

SPARTAN ATHLETICS

“Developing the Complete Champion”



STUDENT-ATHLETE MANUAL

2022-23

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STRONG - UNITED - DETERMINED - FAITHFUL



IN THE FALL OF 1963 TWU DEAN OF STUDENTS LELAND ASA ORDERED NEW GOLD AND BROWN UNIFORMS FOR TRINITY JUNIOR COLLEGE. THE NEW UNIFORMS ARRIVED IN JANUARY OF 1964. TO ACCOMPANY THE UNIFORMS, THE STUDENTS WERE LOOKING FOR A NEW NAME FOR THE TJC ATHLETIC TEAMS. THEY CHOSE THE SPARTANS.

TODAY ANCIENT SPARTA IS OFTEN REMEMBERED FOR ITS MILITARY ACCOMPLISHMENTS AND IS THOUGHT TO BE A SOCIETY LACKING IN ART, LITERATURE AND CULTURE. UPON TAKING A CLOSER LOOK AT THE PEOPLE OF ANCIENT SPARTA, THEY MAY BE MORE APTLY DESCRIBED AS A PEOPLE WHO HAD A STRONG DEVOTION TO THE INTELLECT, THE ARTS AND TO PHYSICAL EXERCISE AND WHOSE CULTURE FOCUSED ON MUCH MORE THAN JUST MILITARY STRENGTH.

THE SPARTANS OF OLD MADE SIGNIFICANT CONTRIBUTIONS TO THEIR SOCIETY, CONTRIBUTIONS WHICH HAVE CONTINUED TO SHAPE THE WORLD WE LIVE IN TODAY. SOME OF THESE INCLUDE THE FIRST DEMOCRACY IN RECORDED HISTORY, THE INTRODUCTION OF LAND REFORM AIMED AT EQUALIZING WEALTH AMONG ITS CITIZENS AND THE DEVELOPMENT OF A COMPLEX SYSTEM OF MUTUAL DEFENCE TREATIES. THE SPARTANS WERE KNOWN FOR AGGRESSIVELY DEFENDING DEMOCRACY AGAINST TYRANNY BECAUSE THEY SO STRONGLY BELIEVED IN A SOCIETY OF FREEDOM. SPARTA LED THE WORLD IN THE AREA OF WOMEN'S RIGHTS. SPARTAN WOMEN ENJOYED SUCH THINGS AS THE RIGHT TO INHERITANCE, PROPERTY OWNERSHIP AND PUBLIC EDUCATION. THESE ARE RIGHTS THAT TODAY WE WOULD CONSIDER ELEMENTARY, BUT AT THE TIME THEY WERE UNHEARD OF FOR WOMEN.

SPARTA'S PUBLIC EDUCATION SYSTEM, THE AGOGÉ, WAS ALSO ADMIRABLE ALMOST UNIVERSALLY BY CONTEMPORARIES. THE PEOPLE OF SPARTA HAD A STRONG COMMITMENT TO EDUCATION, BUT THIS WAS NOT THE ONLY THING THAT SPARTA WAS ADMIRABLE FOR; SPARTA ALSO BECAME

WELL KNOWN FOR ITS CONSTITUTION, ITS MUSIC AND DANCE. IT WAS HER CITIZENS – THE LAWMAKERS, THE STATESMEN, THE PHILOSOPHERS AND THE POETS – WHO WERE THE MOST WIDELY ADMIRABLE IN ANCIENT TIMES. THEY WERE UNITED IN THEIR VALUES AND FAITHFUL TO HOLD TRUE TO THEM.

IN SHORT, THE SPARTANS WERE A PROUD PEOPLE WITH STRONG CONVICTIONS, TREMENDOUS DISCIPLINE, SIGNIFICANT POWER AND CULTURE-SHAPING INFLUENCE. THEY WERE INDEED “CHAMPIONS” AND LEADERS IN MANY DIFFERENT AREAS OF LIFE. THEIR EFFORTS TO DEVELOP THE WHOLE PERSON, THEIR DISCIPLINE TO DEVELOP THEMSELVES PHYSICALLY, THEIR RESPECT FOR WOMEN AND EDUCATION, THEIR WILL TO BUILD A STRONG COMMUNITY, AND THEIR DESIRE TO CONTRIBUTE TO THE BETTERMENT OF SOCIETY HAVE LEFT AN INSPIRING LEGACY. IT IS FROM THIS LEGACY THAT WE DISTILL AND ASPIRE TO THE TRAITS OF STRENGTH, UNITY, DETERMINATION AND FAITHFULNESS, AND IT IS FROM THIS LEGACY THAT WE HAVE TAKEN THE NAME SPARTANS.

