least 2 years following either graduation or separation from the university, or until the student athlete qualifies for coverage under the NCAA Catastrophic Injury Insurance Program.

The Harvard Department of Athletics utilizes a secondary sports accident insurance policy to cover intercollegiate sport athletic related injuries. This policy is designed to supplement the student athlete's primary health insurance and cover only conditions/injuries resulting from the direct participation in the Harvard University intercollegiate athletic programs. This policy comes into effect after a student athlete's primary health insurance is done making payments on a claim. This supplemental policy covers up to the first \$90,000 of all claims not covered by the student athlete's primary health insurance. Injuries resulting in claims that exceed \$90,000 will go to the NCAA catastrophic insurance policy.

- **Medical care coverage stipulations:**

Injuries/illness sustained while participating in a Harvard intercollegiate sports program must be reported by the student athlete to the sports medicine staff in a timely manner. Necessary referrals will be made by the Harvard sports medicine staff as required. All injuries/illness must be declared and evaluated by the Harvard Sports Medicine Staff within 60 days of the incident/onset. Student athletes are eligible for medical bills to be paid up to 104 weeks (2 years) from the date of the initial injury.

- **Athletic Related vs Non-Athletic Related Injury**

An athletic injury is defined as an injury or illness that occurs as a direct result of participation in NCAA (intercollegiate) practice, competition, and/or strength and

conditioning sessions/workouts. If a student athlete is injured while participating in said activities, they must report this to the Harvard sports medicine staff.

All non-athletically related injuries and illnesses will be submitted to the athlete's primary insurance, and the remaining balance will be the responsibility of the student athlete and/or parent or guardian. This includes pre-existing injuries and conditions, general medical illness, and injuries and illness incurred over academic breaks while participating in activities and/or training away from campus.

The following would specifically **NOT** be covered by our secondary insurance provider.

- Tests or consultations required to gain approval for participation (i.e. cardiac clearance, sickle cell lab test, etc.)
- Pre-existing injury/illness that has not been cleared by the Harvard Sports Medicine staff.
- Injuries incurred during participation in intramural, club sports, or recreational activities.
- Individual training and conditioning activities that occurred outside the primary competitive and designated off-season periods and are not Harvard coach supervised.
- Illnesses (Including referrals to specialists not related to athletic injuries).
- Prescriptions that are not related to athletic activities.
- Orthotics, braces, etc. that are not medically needed for treatment/rehabilitation of an injury
- Medicines for allergies or asthma
- Eyewear
- Expenses incurred for athletic injuries sustained AFTER completion of eligibility.
- Expenses incurred after two years from the original date of injury

- **Injury/Illness reporting**

The student athlete is responsible for reporting all injuries and illnesses to the sports medicine staff within 60 days of the incident or onset of injury/illness. The medical staff will make all the appropriate and necessary medical referrals as indicated. If a student athlete does not report their injury/illness to the sports medicine staff, medical care will not be covered.

- **Second Opinion/Outside Referral**

Visits to second opinion physicians, specialists, or other healthcare providers (such as chiropractors, podiatrists, massage therapists, or physical therapists) will only be covered by the athletic department if they are approved by the Harvard Sports Medicine physicians. If a student athlete chooses to seek care from providers who are not affiliated with, approved by, or referred by Harvard Sports Medicine, the student-athlete will be solely responsible for any and all costs incurred.

- **Exclusions and Limitations:**

- Harvard University Athletics Department is not responsible for medical bills incurred by student athletes because of injury/illness unrelated to intercollegiate athletic participation.
- Harvard University Athletics is not financially responsible for expenses incurred by a student athlete for medical services obtained without referral or authorization by the Harvard Sports Medicine Team.

- Harvard University Athletics is not responsible for payment of medical expenses incurred while the student athlete is uninsured or has allowed their personal policy to lapse/expire/term.
- Harvard University Athletics is not responsible for payment of medical expenses of injuries/illnesses which were sustained prior to participation in an intercollegiate sports program at Harvard University, and after completion of participation in that program.
- Harvard University Athletics is not responsible for any financial obligation if a student athlete fails to complete the exit physical process.

