



STUDENT ATHLETE HANDBOOK

HOLY CROSS
CRUSADERS

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Greetings Crusaders!

As a member of the Holy Cross Athletics community, our administrative team is committed to providing you with every tool to maximize your experience on Mount St. James. The Student-Athlete Handbook is an important resource that will allow you to fully understand the standards and expectations associated with your athletic participation. The resources included should aid you in navigating your experience within our department, and guide in the creation of the positive and nurturing team culture that we all aspire to be a part of.

As you review this document, please feel free to reach out to your head coach, sport administrator, or me personally with any questions or concerns. We have a robust team of dedicated professionals here for one thing: To serve and support you in realizing your full potential as a student, athlete, and member of our campus community. We are here to help, and hope that you will communicate proactively and honestly with us during your time on campus.



Our community does not believe that you must settle in one area to excel in another. We are committed to comprehensive and sustainable excellence in each dimension of our shared experience. We operate with a commitment to integrity, urgency, and excellence, and do so in community for and with one another. This commitment allows each of us to reach heights previously thought impossible, create transformational relationships, and set our student-athletes up for a life of impact and success.

At our best, we aspire to be the perfect marriage of Division I athletics and world-class academics within a positive, supportive and nurturing team culture. We pursue comprehensive and sustainable excellence for our coaches, staff, student-athletes and teams. While we approach this work as a diverse group of 27 sports, we operate together as one team. A Holy Cross experience should be well-rounded and deeply relational, and we believe our investment in transformational relationships will allow our student-athletes to maximize their potential in academics, sports, and life.

Please review and retain the enclosed handbook as a key resource during your time on the Hill. As questions arise, please know that we are here to help and support you in any way we can.

Let's make it a great year, and as always...Go Cross Go!

A stylized, handwritten signature in black ink, consisting of a large loop and a long horizontal stroke.

Kit Hughes
Vice President/Director of Athletics

Welcome to the Holy Cross community, Crusaders!

As you embark on your journey at Holy Cross, both athletically and academically, I encourage you to familiarize yourself with this handbook. It's packed with information to help you be your best self in the classroom, the athletic arena, and the community. Even if you don't read every page today, please keep it somewhere safe and consult it when questions arise about policies, rules, or resources.

There are many people here on campus who will help and support you over the next four years: Your coaches and professors, the athletic administrators and your advisors and class dean, your teammates, classmates, mentors, and friends. And you are always welcome to reach out to me in my role as faculty representative to athletics, if I can assist you in balancing your athletic and academic responsibilities. Remember, honest and timely communication is crucial for building strong relationships, and strong relationships are key to your success.

I am confident that as Holy Cross student-athletes, you can achieve it all: excellence in the classroom and in your athletic pursuits. You can earn an exceptional degree, pursue transformative internships, and you can win championships! It will take a lot of hard work and dedication, but as Division I athletes, you're well-prepared for the challenge!

This is a truly special place, one I hope you come to cherish and respect as much as I do. Let's make this year extraordinary!

Go Cross Go!

Sarah Petty, PhD.
Associate Professor of Chemistry
Dean, Class of 2025
Faculty Athletics Representative



HOLY CROSS ATHLETICS MISSION STATEMENT

The Department of Athletics is committed to a sustained culture of excellence in academics, athletics and personal development. We embrace Jesuit values and the principle of *magis*, striving for more, as we empower student-athletes to lead a life of purpose.

CORE TENETS

We are committed to being an integral component of and participant in the Holy Cross community. We are empowered by these shared beliefs that advance our College and its athletics program.

Integrity | We uphold the highest ethical standards and are accountable for our actions. We are guided by Jesuit principles and our work promotes the College's mission.

Community | Holy Cross is a living history of men and women for and with others. Teamwork and collaboration are essential to advancing our mission.

Urgency | We are not content with the status quo and will boldly pursue our goals. Our future depends on our present actions.

Excellence | We strive to achieve the highest standards in academics and athletics and to provide an exceptional student-athlete experience.

STUDENT-ATHLETE EXPECTATIONS AND RESPONSIBILITIES

Our department vision is to deliver a transformative student-athlete experience driven by competitive success. Your cooperation is essential. Participation in intercollegiate athletics is a privilege that carries with it significant expectations and responsibilities. This document is intended to provide you with an understanding of these standards as you pursue academic success, athletic achievement and personal growth.

We hope that you embrace the challenges ahead and work together, with your teammates, classmates, coaches and staff, to maximize your experience as a Holy Cross Crusader.

Expectations of Student-Athletes

- Treat all members of the Holy Cross community (e.g., faculty, staff, students, alumni, fans, opponents, officials, etc.) with mutual respect and civility at all times.

- Prioritize your academic experience – pursue your passions and interests fully.
- Reach your full athletic potential – make a total commitment to your team.
- Be part of campus life – take advantage of the diverse programs that Holy Cross has to offer.
- Make responsible social choices – maintain respectful interpersonal relationships and do not use substances that impair your judgment.
- Fuel your body properly – eat healthy food, stay hydrated and develop healthy sleeping habits.
- Live the College mission – be a man or woman for and with others.
- Contact resources for help – ask our trained staff for support, guidance and care at any time.
- Communicate directly with your coach or sport administrator in a timely manner if you have team-related concerns.

Responsibilities of Student-Athletes

- Attend class regularly (and on time) and fulfill all academic obligations of the course as outlined by the professor.
- Notify professors at the beginning of the term if participation in athletic competition results in a foreseen absence from class consistent with the academic policies of the athletics department.
- Follow team rules and participate in required athletically related activities (e.g., practice, strength and conditioning, team meetings, etc.).
- Comply with Athletics Department Policies & Procedures, NCAA and conference rules, and the College's Community Standards. Be accountable for your behavior and cooperative in any investigations.
- Report distressing behavior that you think may compromise the safety of an individual, team or the campus community.

College and Athletics Department Policies

Standards of conduct for student-athletes are established and enforced by the Department of Athletics, the NCAA, each sport's respective conference office, and the [College's Office of Student Integrity and Community Standards](#).

Unlawful discrimination, harassment – including, but not limited to sexual violence and sexual misconduct – and retaliation are prohibited and will not be tolerated at the College. Such behavior violates College policies and may result in disciplinary action, up to and including dismissal from the College. To review the College's policies regarding discrimination and harassment, and related investigation and resolution procedures, please see the following links: [Sexual Misconduct Policy](#) and [Discriminatory Harassment Policy](#).

Sanctions

Any student-athlete charged with inappropriate behavior covered under team rules, Athletics Department Policies & Procedures, NCAA and/or conference rules, or the College's Community Standards shall be subject to disciplinary action.

Violations of team rules will result in disciplinary sanctions imposed by the head coach. Violations of Athletics Department Policies & Procedures will result in disciplinary sanctions imposed by a designee of the Director of Athletics. Student-athletes will have access to sport supervisors or the Director of Athletics if they believe an appeal of the decision in this area is warranted. The decisions of the Director of Athletics are final. Disciplinary actions for Athletics Department Policies & Procedures infractions may include up to a suspension from the program and/or the reduction or cancellation of athletically related aid, depending on the severity of the transgression. College disciplinary measures may also apply.

Student-athletes who violate the College's Community Standards or Sexual Respect and Title IX policies will be subject to disciplinary action as defined and outlined in the respective links above.

The Athletics Department reserves the right to impose sanctions independently and in advance of any campus disciplinary and/or civil/criminal actions if the severity of the situation warrants immediate action.

INVOLUNTARY STUDENT-ATHLETE REMOVAL FROM TEAM

Involuntary removal is not supported in practice, but may be necessary at appropriate times after periods of progressive discipline, documented communication, or significant misconduct warranting immediate response. Whenever appropriate, the potential for involuntary removal (i.e., "cuts") should be communicated to student-athletes well in advance of any decision deadlines. In situations where coaches are conducting tryouts for walk-ons, coaches must communicate the length of the tryout out period and the expected team roster size to the participants.

Any conversation designed to communicate involuntary removal should involve the sport administrator, and when possible, the Coordinator of Student-Athlete Psychological Services. Following notification of the student-athlete, the sport administrator will communicate the decision to all appropriate support staff, as well as the Faculty Athletic Representative (FAR) and the student-athlete's Class Dean.

Process for Involuntary Removal of Student-Athletes

These guidelines are intended to provide a fair and consistent process for the involuntary removal of student-athletes from athletic teams at Holy Cross. This process aims to ensure that all student-athletes are treated with respect and dignity with their rights protected and care shown for their well-being throughout the removal process.

General Principles

- Involuntary removal of a student-athlete from a team should be a last resort, used only when other means of addressing performance or conduct issues have been exhausted.
- The process should be transparent and well-documented, with clear communication to the student-athlete at every stage.
- The student-athlete should have the opportunity to respond to any allegations or concerns raised, and modify behavior prior to removal stage.
- The decision to remove a student-athlete should be made by the head coach, in consultation with the athletic director, sport administrator and other relevant staff.

Coach Expectations:

- Coaches are expected to understand that involuntary removal is not the preferred approach.
- However, it may be necessary in certain situations where other interventions have been unsuccessful.
- Coaches should provide advance notice to their teams that "cuts" are possible.

Early Intervention and Documentation

- When performance or conduct issues arise, coaches should address them with the student-athlete promptly.
- Assistant coach(es) should be present for discussions regarding policy violations, behavioral issues or disciplinary action.
- Provide clear expectations for improvement and offer opportunities to address the concerns.
- Document all conversations, interventions, and any disciplinary actions taken.

Progressive Discipline

- Implement a progressive discipline approach, starting with less severe consequences and escalating if the issues persist.
- Ensure that the consequences are proportionate to the severity of the performance or conduct issue.

Formal Warning of Potential Removal

- If the issues continue despite early intervention and progressive discipline, the student-athlete should receive a formal written notice.
- This notice should outline the specific reasons for the potential removal and provide the student-athlete with an opportunity to respond.

Meeting with Coach and Sport Administrator

- The student-athlete should have a meeting with the head coach and a Sport Administrator to discuss the concerns in detail.
- This meeting allows for open dialogue, the presentation of evidence, and an opportunity for the student-athlete to present their perspective.

Decision and Notification

- The head coach, in consultation with the Director of Athletics and Sport Administrator, will make a decision regarding the student-athlete's continued participation on the team.
- Discussion of special considerations and/or factors needing attention during process (ie. alumni/parent engagement).
- The decision and the rationale behind it will be communicated to the student-athlete in writing.

Offer Support Services

- Throughout the process, the student-athlete should be offered access to support services, such as counseling through Counseling and Psychological Services (CAPS) and academic guidance and support from their Class Dean.

Documentation and Confidentiality

- Maintain detailed documentation throughout the entire process, including records of conversations, warnings, and any supporting evidence.
- Treat all information related to the involuntary removal process with confidentiality.
- Only individuals directly involved in the process should have access to this information.

STUDENT-ATHLETE ADVISORY COMMITTEE (SAAC)

Holy Cross SAAC Mission Statement

The mission of the College of the Holy Cross Student-Athlete Advisory Committee is to be a liaison between faculty, staff and student-athletes through organized meetings, which facilitate collaboration amongst the community. Our main focus is to benefit past,

current and future student-athletes, while striving to positively reflect the Holy Cross, conference and NCAA values. Our members are held to a high standard of leadership and responsibility to represent the Holy Cross student-athletes.