THE SPARTAN NAME HAS ENDURED AT TRINITY WESTERN FOR 44 YEARS. THE TWU ATHLETICS LOGO HOWEVER, HAS GONE THROUGH A SOMEWHAT EVOLUTIONARY PROCESS. THE FIRST TWU SPARTAN LOGO APPEARED IN THE EARLY 70'S AND BEGAN TO TAKE SHAPE OVER THE NEXT DECADE. IN THE SPRING OF 1986 THE ATHLETIC TEAMS OF THE NEWLY NAMED TRINITY WESTERN UNIVERSITY ORDERED NEW UNIFORMS, AND WITH THE NEW UNIFORMS CAME NEW TEAM COLOURS TO THE SPARTANS. THE SPARTANS WOULD EXCHANGE BROWN AND GOLD FOR BLUE, GOLD AND WHITE AND WITH THAT WOULD SEE ANOTHER CHANGE TO THEIR LOGO. BOB LEE AND FELLOW MEMBERS OF THE MEN'S BASKETBALL TEAM ASSISTED IN A REVISION OF THE SPARTANS' LOGO. THEY COMBINED THE TWU LETTERS WITH A WARRIOR HEAD TO CREATE THIS NEW REVISED LOGO, WHICH WAS REFINED ONCE AGAIN IN 1988 AND

THEN CUSTOMIZED INTO A 3-D VERSION IN 1999. THE MOST RECENT RENDERING OF THIS LOGO WAS FINALIZED IN 2005 BY TWU'S UNIVERSITY COMMUNICATIONS DEPARTMENT.

FOR MORE THAN 30 YEARS THE SPARTAN LOGO HAS BEEN REFINED. THERE HAVE BEEN DISCUSSIONS ABOUT WHETHER THE HELMET IN THE LOGO WAS MORE REPRESENTATIVE OF TROY OR ROME THAN SPARTA, WHETHER OR NOT THE LOGO SHOULD CONTAIN MORE OR LESS DETAIL AND WHETHER OR NOT IT WAS AN APPROPRIATE LOGO AT ALL. THE MANY VARIATIONS EVENTUALLY BEGAN TO CAUSE CONFUSION AS TO WHICH LOGO WAS THE CORRECT LOGO FOR THE SPARTANS. EVEN THE UPDATED 2005 LOGO PRESENTED SEVERAL DESIGN PROBLEMS AND BEGAN TO LOOK DATED IN STYLE. CONFUSION EXTENDED BEYOND THE LOGO ITSELF, AND AS LATE AS THE TURN OF THE CENTURY, TWU ATHLETIC TEAMS WERE OCCASIONALLY REFERRED TO AS THE TROJANS INSTEAD OF THE SPARTANS BY OUTSIDE INDIVIDUALS. IT WAS DETERMINED THAT BECAUSE OF THESE AND OTHER BRANDING RELATED ISSUES THAT THE LOGO FOR THE TWU SPARTANS NEEDED TO BE CHANGED.

IN THE FALL OF 2006 TWU'S DEPARTMENT OF ATHLETICS INITIATED A LOGO REDESIGN PROCESS. A TEAM THAT BEGAN WITH OF MEMBERS OF THE DEPT. OF ATHLETICS, AND EXPANDED TO INCLUDE TWU'S UNIVERSITY COMMUNICATIONS, AND EVENTUALLY A VANCOUVER DESIGN COMPANY (INDUSTRIAL BRAND CREATIVE INC.), TOOK ON THE TASK OF REDESIGNING THE SPARTAN LOGO. AFTER A YEAR OF HARD WORK, TWU AND SPARTAN ATHLETICS ARE PROUD TO PRESENT A NEW LOGO.

FROM THE BEGINNING OF THE LOGO REDESIGN PROCESS, SEVERAL ISSUES BECAME VERY CLEAR. IT WAS IMPORTANT THAT THE NEW LOGO REMAIN TRUE TO THE IDENTITY OF THE TWU SPARTANS. IT HAD TO CLEARLY ARTICULATE WHO WE ARE IN LIGHT OF THE ANCIENT SPARTAN VALUES WE ASPIRE TO. IT WAS IMPERATIVE THAT THE NEW LOGO BUILD ON OUR HISTORY, NOT ERASE IT. GREAT EFFORT WAS MADE TO FOLLOW OUR HISTORY, AND THE HELMET ON THE LATEST VERSION OF THE SPARTAN LOGO IS MORE IN KEEPING WITH THE ACTUAL BATTLE HELMET THAT THE ANCIENT WARRIORS

OF SPARTA WORE INTO CAMPAIGNS. THIS IS ALSO THE LOOK THAT WAS ACHIEVED WITH THE ORIGINAL TWC LOGO FROM THE EARLY 70'S PROVIDING A STRONG TIE TO OUR LOGO ROOTS. IT WAS IMPORTANT THAT THE NEW LOGO BE MORE VERSATILE AND SIMPLE, YET CLASSIC IN DESIGN. IN SHORT THE NEW LOGO HAD TO CLEARLY STATE WHO WE ARE IN NAME AS WELL AS IN DESIGN, AND TO REPRESENT THE VALUES WE HOLD TO AS SPARTANS. WITH THESE THINGS IN MIND, THE PROCESS BEGAN TO UNFOLD AND EVENTUALLY THE NEW LOGO WAS BORN.