If you have any questions regarding student athlete health insurance and/or financial responsibility for athletically related injuries/illness t, please contact Niki Rybko at nrybko@fas.harvard.edu or 617-495-2200.

- **NCAA Post-Eligibility Insurance Program**
 - [NCAA Post-Eligibility Insurance Program](#)

Student-Athlete Exit Interview/Physical Examination Guidelines

Effective August 1st, 2024 all student athletes upon completion of their eligibility or exit from a team are required to complete medical exit physical procedures. This process includes an exit physical questionnaire documenting your injury history and health status, and possible referral to a Harvard Sports Medicine Team Physician for physical exam and development of a plan of care.

All student-athletes are required to timely report any athletically related injury sustained while participating in a Harvard intercollegiate athletic program to their team's athletic trainer. All student athletes at the end of their eligibility or departure from the team are required to fully complete, execute and submit the Harvard student athlete Exit Interview Questionnaire within 21 days after their last date of practice or competition for a Harvard intercollegiate athletics program. If deemed necessary or if requested, the student athlete will participate in an in-person interview and/or physical examination with the Harvard Athletic Training Staff and/or Team Physician. The Exit Interview Form (and Exit Interview, if conducted) and Athletic Training records for each Student-Athlete will (1) document each Student-Athlete's health status, any athletically related Injuries and (2) allow each Student-Athlete to disclose any on-going or unresolved athletically related Injuries. All injury concerns, on-going or unresolved related to the participation in Harvard athletics should be disclosed on the Exit Interview form and at the Exit Interview, if conducted.

Complying with the Exit Interview Requirement

Within 21 days of their last date of practice or competition for Harvard Athletics, whichever is earlier, every Student-Athlete must fully complete, execute and submit to Harvard Sports Medicine an Exit Physical Questionnaire.

*Student-Athletes who have **not** sustained an athletically related Injury*

- Student-athletes who have not sustained an athletically related Injury shall fully complete, execute and submit the Exit Interview Questionnaire through their HUHS patient portal without the need for an Exit Interview. In order to utilize this option, the student-athlete must verify that he or she has not sustained any athletically related Injury while participating in intercollegiate athletics at Harvard.

Student-Athletes who have sustained an athletically related Injury but do not have any current ongoing or unresolved symptoms or concerns.

- Student-Athletes who have sustained an athletically related Injury, but are not currently experiencing any injury concerns, on-going or unresolved medical issues shall also fully complete, execute and submit the Exit Interview Questionnaire through their HUHS patient portal without the need for an Exit Interview, unless initiated by the student athlete. In order to utilize this option, the student-athlete must verify he or she is not experiencing any injury concerns, on-going or unresolved injury issues from any athletically related Injuries.

Student-Athletes who have sustained an athletically related Injury and are currently experiencing ongoing or unresolved symptoms or concerns

- Student-Athletes who have sustained an athletically related Injury and are currently experiencing any injury concerns, on-going or unresolved medical issues shall
 - (1) fully complete and execute the Exit Interview form
 - (2) Athletic trainer will contact student athlete for an in-person Exit Interview. After the Exit Interview, Harvard athletic trainers and/or team physicians shall provide such Student-Athletes with an evaluation and recommended courses of treatment, where appropriate or necessary.

Loss or Limitations of Benefits

Failure of a student-athlete to fully complete, execute, and submit the Exit Physical Questionnaire, and where required, participate in the in-person exit physical interview/examination, will release Harvard University Athletics from any further medically related financial obligation.