Vision Statement

The Holy Cross SAAC group has never-ending goals to create and maintain an active and collaborative culture among all Crusader student-athletes, faculty/staff, and the overall community.

The 5 Pillars of Student-Athlete Development

Created by Holy Cross SAAC serving as the foundation for all that we do:

- Leadership
- Academic Excellence
- Career Development
- Community Engagement
- Mental Health and Wellness

If you are interested in joining or learning more about the Student-Athlete Advisory Committee, please contact Aaron Dashiell, Assistant Athletic Director for Student-Athlete Development (Phone: 508-793-2628; Email: adashiell@holycross.edu).

2024-25 SAAC Leadership Team

Molly O'Connor, Co-President (Women's Track & Field)

Christo Kelly, Co-President (Football)

Joe Pesansky, Vice President (Football)

Teagan Schnorr, Secretary (Women's Rowing)

Olivia Dubin, Chief of Staff (Women's Soccer)

Owen Larson, Marketing Chair (Men's Lacrosse)

SAAC Standing Committees:

1. Student-Athlete Welfare - This committee prioritizes the ongoing pursuit of bettering the student athlete experience in the classroom and on the field. This shall be accomplished by bringing the concerns, needs, and ideas of the student athletes to the SAAC committee as a whole and the athletic administration of Holy Cross.
2. Public Relations - This committee is responsible for spreading awareness and promoting the role of SAAC on campus and the events that SAAC sponsors and staffs. This committee shall also take on the role of fundraising for the HC-SAAC.

3. Community Service and Events - This committee will sponsor and staff campus and community events, that better a party in need in some way, shape, or form. These events will focus on bringing SAAC together and helping people in need. Activities do not have to be athletically based.

HOLY CROSS ACADEMIC PROGRAM

2024-2025 Academic Calendar

Fall 2024

Tuesday, July 16	First-Year student enrollment
Sunday, July 21	First-Year student enrollment ends
Tuesday, August 6	Fall 2024 open enrollment continues
Tuesday, August 20	Second, third, fourth-year students can add 5th class
Wednesday, August 21	First-year students arrive and orientation begins
Sunday, August 25	Upper-class students return to campus
Monday, August 26	First-Year Student Advising
Tuesday, August 27	CLASSES BEGIN
Monday, September 2	Labor Day; classes will be held
Monday, September 2	Last day to add/drop without a W and declare an audit
Friday, September 27	Last Day to declare Pass/No Pass
Friday, October 11	Last class day before Fall break
Monday, October 21	Classes resume
Tuesday, October 22	Spring 2025 schedule available and advising begins
Monday, October 28	Last day to submit plan changes prior to enrollment
Thursday, November 7	Enrollment for spring 2025 begins
Tuesday, November 19	Enrollment for spring 2025 ends
Wednesday, November 20	Plan changes resume
Tuesday, November 26	Last class day before Thanksgiving break
Monday, December 2	Classes resume
Tuesday, December 3	Last day to withdraw with a W
Tuesday, December 3	Open enrollment begins
Friday, December 6	Classes end
Saturday, December 7	Study period begins
Wednesday, December 11	Final examinations begin
Monday, December 16	Final examinations end
Friday, December 20	Fall 2024 grades due at 5:00 pm

Spring 2025

Tuesday, January 14	2nd, 3rd, 4th-year students can add a 5th course
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Tuesday, January 21	CLASSES BEGIN
Monday, January 27	Last day to add/drop without a W and declare an audit
Monday, February 3	1st year students can declare a major
Friday, February 28	Last day to declare a Pass/No Pass
Friday, February 28	Last class day before Spring break
Monday, March 10	Classes Resume
Tuesday, March 25	Fall 2025 schedule available and advising begins
Monday, April 7	Last day to submit plan changes prior to enrollment
Monday, April 14	Fall 2025 enrollment begins
Wednesday, April 16	Last class day before Easter break
Tuesday, April 22	Classes Resume
Wednesday, April 23	Academic Conference Day - No classes
Tuesday, April 29	Fall 2025 enrollment ends
Tuesday, April 29	Last day to withdraw with a W
Wednesday, April 30	Plan changes resume
Friday, May 2	Open enrollment begins
Monday, May 5	Classes end
Tuesday, May 6	Study period begins
Saturday, May 10	Final examinations begin
Thursday, May 15	Final examinations end
Sunday, May 18	Senior grades due by noon
Tuesday, May 20	All other grades due by Noon
Thursday, May 22	Baccalaureate Mass
Friday, May 23	Commencement
Friday, May 23	Open enrollment ends

This section offers an overview of some College policies you should know. It is in no way a comprehensive resource. The information below was taken from the [College of the Holy Cross Catalog](#) and the [Community Standards Process and Procedures](#). You should refer to these publications for complete information on these and other College policies and procedures, and the disciplinary actions that result from violation of the policies.

Degree Requirements & Academic Policies

The Provost and Dean of the College oversees the academic program at Holy Cross. The Provost is assisted by the Deans, the Class Deans, the Assistant Dean for International Students, the Registrar, the Director of Academic Services & Learning Resources, and the directors and advisors from special academic programs.

The Class Deans are responsible for monitoring the academic progress of students in their respective classes and coordinating the College's academic advising program with the Vocare director. Holy Cross provides each student with a faculty advisor who assists the student with curriculum planning and course selection. The assignment of the first year advisor is made in the summer prior to the start of fall courses. First year advisors are specially trained to support incoming students and serve as the student's advisor throughout the first year. If students declare majors during the first year, they receive an advisor in their major beginning in the fall of their second year. Students who do not declare a major in their first year normally retain their first year advisors until they declare a major. All students entering the third year will have faculty advisors in their major department.

The Registrar's office maintains student records. Services include enrollment, processing transcript requests, and classroom management. The office also verifies student enrollment for insurance companies, veterans benefits, and loan deferments.

The Office of Academic Services & Learning Resources offers academic advising and academic support services, including assistance in learning skills and planning for a major.

General Requirements

Holy Cross offers a curriculum leading to the Bachelor of Arts (A.B.) degree, which some students earn with College honors. To meet the requirements for graduation, all students must both successfully complete a minimum course count of 32 semester courses and record a minimum of eight semesters of full-time study. Full-time study requires enrollment in a minimum of three courses with a course count of one each. Each Holy Cross course normally carries a course count of one (see College Credit). Each course also carries a GPA unit count, which can vary from zero to 1.5 and is used in the calculations of the student's grade point average (see Grading System).

To qualify for a degree from the College, at least one half of a student's courses, including the two full semesters of the fourth year, must be completed at the College of the Holy Cross or at one of its approved programs. Students are permitted, however, to participate in Holy Cross programs, such as the Washington Semester, Semester Away and Study Abroad, in the first semester of their fourth year and may petition to participate in these programs during their final semester after consulting with their Class Dean.

Each student's curriculum consists of common requirements, a major, and freely elected courses. In designing their curriculum, students are limited to a total of three programs combining majors, minors, and concentrations, only two of which can be majors.

Requirements for Transfer Students

For transfer students, Holy Cross will accept a maximum of four full semesters of credit for students who transfer to Holy Cross from other colleges or universities. To earn a Holy Cross degree, students are expected to complete a minimum of four full semesters (and 16 letter-graded courses) at Holy Cross or in a Holy Cross program. These four semesters must include the two of senior year.

Conferring of Degrees

Holy Cross confers degrees in May, August, and January. Students completing all degree requirements will have their degrees conferred at the end of the term in which they complete their requirements (spring, summer, or fall). The College holds a commencement ceremony once per year at the conclusion of the spring semester in May. Students who at the end of the spring semester have fulfilled the eight semesters of full time study requirement but require one or two additional courses to complete their degree requirements may petition the Dean of Experiential Learning and Student Success to be permitted to participate in the May commencement ceremony. Students must present a plan to complete their degree requirements during the summer after Commencement as part of their petition. Students who wish to petition to participate in Commencement should contact their Class Dean for additional information.

Common Requirements

All students are required to complete courses in the areas of the curriculum described in the following pages. To enter into and engage with these different areas — to see them as parts of a larger whole — is essential to becoming a liberally educated person. These requirements provide students with the opportunity to explore basic modes of inquiry and to encourage them to develop a reflective attitude with regard to different ways of knowing and the bodies of knowledge associated with them. Taken together, these areas of study reflect the College's understanding of the foundation of a liberal arts education.

Students are able to select from a range of courses that fulfill each of the requirements. These courses offer an enriching and exemplary introduction to the methods and content of a broad area of inquiry, giving students a sense of what is distinctive about each area, the kinds of questions it asks and the kinds of answers it provides. Such courses lead to an awareness of both the possibilities an area of study presents and the limitations it confronts. Guided by these requirements, Holy Cross students come to

appreciate the complexity of what it means to know as well as the interrelatedness of different ways of knowing, thereby acquiring the basis for an integrated academic and intellectual experience. Students are therefore encouraged to think carefully, in consultation with their advisors, about the courses they take to fulfill these common requirements.

The requirements include one course each in Arts, Literature, Studies in Religion, Philosophical Studies, Historical Studies, and Cross-Cultural Studies; and two courses each in Language Studies, Social Science, and Natural and Mathematical Sciences.

Montserrat

Montserrat, an innovative program for first-year students, cultivates life-long approaches to learning through a rigorous, multi-disciplinary academic experience. The seminar, a small, discussion-based class, in which students work intensively with professors on a broad variety of topics, lies at the heart of the program. Students will master a body of material and learn methodological approaches; in the process, they will develop the critical faculties and the writing and speaking skills necessary for success in meeting significant challenges during their education at Holy Cross and in their lives after Holy Cross.

The seminars are grouped into six different thematic clusters (Self, Divine, Natural World, Global Society, Core Human Questions, and Contemporary Challenges), each of which contains seminars examining the theme from a variety of perspectives. All the students in a particular cluster live together in the residence halls to facilitate discussion of ideas from multiple perspectives, in informal settings, outside of class. Reinforcing and enhancing the seminar and cluster experiences are exciting cocurricular events and activities organized by professors, the Holy Cross Library, Chaplain's office and Student Affairs. These may include a foreign film series, athletic events, spiritual retreats, trips to museums, theatrical performances and concerts, and environmental initiatives in the residence halls. All of these experiences will foster lasting relationships and a sense of belonging in the Holy Cross community; encourage a passionate commitment to local and global community; and fuel an enduring quest for intellectual, personal and spiritual challenges.

Student Attendance at Class

Students enrolled in a course are expected to attend class regularly and to fulfill all obligations of the course as outlined by the professor. During the first week of the semester, professors generally announce, orally or by distributed outlines, the course requirements and methods of evaluation, including their policy on attendance and class participation. If this information is not given, students should request it.

In cases of unforeseen absence (e.g., because of illness), students should contact the professor as soon as they are able. Arrangements for foreseen absences (e.g., participation in college-sponsored athletic events) should be made with the professor well in advance of the anticipated absence. Most faculty will make accommodations for students who miss class for compelling reasons. All faculty have full authority to make whatever arrangements they think are reasonable.

Unless excused by the faculty member or the Class Dean, absences may result in an academic penalty. Although students may not be failed in a course exclusively on the basis of unexcused absence from class, their attendance and participation obviously have bearing on the professor's assessment of their academic progress. Attendance and class participation may be used, therefore, in the calculation of final grades.

Students should remember that it is always their responsibility to make up any material they may have missed during an absence from class.