SINCE 1963, THE TRINITY WESTERN SPARTANS HAVE BEEN WRITING THEIR OWN HISTORY, A PROUD HISTORY, BUILT AROUND COMMUNITY, INTEGRITY, RESPECT, AND SACRIFICE. IN 1999, THE SPARTANS JOINED THE CANADIAN INTERUNIVERSITY SPORT (CIS), THE HIGHEST LEVEL OF UNIVERSITY SPORT IN THE COUNTRY, AND IN 2001, THEY LAUNCHED THE COMPLETE CHAMPION APPROACH™, A PROGRAM UNIQUE TO CANADIAN UNIVERSITY SPORT. THE CCA™ IS A POWERFUL AND EFFECTIVE PROGRAM AIMED AT THE DEVELOPMENT OF THE WHOLE PERSON, AND ONE MORE STEP ALONG THE JOURNEY THAT IS BUILDING THE LEGACY OF THE TRINITY WESTERN SPARTANS. IT IS A TOOL WE USE TO HELP US SHAPE AND TRANSFORM OUR SPORT AND CULTURE. THROUGH OUR SUCCESSES IN THE CCA™, AND AS A RESULT OF OUR SUCCESS AT THE CIS LEVEL, TRINITY WESTERN UNIVERSITY IS BECOMING WIDELY KNOWN ACROSS CANADA AS THE HOME OF THOSE WHO PURSUE EXCELLENCE AND THE HOME OF CHAMPIONS WHO ARE HAVING AN IMPACT ON COMMUNITIES AROUND THE WORLD.

THE ANCIENT SPARTANS WORKED TOGETHER TO ACHIEVE THEIR GOALS AND UPHOLD THEIR VALUES. IT WAS THIS UNITY THAT ALLOWED THEM TO BECOME THE PEOPLE WE KNOW TODAY AND TO ACCOMPLISH ALL THEY SET OUT TO ACHIEVE. THEY SUCCEEDED BECAUSE THEY WERE A TEAM, AND THE SAME PRINCIPLES HOLD TRUE FOR THE TWU SPARTANS.

TOGETHER WE ARE STRONG,
TOGETHER WE ARE UNITED, TOGETHER
WE ARE DETERMINED, TOGETHER WE ARE
FAITHFUL, TOGETHER...WE ARE
SPARTANS!

THE COMPLETE CHAMPION APPROACH™

Trinity Western University Spartan Athletics is committed to student-athlete development through a model we call The Complete Champion Approach™ (CCA). The CCA is designed to help Spartan Student-Athletes become champions in all areas of their lives by focusing on whole-person development. Through the CCA, Spartan Student-Athletes use their God-given talents and intellect to live a life of significance, experience true personal success, and to powerfully influence their families and communities.

SPARTAN ATHLETICS IS COMMITTED TO DEVELOPING THESE FIVE KEY AREAS THROUGH THE CCA

Commitment to Spiritual Development: To provide the tools and support for student-athletes to discover, learn and grow on their spiritual journey.

Commitment to Athletic Development: To foster a dynamic environment in which individuals can succeed as they persistently advance to the edge of their ability.

Commitment to Academic Development: To support the academic progress of the student-athlete toward intellectual development and graduation.

Commitment to Leadership Development: To encourage the student-athletes to become godly Christian leaders in order to shape and transform sport and culture.

Commitment to Personal Development: To support the development of a well-balanced lifestyle for student athletes, encouraging spiritual growth, mental wellness, personal growth, decision-making skills and the pursuit of career and life goals.

SPARTAN ATHLETICS IN CANADIAN INTERUNIVERSITY SPORT

Trinity Western University has been a member of the Canada West Universities Athletic Association (CWUAA) and the Canadian Interuniversity Athletic Union (CIAU) since 1998. In 2001, the CIAU changed its name to Canadian Interuniversity Sport (CIS).

As official members of Canadian Interuniversity Sport (CIS), the Spartans currently compete in 10 sports in the Canada West division of the CIS: women's and men's soccer, volleyball, basketball, cross-country and track & field. TWU also competes in the BCIHL in men's hockey.

The TWU varsity athletics program includes men's and women's soccer, men's and women's basketball, men's and women's volleyball, men's and women's hockey, men's and women's rugby, men's and women's cross country, and men's and women's track and field.

Since Trinity Western entered U SPORTS (then CIAU) in 1999, the Spartans have won numerous U SPORTS titles: U SPORTS Gold Medalist 2014 - High Jump, Emma Nuttall, U SPORTS Gold Medalist 2014 - 1500m, Sarah Inglis, U SPORTS Gold Medalist 2014 - 1000m, Fiona Benson, U SPORTS Gold Medalist 2014 - Long Jump, Sabrina Nettey, U SPORTS National Champions 2019 - Men's Volleyball, U SPORTS National Champions 2017 - Men's Volleyball, U SPORTS National Champions 2016 - Men's Volleyball, U SPORTS National Champions 2015 - Women's Volleyball, U SPORTS National Champions 2013 - Women's Soccer, U SPORTS National Champions 2012 - Women's Soccer, U SPORTS Gold Medalist 2012 - High Jump, Emma Nuttall, U SPORTS National Champions 2012 - Men's Volleyball, U SPORTS National

Champions 2011 - Men's Volleyball, U SPORTS National Champions 2009 - Women's Soccer, U SPORTS National Champions 2008 - Women's Soccer, U SPORTS National Champions 2006 - Men's Volleyball, U SPORTS National Champions 2004 - Women's Soccer, U SPORTS Gold Medalist 2002 - 60m, Laura Wilson.