Health and Safety Education

SICKLE CELL TRAIT

Sickle Cell trait is the inheritance of an abnormal gene which can cause deformation (“sickling”) of the red blood cell, along with a normal gene for hemoglobin. Approximately 1 in every 12 African Americans has sickle cell trait, (compared to ~ 1 in 2,000 to 12,000 white Americans). The gene for sickle cell trait is also present in individuals of Mediterranean, Middle Eastern, Indian, Caribbean, and South / Central American ancestry. All newborns in the U.S. are required to be screened for sickle cell.

Sickle cell trait has been associated with exertional rhabdomyolysis, renal failure, as well as death. Sickle cell trait may be a predisposition to complications during extreme exertion, increased heat, altitude, & dehydration. Over a nine-year span, seven athletes participating in NCAA sports died as a complication of sickle cell trait.

All NCAA Division I student-athletes, as part of their required medical examination or evaluation, must be tested for sickle cell trait or provide the institution with proof of a prior test. Visit [the NCAA Sickle Cell education for student athletes](#) for more sickle cell trait educational material and resources.

CONCUSSION SAFETY AND PROTOCOL

Visit the [Harvard Sports Medicine Concussion Policy](#) to read our entire concussion safety protocol and guidelines.

TICK-BORNE ILLNESS

Harvard University Sports Medicine has put together a program available to all student-athletes upon request. This program focuses on the education of tick-borne illnesses, prevention, signs and symptoms of Lyme disease, tick identification strategies, tick removal procedures and care procedures. Certain higher risk sports such as men's and women's golf may have the ability to wear pre-treated clothing as a prevention method to reduce their risk of exposure. Please visit http://www.gocrimson.com/information/sports_medicine/sa_info to review our guidelines.

RHABDOMYOLYSIS

Rhabdomyolysis is a breakdown of muscle tissue which results in toxins being released into the bloodstream. This condition can lead to kidney failure and death. It may be caused in athletics due to extreme workouts isolating specific muscle groups. Signs and symptoms include inability to move affected body part after a workout and brown or red urine.

HEAT ILLNESS

Heat Exhaustion is a result of physical exertion and environmental heat stress. Symptoms include fatigue, possible loss of coordination, headache, nausea.

Heat stroke is a medical emergency that can result in death. Heat stroke is defined as a core temperature equal to or above 104 degrees. Symptoms include altered consciousness, confusion, decreased mental acuity, combativeness, dizziness, nausea and requires immediate activation of the emergency action plan. A texting system alerts coaches and athletic trainers when "real feel temperature" is over 90 degrees. Precautions such as extra water breaks, moving practice to a cooler time of day, wearing less equipment are helpful in prevention heat illness.

COLD ILLNESS

Texting system alerts coaches and athletic trainers when "real feel temperature" is below 25 degrees – take precautions, such as moving practice to warmer time of day, wearing more layers, gloves, hats etc. At a Real Feel less than 15 degrees, athletics will consider moving activity indoors or to a warmer part of the day. All outdoor activity is cancelled at a Real Feel of zero degrees or below.

LIGHTNING

Each venue has a lightning safe shelter, student-athletes and coaches are responsible for knowing where the closest shelter is to the athletic venue(s). A text system alerts coaches and athletic trainers when lightning is in the area. Per protocols parties are to clear outdoor venues when lightning is within 10 miles. When a text is received, the venue needs to be cleared until an all-clear text is received, which is 30 minutes after the last lightning strike.

ASTHMA

Asthma is a chronic inflammatory condition of the airways. Symptoms include wheezing, breathlessness, chest tightness, coughing. Severe attacks can lead to death. Allergens, pollutants, respiratory infections, cold and exercise can be triggers for an asthma attack. Student-athletes are responsible for their own rescue inhalers and should be available during sport activities. Exercise Induced Asthma is a temporary narrowing of airways induced by exercise. There are different medications used in management of this condition, available via physician.