Excused Absence Policy

Students who are unable, because of religious beliefs, to attend classes or participate in any examination, study, or work requirement on a particular day shall be excused and provided with an opportunity to make up such examination, study, or work requirement, provided this does not create an unreasonable burden upon the College. No fees of any kind shall be charged for making available to students such opportunity. No adverse or prejudicial effects shall result to students because they availed themselves of these provisions. Students are asked to contact their Class Dean in advance of an absence due to religious belief.

Some professors may require an excused absence from the Class Dean. Deans can excuse a student's absence for compelling and verifiable reasons, including extended illness, a death or medical emergency in the family, a wedding in the immediate family, and participation in a college-sponsored athletic event. To obtain an excused absence, students should notify their Class Dean and provide verification of the grounds for the excused absence. Verification can be provided by the Department of Athletics, Chaplains' Office, Counseling Center, Office of the Dean of Students, Health Services, a private physician, or the student's family.

Students who have missed an in-course test for a serious and verifiable reason (such as personal illness, death in the family, or family emergency) have the right either to a make-up test or an exemption without penalty from the original test; the choice is left to

the discretion of the professor. Exemption without penalty requires the re-weighting of other tests and assignments in the course of the semester.

Faculty may require an excused absence from an in-class examination from the Class Dean. The Class Dean will authorize in writing a student's absence from an in-course exam only for serious and verifiable reasons and only for those who have presented their cause within a reasonable time. Only the professor can provide exemption without penalty from the original test.

Students who, for serious and verifiable reasons, are not able to take the scheduled final must make arrangements for a make-up examination. These arrangements may be made directly with the faculty member; the date, time and place of the make-up exam are determined by mutual agreement. Alternatively, students may request an absentee examination. An absentee examination must be approved both by the professor and the Class Dean. Ordinarily, the absentee examination is administered on the last day of the examination period. Students unable to take a scheduled final must notify the professor at the earliest possible time. If the professor requires an excused absence, the student must contact the Class Dean.

Department of Athletics Policy on Missed Classes

Holy Cross is committed to providing its student-athletes exceptional academic and athletic learning experiences. Effectively managing success in both areas requires communication, understanding and collaboration between coaches, faculty and staff alike. While ideal learning experiences derive from in-person interactions with faculty and classmates, our student-athletes sometimes must miss class due to competition or travel as a representative of the College. While these commitments aid in the student's holistic human and leadership development, our standards are designed to allow for reasonable accommodations while still positioning students for academic success. Consistent with NCAA rules, missing class for practice is not allowed.

To the extent that we can control conflicts, Holy Cross will schedule competitions to limit missed classes for student-athletes to the following:

- For classes that meet three or four times per week – Four classes per semester
- For classes that meet two times per week – Three classes per semester
- For labs – One class per semester
- For seminars that meet once per week – One class per semester

Each Montserrat cluster has some special events which occur outside of the normal class time. These events are integral to the academic component of the courses and

are considered part of the curriculum. If a special event is included as part of the syllabus at the beginning of the semester, we are expected to schedule around it. The only possible exception to that would be an excused absence strictly for a scheduled intercollegiate athletic event.

The above goals recognize that there may be additional postseason competitions beyond our control which could result in additional missed classes. Any exceptions to the above guidelines must be approved in advance by the Director of Athletics, who in turn will review the request with the Deans' Advisory Group.

Guidelines for Requesting an Extended Date of Graduation

Normally students who have completed degree requirements by the end of their eighth semester will not be permitted to enroll for an additional semester. Students who ordinarily would have graduated but who have a compelling academic reason to remain at the college may request to extend their matriculation beyond their eighth semester. If you are a student who wishes to extend your matriculation and postpone your date of graduation you must submit a request in the form of a letter addressed to your Class Dean. A final decision in the matter of extended matriculation rests with the Dean of Experiential Learning and Student Success.

What to address in a request

- Why do you require additional time? Specifically, what academic credentials/programs are you pursuing that require you to extend your date of graduation (e.g., a second major, minor, or concentration)?
- Summarize your current status toward completion of degree requirements (common
- area/distribution requirements, major requirements) and all other academic credentials (second majors, minors, concentrations).
- Have you already been approved/accepted to the academic program you want to complete? If you have not yet been approved, attach evidence of support for your application from the faculty director (e.g., a signed application for a second major, an email from the faculty member stating that you will be accepted if you are allowed to extend your date of graduation).
- Please note that pre-professional study is not normally considered an acceptable reason to extend the date of graduation.

When to submit a request

- Students must submit a request prior to the end of the 7th semester of study. Ordinarily, requests submitted after the end of the 7th semester will not be considered.

- If you are a student-athlete who has qualified for “red shirt” status under the NCAA and Patriot League rules, your request is due not later than the 6th semester. However, if you are injured during or after your 6th semester, you should submit your request prior to the end of your 7th semester.
- Transfer students should note that, when counting semesters, the College includes all full-time semesters of study including those completed before matriculating at Holy Cross.

Procedure

- The student submits the request to the Class Dean.
- The Class Dean will prepare a brief report contextualizing the particular circumstances surrounding the student’s request.
- The Class Dean will submit their report and the student’s request to the Dean of Experiential Learning and Student Success, who will discuss the case with the Class Dean and make a final determination.

Academic Integrity Policy

All education is a cooperative enterprise between faculty and students. This cooperation requires trust and mutual respect, which are only possible in an environment governed by the principles of academic integrity. As an institution devoted to teaching, learning, and intellectual inquiry, Holy Cross expects all members of the College community to abide by the highest standards of academic integrity. Any violation of academic integrity undermines the student-faculty relationship, thereby wounding the whole community. The principal violations of academic integrity are plagiarism, cheating, and collusion.

Definitions

Plagiarism is the act of taking the words, ideas, data, illustrative material, or statements of someone else, without full and proper acknowledgment, and presenting them as one’s own.

Cheating is the use of improper means or subterfuge to gain credit or advantage. Forms of cheating include the use, attempted use, or improper possession of unauthorized aids in any examination or other academic exercise submitted for evaluation; the fabrication or falsification of data; misrepresentation of academic or extracurricular credentials; and deceitful performance on placement examinations. It is also cheating to submit the same work for credit in more than one course, except as authorized in advance by the course instructors.

Collusion is assisting or attempting to assist another student in violating the Academic Integrity Policy.

Procedures

At the beginning of each course, faculty members should address the students on academic integrity and how it applies to the assignments for the course. The faculty should also make every effort, through vigilance and through the nature of the assignments, to encourage integrity in all forms.

It is the responsibility of students, independent of the faculty's responsibility, to understand the proper methods of using and quoting from source materials (refer to <http://libguides.holycross.edu/citationhelp> or standard handbooks such as The Little Brown Handbook and The Hodges Harbrace Handbook), and to take credit only for work they have completed through their own individual efforts within the guidelines established by the faculty.

The faculty member who observes or suspects that the policy was violated should first discuss the incident with the student. The very nature of the faculty-student relationship requires both that the faculty member treat the student fairly and that the student responds honestly to the faculty's questions concerning the integrity of their work.

If convinced that the student violated the Academic Integrity Policy, the faculty member shall impose an appropriate sanction in the form of a grade reduction or failing grade on the assignment in question and/or shall assign compensatory course work. The sanction may reflect the seriousness of the violation and the faculty member's assessment of the student's intent. In all instances where a faculty member does impose a grade penalty because of a policy violation, they must submit a written report to the Chair or Director of the department and the Class Dean. This written report must be submitted within a week of the faculty member's determination that the policy on academic integrity has been violated. This report shall include a description of the assignment (and any related materials, such as guidelines, syllabus entries, written instructions, and the like that are relevant to the assignment), the evidence used to support the complaint, and a summary of the conversation between the student and the faculty member regarding the complaint. The Class Dean will then inform the student in writing of the charge of a violation of the policy and of the right to have the charge reviewed. The student will also receive a copy of the complaint and all supporting materials submitted by the faculty member. The student's parents or guardians will be notified of the charge as appropriate under the requirements of FERPA.

Review of Charge

The student's request for a formal review must be made in writing to the Class Dean within one week of the notification of the charge. The written statement must include a

description of the student's position concerning the charge by the faculty. A review panel consisting of a Class Dean, the Chair or Director of the department of the faculty member involved (or a tenured member of the same department if the Chair or Director is the complainant), and an additional faculty member selected by the Chair or Director from the same department, shall convene within two weeks to investigate the charge and review the student's statement, meeting separately with the student and the faculty member involved. The Chair or Director of the complainant's department (or the alternate) shall chair the panel and communicate the panel's decision to the student's Class Dean. If the panel finds by majority vote that the charge of dishonesty is supported, the faculty member's initial written report to the Class Dean shall be placed in the student's file until graduation, at which time it shall be removed and destroyed unless a second offense occurs. If a majority of the panel finds that the charge of violating the policy is supported, the student will be sanctioned according to the requirements described below under "Sanctions." If a majority of the panel finds that the charge of violating the policy is not supported, the faculty member's initial complaint shall be destroyed, and the assignment in question shall be graded on its merits by the faculty member. The Class Dean shall inform the student promptly of the panel's decision. The student's parents or guardians will be notified of the decision as appropriate under the requirements of FERPA.

The Class Dean may extend all notification deadlines above for compelling reasons and will notify all parties in writing of any extensions as appropriate.

Sanctions

Each instance of violating the Academic Integrity Policy reported to the Class Dean (provided that the charge of violating the policy is upheld following a possible review, as described above) shall result in an administrative penalty in addition to the penalty imposed by the faculty member. For a first instance of violating the Academic Integrity Policy, the faculty member's initial written report to the Class Dean and the Class Dean's letter to the student shall be placed in the student's file until graduation, at which time it shall be removed and destroyed unless a second offense occurs. Additionally, the student must participate in a workshop on academic integrity, arranged through the Class Dean.

A second instance of violating the Academic Integrity Policy results in academic suspension for two consecutive semesters, effective at the conclusion of the semester in which the second violation of the policy occurred. Multiple charges of violating the policy filed at or about the same time shall result in a one-year suspension if there have been no earlier violations of the policy or dismissal if there was an earlier violation of the policy (see description of a third violation below). The faculty member's initial written

report to the Class Dean and the Class Dean's letter to the student shall be placed in the student's file. After the suspension, readmission is unconditional if the student is in good financial and disciplinary standing with the College. Students who wish to return to the College should notify the Class Dean well in advance of the semester they wish to return.

A third instance of violating the Academic Integrity Policy results in dismissal from the College, effective at the conclusion of the semester in which the violation of the policy occurred. Multiple charges of violating the policy filed at or about the same time shall result in dismissal if the student has a prior violation of the policy on record.

Students who are suspended or dismissed for violating the policy may appeal to the Committee on Academic Standing, which may uphold the penalty, overturn it, or substitute a lesser penalty. A penalty of dismissal, if upheld by the Committee, may be appealed to the Provost and Dean of the College.

Additional Academic Resources

Please refer to your [Holy Cross Catalog](#) or contact your advisor or Class Dean if you have any questions regarding the academic program.

CLASS DEANS

Your [Class Dean](#) will be engaged with your class during your four years, and plays a crucial role in monitoring and helping to advance individual students' progress. You can reach out to them with any questions regarding your academic journey or for help connecting with resources to support your academic success.