U SPORTS

Canadian Interuniversity Sport is the national governing body of university sport in Canada. Fifty-four members, 10,000 student-athletes and 550 coaches vie for 19 national championships in 11 different sports. U SPORTS also provides high performance international opportunities for Canadian student-athletes at Winter and Summer Universiades, and 27 World University Championships. For further information, visit www.usports.ca.

CANADA WEST

Canada West is the premier athletic conference in the country and is home to champion student-athletes that excel on the field, in the classroom and in their communities. With the most wins in CIS and over 100 national championships in the past decade, Canada West and its 17 member-institutions commit to a student-athlete experience where competitive excellence, scholarship and sportsmanship contribute equally towards moulding outstanding graduates and community leaders.

All games are webcast at www.canadawest.tv.

MESSAGE FROM THE DIRECTOR OF ATHLETICS

Welcome to Spartan Athletics. We had a historically excellent season last year coming out of Covid. I'm excited to see our teams improve on that season with our goal to have every team ranked in the Top 10 in Canada at some point in their season and make a trip to their National Championship.

In addition I believe God has a plan for you this year as you develop spiritually, athletically, academically and personally. We call this central thread of well-rounded excellence, The Complete Champion Approach™ (CCA). Each staff member commits to becoming more and more of a complete champion in all areas of his or her life. Our prayer is that you too will embrace the CCA and become all that God made you to be.

You are part of one of the premier university athletic programs in Canada and as a TWU Spartan there will come many opportunities, expectations, and challenges. I trust you will find the strength and encouragement to walk through this journey in a confident manner knowing that the Athletic Department and your team members will be with you each step of the way. We want you to graduate understanding your God given purpose and having the tools to live it out for the good of the world and glory of God.

Go Spartans!

Jeff Gamache
Director of Athletics
jeff.gamache@twu.ca
604-513-2055

Spartan4Life™

What does it mean to be a Spartan4Life?

Spartan Athletics strives to develop student-athletes into people who are complete champions in all areas of their lives. We focus on developing them spiritually, academically, athletically, personally and as leaders and servants in the community. Our goal is to create a culture where these athletes are not only developing as complete champions during their career at TWU but also throughout their entire lives. We want them to become Spartans4Life who daily live out complete champion values they have learned at TWU like teamwork, perseverance, excellence, discipline, passion, faith and service, and who honour God in the process.

A Spartan4Life is someone who recognizes the investment others have made in him/her and who works to give back and strengthen that legacy by supporting, promoting and investing back into Spartan Athletics and Trinity Western University throughout his/her lifetime. Someone who is a Spartan4Life places value in the Spartan4Life community and works to stay connected to that community realizing that they are part of something that is much bigger than themselves. They are part of a legacy that lives on through their involvement and investment back into the community; a legacy they can pass on to those that follow.

EXPECTATIONS OF SPARTAN STUDENT-ATHLETES

(Please also refer to the TWU Student Handbook: <https://twu.ca/studenthandbook/>)

With the great opportunity of being a Spartan comes an equally significant responsibility to strengthen and protect the culture of TWU and Spartan Athletics.

Spartan Student-Athletes (seen as leaders) represent Trinity Western University with dignity and integrity in a mature, responsible Christian manner in all situations. Acting by the regulations and expectations of Trinity Western University as brought forth in the Mission Statement and adjoining code of conduct. Athletes at Trinity Western University, whether on or off the playing field, track, ice, or court are representatives of the Lord Jesus Christ.

Guiding Principles:

1. Athletes are on display in many areas: on the field/court/ice/track, in the classroom, on the campus, and in the community. Therefore, as a representative of your team, Spartan Athletics, and Trinity Western University, your conduct must be above reproach at all times.
2. While engaging in athletic competition, the athlete is expected to control himself or herself at all times. Profanity, illegal tactics, or loss of physical control is behaviour that will not be tolerated.

3. Each athlete must abide by the standards of the university (see TWU Student Handbook) and any additional guidelines set forth by his or her coach, both on and off campus, in-season and out-of-season for returning athletes.

4. Our corporate and individual conduct is important. The conduct of teams when travelling should be impeccable. We treat flight attendants, bus drivers and others who serve our teams respectfully and behave in a mature manner on flights and buses (We are always respectful, leaving places better than we found them e.g. team rooms, bench areas, and vehicle, airplane seats and hotel rooms are left in a neat and orderly manner. A zero alcohol policy is in effect when travelling on Spartan events.
5. Recognizing the value of personal appearance, student-athletes may be required to conform to a specific standard set forth by his or her coach or by the athletic director. (E.g. specific travel dress code).