DIABETES

Type 1 diabetes is a condition characterized by the inability to create insulin, causing blood sugar imbalances. Signs and symptoms include frequent urination, thirst, excessive hunger, weight loss,

visual disturbances, and fatigue. Treatment may include monitoring blood glucose levels, insulin therapy, and nutrition. Blood glucose may be altered due to exercise, environmental temperature, and altitude. Blood glucose should be monitored pre-exercise, during exercise and post-exercise. Technology advances include pump alerts for student-athletes with lowering blood sugar. Hyperglycemia is blood sugar below 70. Signs and symptoms include dizziness, headache, hunger, irritability, clumsiness, slurred speech, drowsiness, confusion, seizures, and unconsciousness. Possible treatments include ingesting easily absorbed sugars such as hard candy, fruit juice, soda (not diet), glucose tabs; monitoring blood sugar levels, and activating the Emergency Action Plan.

CERVICAL SPINE INJURIES

Cervical spine injury should be suspected in student-athletes who are unconscious, present with an altered level of unconsciousness, numbness, tingling, weakness in any extremities, significant midline spine pain, and/or obvious spine column deformity. Management includes checking vitals, maintaining position of the student-athlete (do not move); activating the Emergency Action Plan

CARDIAC ARREST

Sudden cardiac arrest (SCA) should be suspected in any athlete who is collapsed and unresponsive. A brief seizure-like activity is common after collapse from SCA. Occasional gasping is not normal breathing and may be indicative of SCA. Common conditions contributing to SCA include: hypertrophic cardiomyopathy and congenital abnormalities. If suspicious of SCA, check vitals, activate the Emergency Action Plan, if certified begin CPR/AED if needed.

EXERTIONAL OR NON-EXERTIONAL COLLAPSE

Several causes for student-athletes to collapse include but are not limited to, cardiac arrest, heat stroke, exertional rhabdomyolysis, sickle cell, asthma, and diabetic emergency. Since the most common causes are cardiac-related, this should be assumed until proven otherwise. Management includes checking vitals, activating the Emergency Action Plan if certified begin CPR/AED if needed.

SLEEP

Poor sleep is associated with delayed reaction time, increased perceived effort, fatigue, increased injury, and illness rate, increased mood disturbances, and decreased protein synthesis (muscle recovery). The relationship between sleep quality and mental health is bidirectional. Poor sleep exacerbates mental health disorders and negative mood. Stress and poor mental health decrease sleep quality and quantity. Possible interventions for poor sleep quality include implementing a regular sleep schedule, implementing naps, relaxation, or mindfulness techniques, avoiding food and drink late at night, taking melatonin and getting out of bed, and starting bedtime over again. Sleep monitoring has become popular but does not yet have evidence that it increases the quality of sleep. In some people, the use of sleep monitoring may cause increased anxiety.

PRESCRIPTION DRUGS

Some prescription medications may contain banned substances, such as but not limited to, narcotics, asthma medications, and medications for the treatment of ADHD. Please notify your team athletic trainer or team physician if you are taking any prescription medication. If there is an alternative prescription drug that does not contain a banned substance, you would be advised to take the alternative medication. Under other circumstances, the student-athlete will need to gather all appropriate documentation from their prescribing physician supporting the use of the banned substance and file for a Medical Exception Waiver.

The NCAA enforces a strict rule in reporting medications for the treatment of Attention Deficit Hyperactivity Disorder (ADHD). These medications, which are classified as stimulants, are banned by the NCAA without a proper diagnosis to take such medication by a medical doctor. It is the responsibility of the student-athlete to follow the rules and regulations of the NCAA with regard to these medications. The student athlete and prescribing physician for any ADD/ADHD medication must fill out and complete the appropriate documentation each year they are competing in NCAA-sponsored athletics. Please reach out directly to your team athletic trainer to initiate the process for filling out the Medical Exception form.