Sarah Petty	Dean - Class of 2025	classdean2025@holycross.edu
Francisco Gago-Jover	Dean - Class of 2026	classdean2026@holycross.edu
Debra Gettelman	Dean - Class of 2027	classdean2027@holycross.edu
Rob Bellin	Dean - Class of 2028	classdean2028@holycross.edu

You may also visit the Holy Cross website to answer more specific questions about Holy Cross academic programs, policies and procedures.

ACADEMIC SERVICES AND LEARNING RESOURCES - Dinand Library 204

[Academic Services and Learning Resources \(ASLR\)](#) helps students develop, manage, and navigate their personal and academic goals. At ASLR, students engage in academic success programming, including peer tutoring and mentoring, collaborative learning with fellow students, individual academic coaching and interactive workshops.

ASLR empowers students to succeed by helping them maximize their potential through an introduction to key resources and strategies. Learn more about ASLR on the Holy Cross website.

ACADEMIC ADVISORS

Advising at Holy Cross is a personal process that reflects each student's intellectual journey. Our [academic advisors](#) take on the role of mentor and sounding board, working with students to discuss the range of academic and career options available. In your first year, you're assigned an advisor who works exclusively with first-year students and will help you navigate all aspects of your academic experience, not just class selection. Once you declare a major, you'll be assigned an advisor within that department.

ACCESSIBILITY SERVICES - Hogan 505

The [Office of Accessibility Services](#) coordinates accommodations for students who self-disclose with disabilities in order to promote equal access to College programs and services. The College complies with Section 504 of the Rehabilitation Act of 1973, the Americans with Disabilities Act (ADA) of 1990, the ADA Amendments Act of 2008, and applicable local, state, and federal statutes regarding nondiscrimination against persons with disabilities.

CENTER FOR CAREER DEVELOPMENT - Hogan 203

From clarifying career interests to driving an effective internship or job search, the [Center for Career Development \(CCD\)](#) is here to help you find your place in the professional world. Through conversation and reflection, career counselors will help you make connections between your interests, strengths and values and specific industries and careers. As you begin to make career decisions, the CCD team can help you consider the different opportunities and experiences to pursue at Holy Cross to set yourself up for success in your career and industry of choice.

All Holy Cross students have access to Handshake, a 24-7 digital career resource. Handshake houses a calendar of events, access to scheduling appointments with career counselors, internship and job postings, career resources, and how to guides. All Holy Cross students also have access to the [HC Network](#), a database of nearly 4,000 alumni volunteers ready to speak with you about their career path, industry and employer.

HOLY CROSS CAMPUS LIFE

Holy Cross is full of opportunities to extend your learning experience beyond the classroom. You can pursue your personal interests through a variety of co-curricular

activities, and you can help to meet the needs of others through a host of service programs. There are also ample avenues to develop your leadership skills, whether on a campus activity board or on the athletic fields, as well as to grow spiritually through reflective and outreach programs. To help you make the most of your Holy Cross education, we encourage you to take advantage of our many support services. From college-life transition to academic support to wellness programs, they are designed to fully engage you — mind, body and spirit.

Justice, Equity, Belonging and Identity

In every aspect of our community, Holy Cross champions diversity, equity and inclusion. As a Jesuit, Catholic, liberal arts college, we know that the best way to understand the world around us is to embrace the full spectrum of perspectives and life experiences. To that end, we welcome students, staff and faculty members of every gender, race, religion, sexual orientation, socioeconomic status and gender identity. We also encourage all community members to think critically about disparities in social structures and to take action toward positive change.

The [Office of Justice, Equity, Belonging, and Identity \(JEBI\)](#) celebrates the diversity of our first-year students. Each year we recognize the many identities, experiences and stories you bring, which serve to further enhance the richness of our campus life. We hope that you will find Holy Cross to be a campus community where you feel a sense of belonging, acceptance and fulfillment. The JEBI Office will help you find connections, resources and opportunities for involvement, leadership and service. We look forward to meeting you, developing rapport and offering assistance in linking you to future campus involvements. JEBI encourages and supports intersectional diversity through engaging with others in dialogue and conversation, exchanging opinions and ideas, and working toward solidarity and justice. It is our aim to introduce and promote a more global perspective for all students.

Student Wellness Education

The [Office of Student Wellness Education](#) works collaboratively with students, faculty and staff to create a comprehensive approach of prevention, intervention, and education regarding student use of alcohol and other drugs. They offer a wide range of programs and services that are aimed at reducing the negative consequences associated with high risk substance use as well as supporting those students who choose not to use substances or are seeking sobriety.

Wellness Coaching

Professional and Peer Wellness Coaches are here to help you find the motivation and tools that you need to meet your wellness-related goals. As a Holy Cross student you

have the opportunity to work with a wellness coach who will help you to build a personal toolbox of self-awareness, confidence and other tools that can help you make lasting changes that will positively impact your wellbeing. As always, your information will be kept private. Students who would like to focus on any of the following may benefit from working with a Wellness Coach:

- Stress management
- Self-care
- Making positive lifestyle changes related to nutrition, physical activity, sleep, etc.
- Developing and maintaining a positive and healthy mindset
- Navigating relationships
- Learning how to take advantage of personal strengths and talents and identify barriers
- Making hard decisions

Student Wellness Education is located in The Jo Recreation & Wellness Center.

Phone: 508-793-2302

Email: swell@holycross.edu

Follow: Instagram and Facebook @hc_swelness

Student Integrity and Community Standards

Part of our mission at Holy Cross is “to build a community marked by freedom, mutual respect and civility.” When you enter the College, you are accepting an invitation to participate in the growth and development of our community. Membership in this community requires adherence to high standards of personal conduct and behavior. These standards are detailed in the College’s Community Standards Process and Procedures. All students are expected to review and understand this important document prior to their arrival on campus; you can find this information on the [Office of Student Integrity and Community Standards Website](#).

Policy Against Hazing

Any form of hazing is prohibited by College policy and Massachusetts law. Hazing refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate. Hazing activities are generally considered to be physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups, and settings. While alcohol use is common in many types of hazing, other examples of typical hazing practices include:

- Personal servitude
- Sleep deprivation

- Restrictions on personal hygiene
- Forced isolation
- Yelling, swearing, and insulting new members/rookies
- Being forced to wear embarrassing or humiliating attire in public
- Public nudity
- Consumption of vile substances
- Brandings and other forms of physical harm
- Binge drinking and drinking games
- Sexual simulation and sexual assault

For such activities to be considered hazing, forced or mandated participation is not required. New members/rookies often feel the need to endure subtle hazing to feel like part of the group or team. If a new member feels that they will not be considered a fully participating member of the group or feels that they would be ostracized for not participating in particular behaviors (for example, alcohol use), then such implied coercion would be considered hazing.

Behaviors that emphasize a power imbalance between new members/rookies and other members of the group or team are termed "subtle hazing" because these types of hazing are often taken-for-granted or accepted as "harmless" or meaningless.

"Subtle hazing" typically involves activities or attitudes that breach reasonable standards of mutual respect and place new members/rookies on the receiving end of ridicule, embarrassment, and/or humiliation tactics. Examples include:

- Deception
- Implied requirement to participate in illegal or dangerous activities
- Silence periods with implied threats for violation
- Deprivation of privileges granted to other members
- Requiring new members/rookies to perform duties not assigned to other members
- Socially isolating new members/rookies
- Line-ups and drills/tests on meaningless information
- Requiring new members/rookies to refer to other members with titles (e.g. "Mr.," "Miss") while they are identified with demeaning terms
- Expecting certain items to always be in one's possession

"Harassment Hazing" involves behaviors that cause emotional anguish or physical discomfort in order to feel like part of the group. Harassment hazing confuses, frustrates, and causes undue stress for new members.

Examples include:

- Verbal abuse, threats or implied threats
- Asking new members to wear embarrassing or humiliating attire
- Stunt or skit nights with degrading, crude, or humiliating acts
- Expecting new members/rookies to perform personal service to other members such as carrying books, errands, cooking, cleaning, etc.
- Sleep deprivation
- Sexual simulations
- Expecting new members/rookies to be deprived of maintaining a normal schedule of bodily cleanliness
- Being expected to harass others

“Violent hazing” includes behaviors that have the potential to cause physical, emotional, and/or psychological harm. Examples include, but are not limited to:

- Forced or coerced (explicit or implied) alcohol or other drug consumption
- Branding, burning, beating, paddling, or other forms of assault
- Forced or coerced ingestion of vile substances or concoctions
- Water intoxication
- Expecting abuse or mistreatment of animals
- Public nudity, bondage/abductions/kidnaps
- Expecting illegal activity
- Exposure to cold weather or extreme heat without appropriate protection

In addition to College policy, students are expected to adhere to Massachusetts law on hazing: Whoever is a principal organizer or participant in the crime of hazing, as defined herein, shall be punished by a fine of not more than \$3,000 or by imprisonment in a house of correction for not more than one year, or both.

The term “hazing” shall mean any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the 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 subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Notwithstanding any other provisions of this section to the contrary, consent shall not be available as a defense to any prosecution under this action.

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 not more than \$1,000.

**Harassment based upon race, religion, color, national origin, age, veteran status, disability, or genetic information, sex, sexual orientation, gender identity, or expression, pregnancy, marital or parental status and sexual harassment, sexual violence, other inappropriate sexual contact, relationship violence, stalking, sexual exploitation, and retaliation are addressed by the Office of Title IX and Equal Opportunity. Please contact the Director of Title IX and Equal Opportunity (ddebobes@holycross.edu) to discuss any concern.*

Alcohol and Other Drug Policy

The College of the Holy Cross is committed to compliance with all local, state and federal laws and regulations governing and/or prohibiting the use, possession, purchase, service, sale and distribution of alcohol and other drugs. The College expects the same of its students. Accordingly, this policy is intended to provide students with important information relating to standards of conduct, sanctions for violation of federal, state, and local law and campus policy, health risks associated with alcohol and drug use, and available treatment options.

The majority of offenses committed against people and property at the College of the Holy Cross directly involve the use or abuse of alcohol and/or other drugs. The College recognizes that a problem exists when one's use of substances causes physical or emotional harm, impairs one's judgment, infringes on the rights of others or interferes with one's work, relationships or daily life. The College is committed to providing educational and counseling services aimed at prevention, intervention and treatment of problems. Alcohol and other drug use is a significant issue both in society and at the College. The inappropriate use of alcohol and other drugs by anyone of any age can seriously threaten the health and safety of members of the College community, as well as impair the academic performance of students and negatively affect the Holy Cross and Worcester communities.