6. The “Spartan-Way” is a culture that includes the following desirable characteristics of behaviour:
 - a. loyalty to one’s team and university
 - b. aggressive, enthusiastic, ambitious, but fair
 - c. determined to improve
 - d. humble in victory, dignified in defeat
 - e. responsible
 - e. tolerant of others mistakes
 - g. obedient, courteous, servant attitude

- h. respects authority, opponents, officials and others
 - i. demonstrates good sportsmanship at all times
 - j. enthusiastically supports all other Spartan teams
7. Student-athletes buy into the culture of seeking ways to serve, to be givers, not takers. They are helpful in many practical ways such as facilitating the jobs of the manager, the team therapists and the coach(s) (i.e. return of uniforms and equipment following games, practices and/or trips, assist in loading and unloading vans, and cleaning the vans after use). Another way our student-athletes demonstrate servant leadership is by assisting in crucial aspects of the department; one of these ways is to assist at soccer Spartan home game concessions, or with major department events e.g. fund raising events.
8. Student athletes will help team fundraising activities at the discretion of the coach.
9. Social Media Conduct: Social Media is communication and as such is an extension of the individual, team, Spartan Athletics or Trinity Western University.

In keeping with biblical and TWU ideals, community members voluntarily abstain from the following actions:

- communication that is destructive to TWU community life and interpersonal relationships, including gossip, slander, vulgar/obscene language, and prejudice
- harassment or any form of verbal or physical intimidation, including hazing

ONLINE COMMUNITIES

Participation in social networking and broadcasting communities such as, but not limited to, Instagram, Twitter, Facebooks, TikTok, or YouTube are common sources of social connection and personal expression for members of the TWU community. In a proper balance with face to face relationships, online community involvement can be an enriching experience when certain precautions are taken. Students choosing to participate in online communities should consider the following:

- Limit the amount of personal information provided and make use of the site's security or privacy settings to control access to personal information. Phone numbers, SIN or SSN information, student ID numbers, credit card information, physical addresses (including room numbers), email addresses, date of birth, photos, or personal disclosures can be accessed by others who may share them or use them in ways you do not intend;

- Behaviour that is inappropriate in face to face relations is also inappropriate online, such as threats, harassment, discrimination or acts of fraud. For the TWU community this also includes behaviour that is contrary to the TWU Student Handbook and guidelines of the University. Displays or disclosures of inappropriate behaviour may be investigated through TWU's Student Accountability Policy and Procedures;
- All TWU students should be familiar with the Community Acceptable Use Policy, which can be found at twu.ca/divisions/technology/students/aup.aspx.

4. Violations by athletes of TWU's student conduct code will be dealt with by Trinity Western University's Student Discipline Policy (See TWU Student Handbook).
5. The department covers the major expenses when travelling, (lodging and transportation on league trips) there will be the odd expense like a meal, or extra food money that is the responsibility of the student-athlete. Coaches may provide meals or meal supplements to the team, but athletes may need to cover some of their meal expenses while on team travel.

WORD-TO-THE-WISE

There are can be serious consequences for breaches to any of the above guidelines/principles such as scholarship reduction or loss, probation, suspension, removal from the team; these are all very real actions that have occurred in the past.

Process:

1. The coach shall inform each student of appropriate conduct that will be expected at all times.
2. The coach shall do everything within his/her power to influence the athlete's development toward desirable characteristics and abilities.
3. The Director of Athletics will be kept appraised of concerns or problems as they arise. Do not let a small problem become a large one.

HAZING AND ROOKIE INITIATIONS - SPARTAN GUIDING PRINCIPLES

How should older Spartans treat younger and newbie Spartans? What are the best behaviours to exhibit? Respect, honour, kindness, compassion, helpfulness, appreciation, courtesy, welcoming.

Hazing is a broad term encompassing any action or activity which does not contribute to the positive development of a person; which inflicts or intends to cause physical or mental harm or anxieties; which may demean, degrade, or disgrace any person, regardless of location, intent or consent of participants. It is an action taken or situation created, intentionally, whether on or off the University premises, to produce mental or physical discomfort, embarrassment, harassment, or ridicule.

Just because someone consents to hazing does not mean it is no longer a crime. Let us choose the "high road" at all times, respecting the individual worth and value of all of God's children.

Penalties: Any athlete or student associated with our Athletics program who participates in the hazing of another may forfeit any entitlement to Athletics funds (meal money, etc.), scholarships, or awards or benefits which are enjoyed by him/her, or by the team, and their involvement with the Athletics Program at TWU will be probation or terminated.

What activities can be considered hazing?

Depending on the circumstances, these activities have at one time or another been construed as hazing by the courts and institutions of higher education.

Shaving of head, facial, or body hair, "unique" haircuts applying a substance to someone's body. Paddling or striking in any manner. Marking or branding. Treasure or scavenger hunts. Requiring calisthenics such as sit-ups, runs, etc. Requiring the carrying of items such as rocks, helmets, shields, swords, books, paddles, etc. Preventing/restricting class attendance or sleep

Requiring personal servitude Forcing members to eat/drink Work parties for rookies only. Staging any form of line up. Preventing/restricting normal personal hygiene Causing indecent exposure Physical harassment such as pushing, cursing, shouting, etc.