NUTRITIONAL SUPPLEMENTS

All student-athletes should be aware that nutritional supplements are not regulated by the Food and Drug Administration. Some nutritional supplements may contain NCAA-banned substances. The NCAA works with Drug Free Sport which is a resource tool that can help identify risks for some nutritional supplements. Student-athletes who purchase nutritional supplements must reach out to their team athletic trainer and/or our assigned liaison with Drug Free Sport to evaluate their possible risk for containing NCAA Banned Substances prior to consumption. Please note any feedback from Drug Free Sport is only a recommendation and does not ensure a supplement is NCAA

compliant. All student-athletes who choose to consume nutritional supplements are responsible for the supplement they consume and do so at their own risk.

NCAA BANNED SUBSTANCES

The 2025-2026 NCAA Banned Substances list can be found [here](#).

EQUIPMENT ISSUE AND RETURN PROCEDURE

The Equipment Operations staff is responsible for the issuance, maintenance, and return of all athletic equipment and uniforms.

ISSUANCE OF EQUIPMENT

- Student-athletes must be cleared by both the Compliance Office and their head coach before any equipment or uniforms will be issued.
- Prior to equipment issuance, student-athletes must: - Receive medical clearance - Complete all required eligibility paperwork
- Equipment will only be issued during designated times. Student-athletes must present their student ID or a valid email address for entry into the automated tracking system.
- A confirmation email will be sent for your records upon equipment issuance.
- Upon receiving any equipment, student-athletes are responsible for ensuring it is properly fitted and in safe, usable condition.

EXCLUDED EQUIPMENT

The Department does not provide the following personal equipment items:

- Baseball gloves
- Golf clubs
- Skis
- Tennis and squash rackets
- Contact lenses

EQUIPMENT MAINTENANCE

- Any item requiring repairs during the season must be reported to the Equipment Manager immediately.
- Most equipment is reconditioned at the conclusion of the season.

RETURN OF EQUIPMENT

All issued equipment must be returned immediately:

- At the conclusion of the season, or
- Upon leaving the intercollegiate team.

Returned items will be reconciled in the tracking system and will not be term billed. Items not returned may be billed at a depreciated value set by the coach and equipment manager.

LAUNDRY SERVICES

- All team uniforms and towels are laundered at Dillon Field House.
- Practice gear is cleaned daily using the laundry loop system.

USE OF FACILITIES

Student access to athletic facilities during the academic year is provided via a student ID card. Typically, student-athletes who are local or will be on campus during the summer may use the campus facilities and varsity weight room without paying for a Summer Membership Pass from the Recreation Membership office. If you will be on campus during the summer and would like access to the facilities, please contact a member of the Recreation Membership Office to have your ID card activated.

Please keep in mind that many Harvard athletics facilities are closed during the summer. You should check with the Recreation Membership Office to find out which Harvard athletic facilities are closed for the summer, and which are open.

AWARDS AND RECOGNITION

Varsity Letters

All athletes have the opportunity to letter in their respective sports and will be recognized at an annual team banquet. The following principles and procedures will apply in the awarding of a major H or a minor H:

1. Athletes must participate in a minimum number/percentage of competitions as defined by the sport-specific criteria.
2. Athletes must have demonstrated commitment to the team and program through consistent and meaningful attendance at team activities for the entire season.
3. The Head Coach must submit his/her letter winner awards list to the Program Office within 7 days following the season for review and approval by the Program Manager.
4. A head Coach may request a waiver of this criterion in special circumstances where an athlete has significantly contributed to the team's season but does not meet the minimum requirements. These requests must be provided in writing with a rationale of why the athlete deserves the Major H. The request will be reviewed by the Program Manager group.

5. An athlete may not receive more than 4 major H's in any one sport; an athlete petitioning for a medical hardship waiver or any other eligibility extension may not be permitted to be awarded a letter in the season in which the waiver applies.
6. Earning four minor H's in any combination of sports converts to the earning of a major H, provided the athlete participates all 4 years.
7. The Head Coach of each sport must submit the JV letter winner list.
8. Requests to change the criteria on file for earning a letter in the sport must be provided in writing by the Head Coach and approved by the Program Managers group prior to the start of the season.
9. Head Coaches must clearly communicate the criteria for earning a letter to the team every year, including permanently posting criteria in the locker room or team room.
10. Club sports participants in organizations that compete in a schedule against other colleges are eligible to receive a Club Major H.