Holy Cross is committed to reducing and preventing substance-related problems within the community. Several on-campus services are available for students during the regular academic year and on a limited basis during breaks. Students may access alcohol and drug information, counseling, and obtain referrals to appropriate off-campus resources by visiting the Counseling Center, the Office of Student Wellness Education, Health Services and the Chaplains' Office. Students are encouraged to explore their decision-making with respect to drinking behavior and reflect on personal choices that

may affect their health, well-being, and overall standing within the College and the Greater Worcester Community. Students should take into consideration personal risk factors such as:

- Family history
- Medical condition/circumstances, including interactions with other medications and/or effect on anxiety, depression, or other mental health conditions
- Personal tolerance

Students should also consider the consequences of excessive drinking (e.g., negative effects academic performance, increased chances of unwanted or risky sexual behavior, increased chances of personal injury, violation of the College's Community Standards Process and Procedures or Massachusetts law and associated penalties). Students who have questions regarding the foregoing of alcohol or other substances and their potential effects should contact the following on-campus, confidential resources for information regarding counseling, treatment or rehabilitation options:

Counseling and Psychological Services (Confidential)

Phone: (508) 793-3363

Campus Location: Hogan 207

Health Services (Confidential)

Phone: 508-793-2276

Campus Location: Immediately Adjacent to Loyola Hall

Chaplains' Office (Confidential)

Phone: 508-793-2448

Campus Location: Campion House

Office of Student Wellness Education (Private, Not Confidential)

Phone: 508-793-2302

Campus Location: The Jo Recreation & Wellness Center

Health Risks

The use of illegal drugs and the abuse of alcohol may have serious effects on the health and safety of students and may seriously interfere with a student's judgment, academic performance, and interpersonal relationships. Any time alcohol or other drugs are used, the risk for health problems and/or impairment problems increases. These problems can cause personal harm, injury or even death. Impaired judgment increases the likelihood of an individual becoming aggressive and/or violent. The possibility of civil or criminal prosecution and liability increases. The use and abuse of substances can be linked to

compromised academic success. It may also lead to unsafe and/or non-consensual sex, both of which increase the risk of sexually transmitted infections (STIs), including HIV, and unplanned pregnancy.

Good Samaritan Policy

The College recognizes that there may be alcohol or other drug-related safety concerns, medical emergencies, and/or behavioral concerns in which the potential for disciplinary action could act as a deterrent for students who wish to seek help in the interest of their own safety and that of others. The Good Samaritan Policy allows for students and their guests to seek such assistance from College officials including, but not limited to, Public Safety and/or Residence Life staff, without the consequence of institutional action for violation(s) of the Alcohol and Other Drug Policy. Only in situations where a good faith report is made to a College official will the Good Samaritan approach be considered. A student who is medically evaluated for alcohol or other drug use may still be required to have a follow-up meeting with a designated College official. When appropriate, the student's parents and/or legal guardians may also be contacted. The student may also be:

- Required to complete alcohol or drug education facilitated by the Office of Student Wellness Education.
- Referred to an outside program or counselor for substance abuse evaluation and/or appropriate treatment.

Disciplinary action may still occur when a student has a repeat incident requiring medical assistance and/or when other prohibited behaviors occur (e.g., disorderly behavior, failure to comply, property damage, sex misconduct).

Prohibited Behavior with Respect to Alcohol and Drugs

The College of the Holy Cross supports the observance of all local, state and federal laws and regulations governing and/or prohibiting the use, possession, purchase, service, sale and distribution of alcohol and other drugs. The College fully cooperates with the enforcement of all such laws and strongly urges all faculty, staff and students to become familiar with these laws and regulations and to consider the potential risks, including penalties, associated with violations. Although marijuana is legal in limited quantities for individuals who are over 21 under Massachusetts state law, it remains illegal under federal law. Federal law requires that a college or university that receives federal funds follow federal drug laws, under which marijuana continues to be a controlled substance. As the College does receive federal funds, the use, possession, cultivation, distribution, and dispensing of marijuana remains prohibited on campus or in connection with any College events, activities or programs. These prohibitions also extend to products derived from marijuana, such as edibles or oils.

Students charged with a violation of local, state or federal law, whether on or off the college premises, may be subject to disciplinary action, in accordance with the College's Community Standards Process and Procedures. Behaviors that constitute a violation of the College's Community Standards Process and Procedures include, but may not necessarily be limited to, the following:

- Possession/use of alcohol while under the age of 21
- Possession/use of alcohol-related paraphernalia (e.g., items used for drinking games or other activities that encourage or deliver a high volume or rapid consumption of alcohol)
- Attending a gathering where alcohol is being consumed while under the age of 21
- Possession/use of any cannabis-related product (including marijuana, edibles and oils)
- Possession/use of illegal drugs and other controlled substances, including unauthorized possession/use of prescription medication for which the student in possession does not have a valid prescription
- Possession/use of drug-related paraphernalia including, but not limited to bongs, bowls, grinders, vaporizers, hookahs, shishas, scales and pipes
- Manufacturing, cultivating, dealing, selling or distributing marijuana and other illegal or prescription drugs
- Possession of unauthorized quantities of alcohol, including, but not limited to kegs and alcoholic punches on campus (See the Reasonable Limits of Alcoholic Beverages section below.)
- Excessive consumption of alcohol, including drunkenness
- Providing or distributing alcohol to an individual under the age of 21
- Participation in activities, games or contests that promote irresponsible drinking and/or are otherwise designed or used to encourage or deliver a high volume or rapid delivery of alcohol
- Hosting on or off-campus gatherings where alcohol is consumed and underage persons are present
- Using a vehicle for the procurement of alcohol for underage students
- Operating a motor vehicle while under the influence of alcohol
- Violations of local and state laws and ordinances governing alcohol or drug possession or use
- Consumption of alcohol in public or in unauthorized communal areas of the campus. This includes possession of an open container of alcohol, regardless of age.
 - Students 21 years of age or over may only possess or consume alcohol in the following locations:

- Their own private student room, the Hogan Pub and any other Special Event at which alcohol is expressly permitted
- Events where alcohol possession is licensed by the City and/or otherwise approved by the College (e.g. In-stadium alcohol sales at qualified varsity athletic events) at which alcohol is expressly permitted
- Events where alcohol possession is licensed by the City and/or otherwise approved by the College (e.g. In-stadium alcohol sales at qualified varsity athletic events)
- Hosting or participating in an unauthorized alcohol gathering, involving one or more of the following:
 - More than the maximum number of attendees (including residents).
 - Possession and/or use of a communal source of alcohol (i.e., keg, beer ball, punch, etc.)

Policy Against Gambling

Student-athletes and staff members of the athletics department shall not knowingly:

- a. Provide information to individuals involved in organized gambling activities concerning intercollegiate athletics competition;
- b. Solicit a bet on any intercollegiate team;
- c. Accept a bet on any team representing the College; or
- d. Participate in any gambling activity that involves intercollegiate athletics or professional athletics, through a bookmaker, a parlay card or any other method employed by organized gambling.

The prohibition against sports wagering applies to any institutional practice or any competition (intercollegiate, amateur or professional) in a sport in which the NCAA conducts championship competition, in bowl subdivision football and in emerging sports for women. Additionally, any student or group found to have engaged in or to have attempted to engage in illegal gambling activities is subject to the College's disciplinary sanctions.

Examples of IMPERMISSIBLE activities include:

- Purposely affecting the outcome of a game or contest in relation to sports wagering activities (e.g. point shaving);
- Participating in a fantasy sports leagues that requires a fee for participation;
- Participating in sports pools or brackets (e.g. March Madness, Super Bowl, etc.)
- Placing or accepting a bet on any game, contest, or tournament in a sport that the NCAA or institution sponsors. This includes, but is not limited to, single game betting, over/under bets, prop bets, etc.

Tobacco Policies

Holy Cross is a smoke-free work environment. In support of its mission to improve and promote health and wellness, all College facilities are tobacco free environments. No smoking or other use of tobacco products (including, but not limited to, cigarettes, pipes, cigars, snuff, or chewing tobacco) is permitted in any part of the building or in vehicles owned, leased, or rented by the College, or during College-sponsored events. Student complaints of violations of this policy should be referred to the Dean of Students.

The NCAA prohibits the use of tobacco products for coaches, game officials, and student-athletes in all sports during practice and competition. A student athlete who uses tobacco products during practice or competition is automatically disqualified for the remainder of that practice or game.

Patriot League policy prohibits the use of any form of tobacco products during any phase of the College's athletic programs in which interaction occurs between student-athletes and athletic staff (e.g., practice, competition, meetings, etc.).

Reporting NCAA, Conference and College Violations

Any violation committed or witnessed by a student-athlete should be reported immediately to the Athletics Compliance Office, which is responsible for determining and enforcing sanctions for potential policy violations as well as reporting said violations to the proper governing body. Violations of Patriot League or NCAA regulations are reported to the Patriot League and the NCAA Enforcement staff, as appropriate. The Athletics Department employs the use of [Tell Us](#) to provide all student-athletes an anonymous, real-time reporting tool that allows them to contact administrators directly.

Holy Cross encourages all members of our community to report concerning or threatening behavior, potential misconduct, and other issues listed below. Using the correct form will help route your report to the proper group, but any report received will be considered and sent to the correct location. If you're not sure which form to use, please use our EthicsPoint reporting system and it will be routed to the correct group.

[Emergencies and Immediate Response](#)

[Accident/Injury](#)

[Threatening Behavior](#)

[Sexual Misconduct](#)

[Bias, Discrimination or Harassment](#)

[Student of Concern](#)

[Make an Anonymous Report](#)

[Student Misconduct](#)

Academic Integrity

Additional Campus Resources

Counseling and Psychological Services (CAPS)

The Ignatian ideal of cura personalis — care of the whole person — guides the clinicians' work at [CAPS](#). CAPS contributes to the Holy Cross community by offering a range of psychological services to meet the mental health needs of students. The primary goal is to support students negotiating their transition into adulthood. Students normally encounter a variety of challenges during college.

CAPS provides confidential assistance to students who have a wide range of concerns, such as stress, adjustment difficulties, relationship problems, anxiety, and depression. Many students seek our services to help them through these challenges. They work collaboratively with students to promote their academic success and personal growth during their years at Holy Cross. Counseling & Psychological Services (CAPS) is accredited by the International Accreditation of Counseling Services.

Student-Athlete Counseling Services and Programming

Services provided to enrolled Holy Cross students:

- Individual counseling
- Individual and group consultation
- Workshops and presentations for teams/groups/administration

Confidentiality

All individual/psychotherapy sessions with a licensed psychologist, and clinicians under the supervision of a licensed psychologist, are confidential, including individual student-athlete counseling services. Information about you will not be given out to your parents, friends, teammates, coaches, professors, athletic administration, media, or others without your permission except in limited circumstances as may be required by law. At your first clinical appointment at CAPS or Student-Athlete Counseling Services, you will receive a written summary of guidelines related to confidentiality for your review and you will have the opportunity to discuss it with a clinician.

Contact Information

To schedule an individual psychotherapy appointment with [Noah Peterson](#), Coordinator of Student-Athlete Psychological Services, or one of the clinicians in CAPS, please call 508-793-3363 during business hours. For more information about any programming, counseling, or consultation related to student-athlete mental health,

please email npeterson@holycross.edu. If you would prefer, you may contact your team's athletic trainer who can provide additional information.

Phone: (508) 793-3363

Campus Location: Hogan 207

Health Services

[Health Services](#) provides quality health care that recognizes the individual needs of the students and supports their academic success. Healthcare professionals provide services, programs and wellness education to enable students to become well integrated in mind, body and spirit.

Holy Cross Health Services is accredited by the Accreditation Association for Ambulatory Health Care, Inc. (AAHC) and has consistently met nationally recognized standards for quality health care set by the accrediting organization. Two providers have been certified by the American College of Lifestyle Medicine to use evidence-based lifestyle interventions- including a whole-food, plant-based diet, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection- to foster healthy lifestyles.

Health Services is conveniently located on campus in Loyola and provides urgent care, limited primary care, and specialty referrals to providers in the community. The system is designed so that every student may receive appropriate, professional, and timely health care services. Students are challenged as individuals and as members of the College community to examine and to improve health behaviors. Health not only refers to physical health, but emotional and spiritual health as well.