Requiring uncomfortable, ridiculous, or embarrassing dress (i.e. suits/dresses to class) Treating a person in a degrading manner. Conducting any "Hell Week" activities or calling any pre-initiation activity "Hell-Week". Requiring the practice of periods of silence.

Some activities are easily categorized as hazing. Others may not be so easily classified. If you are not sure, consider the following questions:

Is this activity a TWU educational experience?

Does this activity promote or conform to the values of the Athletic Department or TWU? Will this activity increase the respect for TWU?

Do new and initiated members participate together equally in this activity?

Would you be willing to allow parents or University officials to witness the activity? Would you be able to defend the activity in a Court of Law?

Does the activity have value in and of itself?

A good rule to follow when deciding whether an activity is hazing is this:

"If you have to ask if what you are doing is hazing, it probably is."

*Please also see the general TWU Harassment Policy in the Student Handbook: <https://twu.ca/student-handbook>

ELIGIBILITY

USPORTS REGULATIONS

I. Educational Criteria

A student-athlete shall be academically eligible to participate in U SPORTS competition if:

A. They are registered in a minimum of nine (9) semester hours per semester and eighteen (18) semester hours per year.

B. They are enrolled in a minimum of three (3) courses (9 semester hours or equivalent) in the term in which they are competing within the U SPORTS unless there are circumstances within their academic program which would warrant an exception to this ruling and in which the university continues to declare this individual a full-time student (e.g. graduate students, co-op students, registered special needs).

C. As a continuing student-athlete they are a student in good standing.

D. Any student-athlete registered in a co-op program and on a recognized work term to fulfil a required co-op component in their academic program will be eligible to participate for that institution.

II. Years of Eligibility

A. An athlete shall be allowed to participate in U SPORTS competition for five (5) years.

B. An athlete who has completed their eligibility to participate in post secondary sport in a Canadian or a non-Canadian jurisdiction is ineligible for U SPORTS competition.

C. An athlete may participate in two of a member institution's non-conference competitions or tournaments without being charged with a year of eligibility. An event classified as a tournament played over 3 or fewer consecutive days shall count as one non-conference competition for the purpose of this rule.

III. Documentation of Eligibility

A. The Associate Director of Athletics-Administration shall be responsible for determining eligibility of all athletes at their respective institutions.

B. All student athletes must register on the U SPORTS portal and provide annual consent to the University. This consent verifies that the athlete has read and understands the rules they must follow.

IV. Transfer and Changes of Institutions

A. An athlete, who transfers from any U SPORTS post secondary degree granting institution to a member institution, must not participate for a period of one calendar year on the U SPORTS sport in which such an athlete participated at the previous post secondary degree granting institution in order to be eligible for U SPORTS participation.

B. An athlete, who transfers to a member institution from a non-degree granting community or university college, shall be eligible to participate in U SPORTS competition.

C. An athlete, who transfers from a post secondary degree or non-de-

gree granting institution that participates in the Canadian Colleges Athletic Association leagues shall be eligible to participate in U SPORTS competition immediately if; the athlete has achieved a minimum of 60% average or equivalent on those courses utilized to determine his/her university admission. I. An athlete is no longer eligible to compete if he/she has completed his/her CCAA eligibility.

V. Participation

A. The appearance of the name of the athlete on any score sheet or entry form shall be deemed participation in that game or competition for which the athlete was registered and constitute one year of eligibility used.

B. In order to compete in conference or National Championships the student-athlete must be eligible to compete during the regular season.

C. Athletes must be registered on the eligibility sheet to be eligible to participate in U SPORTS competition.

D. A student-athlete must pass a minimum of eighteen (18) semester hours to be a member in good standing and eligible to participate in the next season.

TWU ACADEMIC REGULATIONS FOR STUDENT-ATHLETES

ACADEMIC RESPONSIBILITIES:

1. Only those students enrolled at Trinity Western University (including TWU Seminary, TWEXT, and Grad students) in a minimum of 9 semester hours of course work per semester while competing are eligible for participation on an inter-university athletics teams; however, to be eligible for financial aid a student-athlete must be enrolled in a minimum of 12 semester hours.

Please note a student with less than 12 semester hours or whose GPA is below 2.0 is not eligible for any athletic or university financial awards.

2. To maintain U SPORTS eligibility, student athletes must successfully complete 18 semester hours in the academic year using eligibility. Athletes who do not complete 18 sem hours in an academic year in which they consume eligibility, will not be eligible to compete until they have completed 18 sem hours in one academic year following the year in which they competed.