SUSAN AND CORY '90 THABIT LETTERSWEATER PROGRAM

The Harvard Varsity Club Lettersweater is one of the oldest and greatest traditions in college athletics. Each first-time major H recipient in any of Harvard's 42 varsity programs receives a lettersweater compliments of the Harvard Varsity Club. While other universities and colleges have adopted and followed the tradition started by the Harvard Varsity Club, the Club's unique partnership with Polo Ralph Lauren assures that no other athlete in the country receives lettersweaters of comparable quality—a true example of *'Your Team for Life®'* setting the standard for Harvard student-athletes!

Please note the policies regarding lettersweaters:

- Each athlete is eligible to receive ONE lettersweater upon being awarded a major H in any of Harvard's 42 varsity sports.
- Additional lettersweaters are not awarded for additional major H's – it's ONE lettersweater per student-athlete.
- After receiving a major H, Student-athletes should make an appointment to be fitted for a lettersweater by contacting Taryn Braz (tbraz@fas.harvard.edu), HVC Assistant Director, Career Services & Operations.
- A replacement sweater may be purchased five years after the date of the original awarding of a major H.

THE CORY THABIT FAMILY SENIOR LETTERWINNERS' DINNER

The Senior Letterwinners' Dinner is an annual celebration of the graduating class of student-athletes on the eve of Commencement. Hosted by the Harvard Varsity Club and Department of Athletics, and attended by over 1,000 graduating student-athletes, family members, coaches, and friends, the Senior Letterwinners' Dinner has become the highlight event for senior student-athletes during Commencement week. 11 major awards and prizes are presented to those who have made significant contributions to the culture and success of the graduating class, the surrounding community, and Harvard Athletics. Award nominees and finalists are determined by coaches, staff, and the athletics community. Awards include:

WILLIAM J. BINGHAM '16 AWARD

First awarded in 1954, this award is given annually to that member of a men's team and the graduating class of Harvard College who, through integrity, courage, leadership, and ability on the athletic field, has best served the high purpose of Harvard as exemplified by the late William J. Bingham '16, former Director of Athletics. In short, our most outstanding athlete from a men's team.

THE RADCLIFFE PRIZE

First established in 1975, this award is given annually to that member of a women's team, who, through dedication to sport, qualities of leadership, and outstanding ability on the playing field best reflects the purposeful achievement of Radcliffe alumnae in every field around the world. In short, our most outstanding athlete from a women's team.

JOHN P. REARDON '60 MEN'S AWARD

Established in 1987, this award is named in honor of John P. Reardon, Jr., '60, Director of Athletics from 1977 to 1990. This prize is presented annually to the senior varsity athlete, that competes for a men's team, who exemplifies the qualities of excellent scholarship, character, leadership, and athletic ability -- in short, our top scholar-athlete from a men's team. Nominations for this award come solely from Faculty Deans, Senior Tutors, or Resident Deans.

HARVARD-RADCLIFFE FOUNDATION FOR WOMEN'S ATHLETICS PRIZE

Established by the Harvard-Radcliffe Foundation for Women's Athletics (HRFWA), this prize was first presented in 1986 and is awarded annually to the senior, that competes for a women's team, who best exemplifies the qualities of excellent scholarship, character, leadership, and athletic ability -- in short, our top scholar-athlete from a women's team. Nominations for this award come solely from Faculty Deans, Senior Tutors, or Resident Deans.

FRANCIS H. BURR '09 SCHOLARSHIP

A scholarship fund was established in memory of Francis H. Burr '09 by his friends. First given in 1918, it is awarded to two seniors, from a men's team and a women's team, who combine as nearly as possible Burr's remarkable qualities of character, leadership, scholarship, and athletic ability.