Phone: 508-793-2276

Campus Location: Immediately Adjacent to Loyola Hall

Chaplains' Office

The [Chaplains' Office](#) serves to strengthen the spiritual life of the Holy Cross community through retreats, community service, pastoral care, and worship. Welcoming and attending to students of all religious backgrounds, the chaplains encourage you to reach your fullest potential by integrating your academic life with your faith.

Are you interested in volunteering to serve the local community? Or going on an overnight retreat to reflect on your life and relationship with God and to build friendships with other Holy Cross students? Do you want to participate more fully in the liturgical ministry or interdenominational services? The programs at the Chaplains' Office will

guide you in developing your faith and enable you to provide service and promote justice in your community and around the world.

Phone: 508-793-2448

Campus Location: Campion House

NCAA RULES AND REGULATIONS

General NCAA Academic Requirements

Admission and Enrollment

To be eligible for competition in all sports, a student-athlete must:

- have been admitted to Holy Cross as a regular student seeking a baccalaureate degree according to the College's published entrance requirements;
- be in good academic standing according to the standards of Holy Cross; and
- be enrolled in at least a minimum full-time program (not less than 12 semester hours) and maintain satisfactory progress toward a baccalaureate degree at the College.

Eligibility Clock

Division I student-athletes have five calendar years in which to complete four seasons of competition in a sport. The five-year clock begins when the student-athlete first enrolls as a full-time student at any collegiate institution and is continuous until the clock expires. There are few exceptions to this rule – the clock could pause with time spent in the armed services, an official church mission, study abroad program, cooperative educational work experience for credit, or pregnancy.

Patriot League Eligibility

Within the Patriot League, a student-athlete shall complete their seasons of participation within four calendar years from the beginning of the semester or quarter in which the student-athlete first registered for a minimum full-time program of studies in a collegiate institution. "Athletic redshirting" (holding a student out of competition as an underclassman for the express purpose of saving a year of NCAA eligibility for a fifth year of enrollment) is prohibited. Patriot League eligibility policies apply to all League and non-League competition.

An additional semester(s) of eligibility may be granted for a student-athlete that presents sound academic rationale for continuing in their academic program and meets established waiver criteria (e.g., medical hardship) as determined by the Patriot League Policy Committee.

Initial Eligibility for First-Year Students

Student-athletes must be certified by the NCAA Eligibility Center in order to be eligible for practice and competition during the first year. Student-athletes must register online at www.eligibilitycenter.org. Student-athletes are certified as academically eligible if they:

- a. Graduated from high school;
- b. Attained a minimum high school grade-point average of 2.30 in 16 core curriculum courses; and
- c. Completed 10 of the required 16 core courses before the start of the seventh semester (or the equivalent) of high school.

The NCAA Eligibility Center also certifies amateurism status for all first-time participants. Student-athletes must complete the NCAA online amateurism questionnaire. The following circumstances may impact amateur status:

- Acceptance of any prize money or merchandise based on place or finish in an athletic event (e.g., road race, beach volleyball, golf tournament) in excess of actual and necessary expenses for that event. Expenses qualifying as actual and necessary expenses on an outside amateurism team or competition include items such as travel, room and board, and meals. A form must be on file with the Compliance Office documenting all prize money.
- Agreeing orally or in writing to be represented by an agent or anyone associated with an agent for present or future representation for the purpose of pursuing a professional athletics career.

Continuing Eligibility

Eligibility for competition shall be based upon satisfactory completion of at least:

- 24-semester hours of academic credit prior to the start of the institution's third semester or fourth quarter following the student-athlete's initial full time enrollment;
- 18-semester hours of academic credit since the beginning of the previous fall term or since the beginning of the certifying institution's preceding regular two semesters or three quarters (hours earned during the summer may not be used to fulfill this requirement); and,
- Six-semester hours of academic credit the preceding regular academic term (e.g., fall semester) in which the student-athlete has been enrolled full time at any collegiate institution.

Progress Towards Degree

In addition to the requirements at Holy Cross, the NCAA also requires student-athletes to make satisfactory progress towards their degree to maintain eligibility for competition.

- Successfully complete 6 NCAA credits per term;
- Successfully complete 18 NCAA credits per academic year of enrollment
- First-years must pass 24 NCAA credits prior to the start of their second year;
- Declare their degree prior to the start of their third year;
- Earn 40% of their degree prior to the start of their junior year; and
- Earn 60% of their degree prior to the start of their senior year.

Eligibility for Practice

Student-athletes are eligible to practice if they enrolled in a minimum full-time program of studies leading to a baccalaureate degree as defined by the regulations of the College. At Holy Cross, normal full-time enrollment requires students to be registered in four classes per semester. A student-athlete may drop one of the four classes per term and still remain eligible. However, a student-athletes become ineligible if they are enrolled in fewer than three classes in any one term.

Student-Athlete Compliance Forms

Prior to the first practice, student-athletes must complete the following forms:

- NCAA Student-Athlete Statement / Summary of Regulations
- NCAA Drug Testing Consent Form
- Holy Cross Drug Testing Consent Form
- Holy Cross Name, Image and Likeness Release Form
- Student-Athlete Serious Misconduct Attestation Form
- Student-Athlete Expectations Form

Drug Testing

The Holy Cross Department of Athletics recognizes that inappropriate use of drugs can seriously threaten the health and safety of members of the College community as well as impair the academic and athletic performance of student-athletes. Holy Cross supports the drug policies of the National Collegiate Athletic Association and has developed and implemented the following institutional program to minimize risks for its student-athletes.

Program Objectives

1. To ensure that the College's athletic program adheres to basic principles of student-athlete well-being, sportsmanship and ethical conduct.
2. To protect the health and safety of each student-athlete while developing the mind, body and spirit.
3. To educate student-athletes about drugs and the effects of their use and abuse.

4. To provide treatment, care and support to student-athletes who have engaged in substance abuse.
5. To uphold the integrity of the Department of Athletics and the College of the Holy Cross.

Prior to the start of each academic year, student-athletes receive a copy of and are given the opportunity to ask questions regarding the Holy Cross Department of Athletics Drug Testing. As a condition to participation in intercollegiate athletics at Holy Cross, all student-athletes must provide written consent to participate in the drug testing program.

Substances Included in Testing Program

Substances for which student-athletes may be tested include, but are not limited to, those that are listed as banned drugs by the NCAA. This list will be provided to all student-athletes each year.

Student-Athlete Defined

For the purposes of this program, a “student-athlete” is any student who is listed on an institutional squad list.

Eligibility Exhausted

Student-athletes who have exhausted their eligibility for intercollegiate competition are not subject to testing under this program.

Relationship to NCAA Testing

The NCAA administers its own drug testing program under a separate protocol. Testing under the College’s program is independent of NCAA testing, and a positive NCAA drug test triggers sanctions as determined by the NCAA.

NCAA Championships

The NCAA may also test for banned substances at the sites of NCAA championship competition.

Recruitment Policies

From time to time, student-athletes may be asked to serve as hosts for prospects visiting Holy Cross. Serving as a student-host is an important service to the College and to its athletic programs.

Host Responsibilities

Student hosts must be currently enrolled student-athletes or Holy Cross students designated as overnight hosts by the Admissions Office. Prospects arranging visits

through the College's overnight guest program must abide by all policies established by the Admissions Office.

Student-athlete hosts are expected to conduct themselves in a manner that represents their team and Holy Cross positively. **Hosts should accompany their guests at all times and are responsible for the behavior of their guests.** In case of misbehavior by guests, the hosting student-athlete will be held accountable for any violations of community standards or residence hall policies. Student-athletes hosting overnight guests should receive permission from their roommate(s) and give utmost consideration to the residence hall community.

Entertainment On and Off-Campus

Entertainment activities organized for prospects and their parents (or guardians) should be similar in nature to college-sponsored events and should not be excessive. Coaches should prepare itineraries for all prospects making official visits and should provide detailed schedules of events to the prospect, parents, and student-athlete hosts. Coaches may require evening curfews at their discretion.

The following activities are specifically prohibited during official and unofficial visits:

- Underage use of alcohol
- Use of drugs or sex as a recruiting device
- Activities that violate criminal law
- Gambling and/or gaming activities
- Use of adult entertainment or the equivalent

Time Limits for Playing and Practice

NCAA time limits for student-athlete participation in countable athletically related activities are:

In Season: • 20 hours per week maximum • 4 hours per day maximum • 1 day off required per week • No practice on competition days	Out-of-Season (during academic year): • 8 hours per week maximum • 4 hours of skill instruction per week maximum • 2 days off required per week
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The daily and weekly hourly limitations do not apply to preseason practice prior to the first day of classes or the first scheduled contest (whichever is earlier), and official vacation periods (e.g., Thanksgiving, Spring Break) as listed in Holy Cross Catalog.

Required athletically-related activities include community service travel to and from competition, fundraising activities and team promotional activities and cannot occur on an off day or between 9pm and 6am without prior authorization.

Financial Aid

General

Financial Aid is defined by the NCAA as funds provided to a student-athlete to pay for or to assist in paying the cost of education at an institution. Financial aid includes all sources of institutional, athletics, state and federal aid, as permitted by the proper authority, not to exceed the student-athlete's maximum cost of attendance. All sources of financial aid shall be distributed to a student-athlete through the Holy Cross Financial Aid Office.

Athletics scholarship (GIA) awards, or athletically related financial aid, shall be awarded in accordance with institutional and NCAA regulations, as set forth in Bylaw 15. All athletics scholarship awards shall not be awarded for a period of less than one year (unless meeting a legislated exception), and shall not exceed the student-athlete's period of eligibility. Athletics scholarship awards may include any portion of tuition, student fees, room and board costs, and course-related textbooks, and shall adhere to individual and team maximums as determined by the institution and NCAA. Holy Cross scholarship funds may not be used to cover expenses for off-campus housing and food.

Holy Cross scholarship funds are in effect for the academic year (i.e., fall and spring semesters only). If, for any reason, student-athletes are no longer participating on a team but continue to receive an athletic grant-in-aid from the College, they are required to provide assistance to their team and/or the Department of Athletics in other operational activities (e.g., coaching and/or support staff duties) as is reasonable and within the NCAA hour limitations for student-athletes.

Renewals, Cancellations and Adjustments to Athletics Scholarships

A student-athlete's athletics scholarship may not be reduced or canceled during the period of the award on the basis of athletics performance, ability or contribution to the team; because of an injury, illness or physical/mental condition; or for any other athletics reason. Athletics scholarship awards however, may be reduced or canceled during the period of the award if the recipient:

- Renders themselves ineligible for intercollegiate competition;
- Fraudulently misrepresents any information on the application, letter of intent or financial aid agreement;

- Engages in serious misconduct warranting substantial disciplinary penalty;
- Voluntarily withdraws from a sport at any time for personal reasons; or
- Provides the institution with official written notification of transfer. In this instance, the award cannot be canceled or reduced until the conclusion of the academic term in which notification was provided.

The renewal of athletically related financial aid shall be made on or before July 1 prior to the academic year in which it is to be effective. Student-athletes currently receiving an athletics scholarship awards with eligibility remaining will be notified in writing by the Financial Aid Office as to whether their award has been renewed for the ensuing academic year.

Hearing Opportunity

If an athletically related award is reduced or canceled during the period issued or is not renewed, the Director of Financial Aid will notify the student-athlete in writing of the opportunity for a hearing. The notification will include a copy of Holy Cross' established policies and procedures for conducting the hearing, including the deadline by which a student-athlete must request such a hearing.