TWU ACADEMIC REQUIREMENTS FOR STUDENT-ATHLETES:

- Set high standards for yourself and for your team mates and hold each other accountable.
- In the event that you will be away from classes due to scheduled varsity contests, it is your responsibility to personally communicate to professors well in advance regarding days and times that will be missed. You must write out all of the dates you will be away due to athletic travel commitments and set up a brief meeting with each professor to review the entire semester. It is best to let professors know at the beginning of each semester all the dates you will miss throughout that semester so they can help you plan your coursework around these dates.
- Regular attendance and participation in all classes is expected and is one of the best ways you can keep on top of your studies.
- Be sure to register for courses during the pre-registration times (Nov. & March) to help ensure that you will get into sections that do not conflict with athletic practices and contests.
- Make use of the academic resources available through the Complete Champion Approach (for more info. contact Sam Jung at sam.jung@twu.ca)

Recruiting Responsibilities:

The recruiting team includes the coaches, the Athletics administration, and some alumni. We also need you, the student-athletes to be part of this work force. It would be greatly appreciated, if you, as a student-athlete, take part in promoting our university with potential prospects, including siblings, relatives, church friends, family friends, or anyone who you think might attend or should attend TWU – have them contact us through our web: www.twu.ca/athletics where they can fill in a recruiting form and get into our system.

Concession Stand Responsibilities:

All athletes are expected to volunteer at the concession stand for home games (money raised purchases the senior athlete appreciation awards).

General Responsibilities:

Wise time management is needed to ensure success at both academics and athletics.

Regularly pray for your teammates, coaches, and other athletic staff.

Fairplay:

As an athlete and a spectator, “fair play”, honesty and respect is expected and to show “class” at all times and in all situations.

SPARTAN SPORTS MEDICINE CENTRE

The Sport Medicine Team:

- Head Therapists
- Assistant Athletic Therapists
- Team Student-Therapists
- Assigned to each varsity team

Equipment:

- Taping Tables
- 3 assessment tables
- Semi-private treatment areas
- 2 hydrotherapy tubs
- Ice machine
- hydrocollator machine (moist, heating packs.)
- various rehabilitation tools (theraband, wobble boards, therapy balls, etc.)
- first aid/taping supplies and medical kits
- Ultrasound/electrotherapy combo units
- Laser unit
- muscle stimulation and TENS units

ATHLETE ELIGIBILITY (FROM A THERAPY PERSPECTIVE):

Athletes must complete the following, in order to participate as a Spartan student-athlete:

1. Pre-participation Medical Information form
2. Proof of Physician's clearance for participation (Pre-Participation Physical Examination Form) for ALL first year Spartan athletes and those who are "red flagged" through the Medical Information form. This must be presented to the therapy team prior to any activity with a team, including try-outs and/or training camp.

3.CCES Drug Education online course

4.Concussion Awareness Training Tool online certificate

5.Spartan Athletics Participant Waiver

6.Athletes Conduct, Commitment and Responsibilities Form

All required medical forms MUST be completed in their entirety prior to any activity with a team, including try-outs and/or training camp.

Hours of Operation:

Monday - Thursday 8:00 am -5:00 pm, Friday 9:00am-3:00pm

Reserved hours: Monday from 8:30-11:00am for those athletes who have been injured during in-season weekend competitions.

Injury Care:

For injury care, please MAKE AN APPOINTMENT through the online appointment system. Please communicate to the therapy team if you cannot attend an appointment, cannot get an open appointment, or have an urgent problem. Drop-ins are heavily discouraged; you may be declined care until an appointment is made. Injuries cannot be assessed and resolved 10 minutes prior to practice.

Assessments: 30 minutes; Treatments: 30 minutes (plus time for rehabilitation exercises)

In order to accelerate your recovery, the care of another medical professional (sport medicine physician, chiropractor, physiotherapist, acupuncturist, massage therapist, etc.) may be suggested. Any costs incurred while receiving treatment from these professionals are the responsibility of the student-athlete. You may, however, be eligible for reimbursement through the Students' Accident Insurance Program, or through your parent(s) extended health plan. As an athlete, it is to your benefit to report any and all injuries when they occur.

Early recognition and treatment is the key to a quick return!

Insurance and Medical Information

In keeping with the general student policy of the university and in order to be covered under the TWU student-accident insurance, each Canadian resident student-athlete is responsible to have a valid provincial medical insurance number and plan (or interim coverage if you are a U.S. or international student) before they will be permitted to formally participate with any of the university's athletic teams.

U.S. and International visa students residing in B.C. without insurance are required by B.C. law to apply for provincial (MSP) coverage as

soon as they have arrived in the country. This can be done online through the government's website (my.gov.bc.ca/msp/application/prepare). Processing this application can take the government up to three months. Interim insurance must be purchased through GuardMe (www.guard.me/twu) for the three month interim period, unless students have other appropriate insurance coverage. U.S. students residing in the U.S. and commuting to TWU must have a valid and adequate insurance plan while coming to school and playing sports in Canada. This must be done before any pre-season practices or competitions begin. Failure to do so will result in pulling the athlete from any participation of competition or practice until proof of insurance has been shown.

ALL students are responsible to ensure that they have valid and adequate medical insurance coverage.

Medical expenses required as a result of an athletic injury or necessity to maintain an athlete's physical fitness for competition will be covered by the insurance provider and then if applicable the university's insurance.