MARY G. PAGET PRIZE

The Mary G. Paget Prize is awarded annually by the presidents of Radcliffe and Harvard in honor of Mary Guest Paget's many years of service as Director of Sports, Dance, and Recreation at Radcliffe College. The prize was first established in 1975 and is awarded each year to the senior student who has contributed the most to women's athletics.

FRANCIS J. TOLAND SERVICE AWARD

This award was created in honor of former Senior Associate Director of Athletics Fran Toland, who retired in 2000 after 41 years of service to Harvard Athletics. The award is presented to the senior student-athlete who has made the most outstanding contribution to Harvard and its neighboring communities.

THE ARTHUR L. BOLAND AWARD

This award was established in 2010 by the Department of Athletics to honor Arthur Boland, MD in commemoration of his 40 years of dedicated service to Harvard Athletics. The award is presented each year to a senior varsity athlete who will be attending medical school and who best exemplifies those characteristics and qualities which have been the hallmark of Dr. Art Boland's care for Harvard athletes.

JOHN P. FADDEN AWARD

This award was established in 1966 in honor of the late John P. Fadden's service as an athletic trainer and friend to Harvard athletes for many years. The award is given annually to a senior student (Varsity, JV, or Intramural) who has overcome physical adversity to make a contribution to an eligible program.

CARROLL F. GETCHELL AWARD

In 1981, the Committee on Athletics voted to name the Manager of the Year Award, established in 1972, for the late Carroll F. Getchell, a long-time business manager in the Department of Athletics. Each year the Department recognizes that manager in the senior class “who has best-displayed integrity, courage, leadership, and ability” while an undergraduate manager.

THE DIRECTOR’S AWARD

Established in 2007, the Director’s Award recognizes the person (or persons) who, through their pursuit of excellence and service to Harvard Athletics, has displayed exceptional leadership, personal character, integrity, and commitment to education through athletics.

NCAA POSTGRADUATE SCHOLARSHIPS

Each year the NCAA awards more than \$1 million in scholarships to deserving students who have participated in collegiate athletics and/or are pursuing an athletically-related career. The NCAA awards 174 annual scholarships, in the amount of \$7,500 each, to student-athletes who have excelled academically and athletically and who are in their last year of athletic competition. Students are nominated by institutional representatives, must have achieved at least a 3.20 average on a 4.00 scale, and have been outstanding athletically.

COMMITTEES

There are several committees that are involved in policy-making for our athletic department and are responsible for ensuring that the needs of our student-athletes are being met. The committees, with their particular compositions and missions, are as follows:

THE STANDING COMMITTEE ON ATHLETICS

This group formulates the broad operating policies of the Department. Its membership is comprised of the Director of Athletics, teaching faculty, deans, administrators, and undergraduate students.

THE VISITING COMMITTEE ON ATHLETICS

This committee reports to the Board of Overseers on all aspects of Harvard’s athletic programs. The members are alumni and leaders in Division I Athletics (usually former student-athletes) and are appointed by the Office of the Governing Boards. Student-athlete representatives are invited to attend a reception with the Visiting Committee that takes place every other year.

STUDENT-ATHLETE ADVISORY COMMITTEE ON ATHLETICS (SAAC)

This committee serves to provide you as student-athletes with a substantial role in policy formation for Harvard Athletics and the Ivy League and is your opportunity to help shape policy within our administrative structure. The SAAC, which meets every other week while classes are in session, includes broad representation from our teams. If you have an issue, you would like the committee to discuss, please contact your team’s representative or the SAAC co-presidents. Please contact Erin West at erinwest@fas.harvard.edu if you are interested in representing your team.

STUDENT AFFINITY GROUPS

Harvard Athletics sponsors four student affinity groups. Each group is open to the broader Harvard community and is committed to education, growth, and celebration respective to the organization's mission. The affinity spaces serve as opportunities to cultivate a vibrant and cohesive athletic community that welcomes students in an effort to create a positive experience. The groups also provide channels for conversations on relevant topics that impact the student community.