Medical Non-Counter and Disqualification

The diagnosis, management and return-to-play determinations for student-athletes are the responsibility of the College's primary athletics healthcare providers (team physicians and athletic trainers) whose highest priorities are the physical and psychological welfare of student-athletes. The Head Team Physician renders decisions related to medical disqualification in consultation with specialists as needed. Coaches and athletic trainers are not involved in the decision making process, nor should they advise student-athletes in this process.

The medical disqualification process allows Holy Cross to continue providing athletically-related financial assistance to student-athletes without their aid counting against NCAA team financial aid limits if student-athletes become injured or ill to the extent that they cannot participate further in intercollegiate athletics ever again.

The medical disqualification process does not permit student-athletes to quit their team and retain their athletic aid when a licensed healthcare professional has determined that they are mentally and physically able to participate in intercollegiate athletics.

Transfer Regulations ¹

¹ NCAA transfer regulations remain subject to change through NCAA governance procedures

Per NCAA rules, a student-athlete is not permitted to have direct or indirect (i.e., through a third party) contact with a staff member of another NCAA or NAIA four-year institution without first providing Holy Cross their official written notification of intent to transfer. Per institutional policies, this official notification must be provided through the Transfer Notification Form on the ARMS platform. As a required component of this submission, the individual must also complete the Division I Transfer Educational Module, which includes a video component and electronic confirmation upon completion. Subsequent to the receipt of this notification, the compliance office must enter the individual's name into the NCAA Transfer Portal within two (2) business days.

Immediate eligibility at the transfer institution is not guaranteed by the submission of this form and/or by entering the NCAA Transfer Portal. In order to potentially qualify for immediate eligibility upon transfer to another four-year NCAA institution, student-athletes must provide their official notification of transfer during their respective sport's transfer window(s). Individuals who will participate as a postgraduate student following the next academic term or academic year may initiate the transfer process between October 1 and the end of the final period.

Pursuant with NCAA regulations, a student-athlete's athletic scholarship may be canceled or reduced at the conclusion of the academic term in which notification of transfer is provided. After notification of transfer is provided to the institution, the student-athlete's status on their team is no longer guaranteed and will be determined in coordination with the coaching staff and sport administration. Additionally, access to services and amenities (i.e., sports medicine, facilities, etc.) provided by the Athletics Department specific to student-athletes may be removed, primarily dependent on their continuing status with the program.

Name, Image and Likeness (NIL) ²

Holy Cross has a [working policy](#) for allowing student-athletes to use their publicity rights in order to receive compensation from third parties for business activities such as endorsements, promotional appearances, and self-employment.

Student-Athletes MAY:

- Promote their athletic reputation and personal brand to maximize the use of their NIL rights.
- Earn compensation for the use of their NIL from such business opportunities as:
 - Self-employment
 - Endorsement of products and services

² NILI remain subject to change through NCAA governance procedures

- Direct monetization on social media
- Promotional appearances and autographs
- Private lessons, camps, and clinics
- Refer to their participation in NCAA athletics and their attendance at Holy Cross as part of paid NIL activities.
- Retain professional representation to help secure NIL opportunities.

Student-Athletes MAY NOT:

- Sign an NIL contract that does not require any action or consideration from the student-athlete.
- Sign an NIL contract that is contingent on initial or continued enrollment at Holy Cross or specific athletic performance as a Holy Cross student-athlete.
- Sign an NIL contract that requires action or consideration that is not in compliance with applicable law and NCAA, Patriot League, and Holy Cross policy.
- Take part in NIL activities during scheduled periods of class, practice, competition or other required scholastic or team activities.
- Use any College marks (i.e. shield logo, word mark) or facilities for NIL purposes.
- **International** student-athletes may not take part in NIL outside of their home country due to visa limitations.

Prohibited NIL Industries

Student-athletes may not endorse the following brands, products, and services:

- Tobacco products or alternative nicotine delivery products
- Marijuana products
- Alcoholic beverages
- Any seller or dispensary of a controlled substance or any substance prohibited by the NCAA
- Casinos or sports wagering businesses
- Any direct competitor to a major sponsor of Holy Cross Athletics

Awards and Benefits

Student-athletes, their relatives and friends are not permitted to receive extra benefits that are not available to the student-body in general. Student-athletes who receive extra benefits may render themselves ineligible and may cause forfeiture of games in which they competed. All student-athletes, whether recruited or non-recruited, may not:

- Accept gifts, gratuities, etc., related to athletic ability from friends, alumni, or employees of Holy Cross.
- Make use of services, equipment, etc. that are not available to the general student population.

Travel Separate from Team

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

- Student-athletes must complete a Travel Authorization Form in ARMS.
- 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 the Compliance Office 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 travel expenses incurred are the responsibility of the individual student-athlete. When the itinerary/logistics of individual travel is coupled with 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.

Ticket Policies

The following are the NCAA and Holy Cross policies for ticketed events:

- Students may request 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 complimentary admissions at away contests, the actual number of complimentary admissions which a student receives may be fewer, depending on the complimentary ticket allotment given to Holy Cross by the host 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 allocation windows for complimentary tickets for each game and check with the ticket office or their team operations director if they have any questions.
- Students must designate complimentary admissions for their guests via ARMS. Names cannot be changed on the list once the ticket office's electronic complimentary admissions process is closed. Full contact information must be provided per guest including name, email, and cell phone. Complimentary tickets are non-transferable. No guest may receive more than one admission per game. Individuals whose names are not listed will be required to buy a ticket.
- Holy Cross students receive free admission to regular season home games on campus by presenting a valid student ID at the entrance to the competition venue.

CONFERENCE AFFILIATIONS

Patriot League

Full Members: American University, Boston University, Bucknell University, Colgate University, College of the Holy Cross, Lafayette College, Lehigh University, Loyola University, Maryland, U.S. Military Academy, U.S. Naval Academy

Associate Members: Fordham University (football), Georgetown University (football and rowing), Massachusetts Institute of Technology (rowing), University of Richmond (football and women's golf)

Atlantic Hockey America

Members: U.S. Air Force Academy, American International College, U.S. Military Academy, Bentley University, Canisius College, College of the Holy Cross, Mercyhurst University, Niagara University, Rochester Institute of Technology, Robert Morris University, Sacred Heart University

Hockey East

Members: Boston College, Boston University, University of Connecticut, College of the Holy Cross, University of Maine, University of New Hampshire, Northeastern University, Providence College, University of Vermont

SPORTS MEDICINE

Services Provided

The College of the Holy Cross Sports Medicine program delivers traditional athletic training and sports medicine services to the college's varsity student-athletes. There are various types of services offered: injury prevention (i.e., taping, bracing, padding, orthotics construction and special padding), management of athletic injuries, emergency care, and rehabilitation of athletic injuries. In addition, whenever possible, Sports Medicine strives to integrate education about athletic injuries so that student-athletes can be empowered to lead healthier, injury-free lifestyles. The Sports Medicine staff is committed to using whatever technology is available, and will remain committed to continuous upgrading of the equipment and techniques used in the delivery of sports medicine services so Holy Cross student-athletes will be assured of the most modern care available in the area.

The purpose of the Sports Medicine program is fivefold. First, to allow easy access to the sports medicine services so student-athletes will be assured of outstanding quality of care. Second, to encourage a philosophy of sports that places a high value on health

and wellness. Third, to enable injured student-athletes to return to their sports as soon as medically safe. Fourth, to substantially reduce the risk of athletic injury to the athletes and the liability of the College. Finally, the Sports Medicine staff is committed to educating interns and student athletic trainers in both the art and science of practicing athletic training in an ethical and moral environment. Furthermore, Holy Cross athletic trainers and staff who will be providing these services to maintain the highest standards of care consistent with the National Athletic Trainer's Association Code of Professional Practice and the credential statutes of the State of Massachusetts.

Accessing Sports Medicine Services

Location: Luth Athletic Complex

Phone: 508-793-2627

Emergency - On Campus (Public Safety): 508-793-2222

Emergency - Off Campus: 911

Hours - Academic Calendar Year: Monday - Friday 8:00 a.m. - 6:00 p.m.

Hours - Summer: Monday - Thursday 10:00 a.m. - 3:00 p.m.

The main athletic training room is located within the Luth Athletic Complex. The room is open Monday through Friday from 8:00 AM to 6:00 PM throughout the academic year. Weekend coverage will be provided according to seasonal priority, the nature of the event, and the availability of the Sports Medicine staff and its resources. Hours are subject to change during holiday/exam breaks as well as during the summer months; these hours will be provided and posted prior to these breaks.

Evaluation and rehabilitation appointments can be scheduled via the student-athlete's Patient Portal. Student-athletes are to make appointments with their respective athletic trainer during designated evaluation/rehabilitation hours. If you are unable to coordinate to see your designated athletic trainer, please communicate with them and accommodations will be made.

The College's team physicians and athletic trainers are responsible for the medical management of student-athletes to include, but not limited to, the ability to alter a student-athlete's participation in practice or competition, including removal. Any student-athlete that sustains an injury (emergent/non-emergent) **MUST** follow-up in the athletic training room with their athletic trainer during a designated appointment. The athletic trainer will then determine if the injury needs further evaluation by one of the team physicians. The team physicians maintain weekly clinic hours in the athletic training room. All clinics require an appointment to be seen. All diagnostic imaging (x-ray/MRI/etc.) must be ordered by a team physician, which the athletic trainer will assist in coordinating.

Athletic Training Room Physician Clinics

Monday	Tuesday	Wednesday	Thursday	Friday
General Medical Orthopedic	Orthopedic	No Clinic	General Medical Orthopedic	No Clinic

All clinics are subject to time change and cancellation based upon physician schedules.

The sports medicine staff and only the sports medicine staff have the legal authority to determine the fitness of a student-athlete for participation in sports. Coaches, parents, players or administrators may not determine the fitness of the student-athlete. Physicians outside the College of the Holy Cross may also be subject to overrule by the Holy Cross Sports Medicine Department in conjunction with the team physicians and the Associate Director of Athletics - Sports Medicine and legal counsel if needed.

The athletic trainer assigned in conjunction with the team physicians will render a decision during games, practices or at any other time if needed. The athletic trainer is responsible and qualified to administer to the health and welfare of all student-athletes.

Diagnostic Imaging (i.e., x-ray, MRI, etc.)

All diagnostic imaging is ordered by our team physician's. Scheduling can vary and is based on approval of the individual's personal health insurance as well as the availability at the imaging center.

Hospitals

St. Vincent Hospital
123 Summer Street
Worcester, MA 01608

UMass Memorial Medical Center: Memorial Campus
119 Belmont Street
Worcester, MA 01605

UMass Memorial Medical Center: University Campus
55 Lake Avenue North
Worcester, MA 01655

Walk-In Clinics

ReadyMed Plus
366 Shrewsbury Street
Worcester, MA 01604
Hours: 7 Days a Week 9:00am – 8:00pm

ReadyMed
460 Southbridge Street - Route 12
Auburn, MA 01501
Hours: 7 Days a Week 9:00am – 8:00pm

First-Year/Transfer Student-Athlete Information

Prior to participation in any practice, competition or out-of-season conditioning activities (or, in Division I, permissible voluntary summer conditioning or individual workouts, or permissible required summer athletic activities in basketball and football), student-athletes who are beginning their initial season of eligibility are required to undergo a medical examination conducted by a Holy Cross team physician. Along with the pre-participation physical, first-years and transfers, must complete the appropriate medical paperwork and documentation.

The necessary forms can be found on the Health Services web page by clicking on the provided link below.

[Required First-Year/Transfer Student-Athlete Forms](#)

- Pre-Participation Physical Evaluation: History Form
- Orthopedic Health History Form
- Student-Athlete Medical Billing Policy/Insurance Information Form
- Medical Consent and Shared Responsibility/Assumption of Risk Form
- Policy on Management of Sports-Related Concussion
- Online ImPACT Concussion Baseline Test Instructions
- Student-Athlete Authorization and Disclosure of Medical Information Form
- NCAA Drug Testing Exception Policy
- Sickle Cell Trait Explanation and Consent Form
- First Year Division I Student-Athlete Paperwork: Minor

Returning Student-Athlete Information

All returning student-athletes are required to complete yearly medical paperwork and documentation. The necessary forms can be found on the goholycross.edu web page by clicking on the provided link below.

Required Returning Student-Athlete Forms

- Returning Student-Athlete Medical History Questionnaire
- Student-Athlete Medical Billing Policy/Insurance Information Form
- Medical Consent and Shared Responsibility/Assumption of Risk Form
- Policy on Management of Sports-Related Concussion
- Online ImPACT Concussion Baseline Test Instructions
- NCAA Drug Testing Exception Policy

Try-Out Waiver

If you are planning to try-out for a varsity athletic team, the following must be met:

- All required information for Health Services is on file
- Student-Athlete Try-Out Waiver

End-of-Season Student-Athlete Information

All student-athletes are required to complete the End-of-Season Medical History Questionnaire at the completion of each athletic season. This will be distributed by team athletic trainers.

Student-athletes that have exhausted their academic eligibility at Holy Cross or those that transfer to other institutions, will be required to undergo an exit physical with Holy Cross team physicians prior to their departure from the college.

Insurance Information

The College of the Holy Cross provides a medical insurance program for its student-athletes. THIS POLICY, HOWEVER, IS SECONDARY TO, OR IN EXCESS OF, PERSONAL FAMILY MEDICAL INSURANCE COVERAGE, and covers only injuries/illnesses/accidents resulting from the direct participation in the intercollegiate athletics program during the dates of the primary competitive season and designated off-seasons.

Please review the Student-Athlete Medical Billing Policy/Insurance Information Form for further information regarding the student-athlete medical billing policy.

Management of Sport-Related Concussion

The College of the Holy Cross is committed to protecting the health of and providing a safe environment for each of its participating NCAA student-athletes. To this end, and in accordance with NCAA legislation, The College of the Holy Cross has adopted the Concussion Safety Protocol for all NCAA student-athletes. The document reflects the best practices recommended by the NCAA and the Patriot League for management of sports-related concussions and is intended, and should be construed, to comply with

the member institution obligations set for in the operative settlement agreement in the Arrington v. NCAA Case No. 13-cv-09116 (N.D.III).

Please review the [Policy on the Management of Sports-Related Concussion](#) for further information regarding our concussion policy.

SPORTS PERFORMANCE

The sports performance program at the College of the Holy Cross is designed to enhance each athlete's success and in turn enhance the teams' success. Crusader student-athletes have the opportunity to work with full-time certified strength and conditioning coaches that design training programs to improve performance and decrease the likelihood of injury.

In today's athletics, the foundation of any student-athlete's success on the field, court, ice or in the water is their year round preparation. The Carol and Park B. Smith Sports Performance Center at the College of the Holy Cross is designed to facilitate that preparation.

The 10,000 square foot weight-room contains a 53-yard long, 3,400 square foot area for speed and movement training, over 40,000 pounds of free weights, 9 Power Racks, 9 Olympic platforms, 12 Half Racks, 24 Benches, 24 Inclines and dumbbells ranging from 2.5 to 150 pounds.

Each student-athlete is given their own individualized program that is designed to improve movement skills, core strength, power, speed, strength, balance and flexibility. The strength and conditioning staff makes sure that all areas of performance enhancement are covered and that the training is balanced among all components.

Crusader student-athletes and the strength and conditioning staff have very high expectations. Much of what is done in the weight-room is designed to seamlessly integrate with the mission of the College while striving for athletic excellence. Crusader student-athletes will learn discipline, teamwork, and responsibility while developing confidence and a strong work ethic.

ATHLETIC FACILITIES

All Athletic Department offices are located in the Hart Center at the Luth Athletic Complex. The following facilities are available for use by all teams:

[Carol and Park B. Smith Sports Performance Center](#)

[Indoor Practice Facility](#)
[Sports Medicine Center](#)

Other facilities are used typically by the teams listed:.

[Fitton Field \(Baseball\)](#)
[Fitton Field \(Football\)](#)

[Hart Center Arena](#)

Men's and Women's Basketball
Volleyball

[Hart Center Rink](#)

Men's and Women's Ice Hockey

[Kuzniewski Field](#)

Men's and Women's Lacrosse
Football

[Hart Center Turf Field and Hart Track](#)

Field Hockey
Men's and Women's Track & Field

[Freshman Field](#)

Softball

[Linda Johnson Smith Soccer Stadium](#)

Men's and Women's Soccer

[Hart Center Pool](#)

Men's and Women's Swimming & Diving

[Sinnott Family Tennis Facility](#)

Men's and Women's Tennis

[Coach George Blaney '61 Gymnasium](#)

Men's and Women's Basketball
Volleyball

[Worcester Country Club](#)

Men's and Women's Golf

Donahue Rowing Center

Men's and Women's Rowing

Facility schedules are subject to change. For further information or any issues needing staff attention, please email athops@holycross.edu.

ATHLETIC EQUIPMENT ROOM

The athletic equipment room is located in the Hart Center. Hours of operation are from 9:00 AM to 9:00 PM daily. Hours and weekend availability may vary due to travel obligations.

Guidelines

All student-athletes must adhere to the following apparel and equipment guidelines:

1. Holy Cross is an Adidas sponsored institution. Per contractual obligations, all student-athletes are expected to wear **only that equipment and apparel provided to them for practice and competition**. Only documented medical cases will be considered for exceptions.
2. Apparel and equipment will be issued to each team upon commencement of their season in compliance with all College, league, and NCAA bylaws.
3. Instructions for the collection of equipment will be communicated to each team at the conclusion of their respective season.
4. It is generally expected that student-athletes will be permitted to keep practice apparel. **Uniforms, warm-ups, and travel gear must be returned.**
5. Each student-athlete will sign an equipment rental agreement at the start of each season. Student-athletes are solely responsible for all apparel and equipment issued to them. Student-athletes will be held financially accountable for any and all lost, stolen, or damaged items.
6. Apparel and equipment may not be altered in any way, unless permitted by an Equipment Manager.

Laundry

1. Student-athletes will be issued a laundry loop at the beginning of the season. Laundry loops are color coordinated by team.
2. Only practice apparel may go on a laundry loop. Personal laundry is never permitted.
3. Laundry is done at least once per day as needed for each team.

4. In-season student-athletes should only use the towels provided for them in their locker rooms. Out-of-season teams and those teams without designated locker rooms are permitted to use towels provided in the laundry room. Towels should only be used for showering. Towels should not be used to wipe floors/spills, training room treatments, nor should they be removed from the building.

ATHLETIC COMMUNICATIONS

Serving as liaisons with the media, the athletic communications staff reports scores and results of all Holy Cross athletic events and generates publicity for teams and players when appropriate. They also maintain the athletic department website, www.goholycross.com and Holy Cross social media accounts.

Sarah Kirkpatrick Ryan, Assistant Director of Athletics/Strategic Communications
Football (Primary)
Administration

Charles Bare, Senior Associate Director of Athletic Communications
Men's Basketball
Women's Lacrosse
Men's Soccer
Men's & Women's Tennis

Matthew Cerullo, Assistant Director of Athletic Communications
Women's Basketball
Football (Secondary)
Baseball
Volleyball
Men's & Women's Swimming & Diving

Eliza Phillips, Assistant Director of Athletic Communications
Men's Ice Hockey
Men's Lacrosse
Field Hockey
Men's & Women's Rowing

Maria Porth, Assistant Director of Athletic Communications
Women's Ice Hockey
Women's Soccer
Softball

Men's & Women's Cross Country
Men's & Women's Track & Field
Men's & Women's Golf

Guidelines for Student-Athlete Interviews with the Media

Student athletes who are interviewed by members of the media should follow these general guidelines:

1. Be prompt and available for all interviews. Contact the athletic communications office in advance if there is a conflict with an appointment for an interview.
2. If a question is not clear, ask for clarification before attempting to answer.
3. Avoid any “off the record” comments; they do not always remain “off the record.”
4. Never speak unfavorably of any teammate, game official, opposing player, opposing team, Holy Cross coach or administrator.
5. Presenting yourself in a positive manner is the most important part of an interview.

Social Media Guidelines

The following guidelines are intended to help you understand your responsibilities as a Holy Cross student-athlete and protect your reputation and privacy:

1. Every day is a job interview. There are no truly “private” social media sites. Your coaches, professors, and future employers could potentially access your online activity. Archival systems save information even after you delete a post.
2. Take pride in who you are and what you represent. Do not compromise your personal reputation nor that of your team or the College.
3. Mom Rule. If you can't say it in front of your mother, don't say it.
4. Have fun while doing no harm. Social media is a way to communicate and celebrate achievements. Do not criticize others in your messaging.
5. Social media is forever...if you let it be. All of our student-athletes were born into a world with social media, and likely have participated from a young age. What is funny, cool or on trend when you are 16 is not necessarily so at 18 and beyond. Take time to inventory your social media history, and delete posts that are no longer relevant or needed. Employers, reporters and fans will do their research...what will they find in your social history?

Appendix 1

Sport Administrators

Each team has a senior staff member who serves as their sport administrator. These individuals meet regularly with head coaches and interact with assistant coaches, student-athletes and support staff. Sport administrators are trusted resources who are available to help you navigate any questions or concerns impacting your experience as a student-athlete at Holy Cross.

Sport	Administrator	Phone	Email
Baseball	Chase Ferguson	508-793-2355	cferguson@holycross.edu
Basketball, Men	Nick Smith	508-793-3583	nasmith@holycross.edu
Basketball, Women	Rose Shea	508-793-2318	rshea@holycross.edu
Cross Country (M&W)	Kit Hughes	508-793-2571	athleticdirector@holycross.edu
Field Hockey	Aaron Dashiell	508-793-2628	adashiel@holycross.edu
Football	Nick Smith	508-793-3583	nasmith@holycross.edu
Golf (M&W)	Zack Leach	508-793-3585	zleach@holycross.edu
Ice Hockey (M&W)	Zach Leach	508-793-3585	zleach@holycross.edu
Lacrosse (M&W)	Amy Coleman	508-793-2581	acoleman@holycross.edu
Rowing (M&W)	Amy Coleman Dara Battistoni	508-793-2581 508-793-2724	acoleman@holycross.edu dbattistoni@holycross.edu
Soccer (M&W)	Rose Shea	508-793-2318	rshea@holycross.edu
Softball	Chase Ferguson	508-793-2355	cferguson@holycross.edu
Swimming & Dive (M&W)	Aaron Dashiell	508-793-2628	adashiel@holycross.edu
Tennis (M&W)	Aaron Dashiell	508-793-2628	adashiel@holycross.edu
Track & Field (M&W)	Kit Hughes	508-793-2571	athleticdirector@holycross.edu
Volleyball	Amy Coleman	508-793-2581	acoleman@holycross.edu

APPENDIX 2

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