HARVARD COLLEGE ATHLETE ALLY CHAPTER

[Harvard Athlete Ally Instagram](#)

HARVARD ATHLETICS BLACK VARSITY ASSOCIATION

[Harvard Athletics Black Varsity Association Instagram](#)

[Harvard Athletics Black Varsity Association Twitter](#)

[Harvard Athletics Black Varsity Association Home Page](#)

UNDERGRADUATE WOMEN OF HARVARD ATHLETICS

[Undergraduate Women of Harvard Athletics Instagram](#)

[Undergraduate Women of Harvard Athletics Twitter](#)

[Undergraduate Women of Harvard Athletics Home Page](#)

[Undergraduate Women of Harvard Athletics Newsletter - Fall 2023](#)

HARVARD UNDERGRADUATE ASIAN VARSITY ATHLETE ASSOCIATION

[Harvard Undergraduate Asian Varsity Athlete Association Instagram](#)

ATHLETICS AT HARVARD

The Athletics program at Harvard is special—and very different from the intercollegiate athletics departments at many colleges. Harvard sponsors the largest athletics program in the country with 42 varsity teams. Nearly one-quarter of the College's student body are student-athletes. In August of 1852, a crew team from Harvard defeated Yale in the first intercollegiate sporting event in the United States, in a race held on Lake Winnepesaukee in New Hampshire. Since that day, Harvard has developed one of the most diverse and successful intercollegiate athletic programs in the country. You will learn many valuable lessons during your four years at Harvard—some in the classroom and some outside of it. Sportsmanship and respect for others are core values of our program. When you are on the field, in your house, in class, posting online or enjoying yourself with friends, your actions will directly reflect on you, your team, and the Harvard Athletic Department. You are going to make mistakes, as we all do, and learning to take responsibility for them (as well as learning from them) is critical.

Participation in athletics can be an invaluable part of your personal maturation process. You will learn to handle adversity in its many forms: a bad call by an official, a cheap shot by an opponent or a coach's decision that you may not agree with. Learning to be your own advocate is a skill that you will gain and use throughout your life. The guidance for effectively communicating and resolving conflict on page 6 of this handbook may be helpful.

The “life lessons” that you gain by participating on your team will be as meaningful as anything in your Harvard experience. The value of teamwork, having respect for others, the importance of sportsmanship, being inclusive of and working together with those who are different from you, handling failure with grace and success with humility are among the many lessons you will learn in your four years here.

Athletics at Harvard is based upon the principles of the Ivy League, which can be found on page 4 of this handbook. Harvard does not offer athletic scholarships but rather gives financial aid solely on the basis of need. Participation in athletics is viewed as a substantial component in a student's overall education at Harvard, rather than as the primary reason for being on campus. All students are encouraged to strive for excellence—in the classroom and on the field of play.

Enjoy your time and be proud of your place in the special tradition of Athletics at Harvard.

HARVARD FIGHT SONGS

TEN THOUSAND MEN OF HARVARD

Ten Thousand Men of Harvard want victory today For they know that o'er old Eli
Fair Harvard holds sway.

So then we'll conquer all old Eli's men,
And when the game ends we'll sing again:
Ten thousand men of Harvard gained vict'ry today.

FAIR HARVARD

Fair Harvard! We join in thy jubilant throng,
And with blessings surrender thee o'er
By these festival rites, from the age that is past,
To the age that is waiting before.

O Relic and type of our ancestor's worth,
That hast long kept their memory warm,
First flow'r of their wilderness! Star of their night!
Calm rising through change and through storm!

HARVARDIANA

With Crimson in triumph flashing
Mid the strains of victory,
Poor Eli's hopes we are dashing
Into blue obscurity.
Resistless our teams sweeps goalward
With the fury of the blast;
We'll fight for the name of Harvard
'Till the last white line is passed.
Harvard! (6 x's, please)
Harvard! Harvard! Harvard!