Each student is to be physically sound before practicing or competing with any athletic team and will be required to provide evidence of a physical examination and a Doctor's approval to play upon entry into the Spartan

Ath-letics program. In addition, each participant is required to complete a Pre-Participation Medical Information Form and a Participant Athlete Waiver/Assumption of Risk and Registration Form prior to participation on an athletic team (including try-out camps).

An Athletic therapist or coach may recommend or require a medical examination and/or treatment if an athlete's physical fitness is in question. The athlete will assume financial responsibility for any such medical attention.

If you have been injured, immediately have a member of the Sports Medicine Team record the details of the injury. In cases requiring a physician's care contact the Wellness Centre, who will provide you with a claim form if needed and further instructions.

Emergency Policies and Procedures

The department of athletics will provide a member of the Spartan Sports Medicine Team for practices

and home contests. This therapist shall be First Aid & CPR certified and trained in emergency procedures.

In cases of minor injury, a member of the Sports Medicine Team should be notified and details of the injury must be recorded after first aid is rendered. Note: If you have a chronic injury, a brace may be used to reduce the chance of further injury and the expense of taping. In injury cases requiring a physician's care, the certified therapist will clear the athlete for participation in concert with the physician.

The Sport Therapy team shall maintain a file on an athlete's injuries indicating the:

- date and nature of injury.
- procedures followed in care and treatment of injury.
- date of the injured athlete's re-turn to activity

SPORTS INFORMATION

The sports information director, student assistants, and head coaches provide coordination, guidance, and direction to the entire public relations efforts. Together they will determine the scope of emphasis according to judgment and ability to finance.

Purposes of publicity include:
To make the name of Trinity Western University better and more widely known as an institution worthy of note.

To keep the name of TWU before a specific or general public.

To publicize the activities of the TWU department of athletics or specific teams.

To publicize the admirable qualities or activities of members of the staff, individual athletes, and/or teams.

To keep a general or specific public informed of the athletic opportunities, activities, and results.

To promote upcoming athletic events and competitions.

The image of the university is always at stake through publicity, whether purposefully or accidentally disbursed. All information concerning the university and/or its various facets or the sports program shall be for the sole purpose of enhancing that image.

The best place to find sports stories and articles about TWU's athletics program is at GoSpartans.ca as well as our social media sites: Facebook page: TWUSpartans, on Instagram: TWUSpartans, on Twitter: TWUSpartans and on YouTube: SpartansSID.

Photos, videos and stories can be readily found on here as well as on our main GoSpartans website.

Live games and archived games can be found at CanadaWest.TV.

NOTE: We welcome your ideas on how we can better publicize, advertise, and promote athletics. Please put your ideas in writing or email and submit them to Associate Athletic Director in Media and Marketing: Mark Janzen at mark.janzen@twu.ca, to Sports Information Director: Scott Stewart at ssstew@twu.ca, to Communications Assistant: Tyler Jones at tyler.jones@twu.ca or to the Sports Information general email account at sportsinfo@twu.ca.

ADMISSION TO SPARTAN HOME GAMES

Complimentary Admission:

Each varsity athlete will receive an athlete pass that can be redeemed for one ticket for the athlete for any Spartan Athletic home event. Please be prepared to show student ID at the door to get your ticket (the pass online will not gain you admission).

Each coach receives a limited amount of complimentary tickets for each home game of their team. Distribution of these tickets among the team are at the coach's discretion.

If you LEAVE A TEAM, you must turn in your athlete pass or it will be charged to your student account.

Regulations pertaining to the Student-Athlete Pass:

Valid TWU photo I.D. card must accompany pass. NO FREE admittance without both TWU I.D. and Student Athlete pass (NOTE: entrance fee for TWU students is \$2.00)

This pass IS NOT transferable. Misuse will be cause for revocation of pass privilege.

LOST/stolen passes will only be replaced once and for a fee.

Pass is valid for Spartan athletic events.

2022-23 TWU SPARTANS STUDENT HANDBOOK

IMPORTANT CONTACTS

TWU Switchboard	(604)888-7511	WEBSITE:	www.gospartans.ca
TWU Athletics PHONE:	(604)513-2020	Twitter:	@twuspartans
TWU Athletics FAX:	(604)513-2065	Facebook:	@twuspartans
		Instagram:	@wuspartans
		YouTube:	SpartansSID

NAME/EMAIL	LOC	POSITION	PHONE
EVANS, ANDREW andrew.evans@twu.ca	3284	DIRECTOR OF RUGBY	250-516-4779
GAMACHE, JEFF jeff.gamache@twu.ca	2055	DIRECTOR OF ATHLETICS	604-202-8230
GHOBRAL, NATALIE natalie.ghobrial@twu.ca	2127	HEAD ATHLETIC THERAPIST	604-614-1631
GIESBRECHT, ROB robert.giesbrecht@twu.ca	2122	MANAGER OF SOCCER OPERATIONS	778-870-2972
GINTER, JARED jared.ginter@twu.ca	3455	DIRECTOR OF FACILITIES & RECREATION	778-558-4727
HERGOTT, COLE cole.hergott@twu.ca	3710	STRENGTH & CONDITIONING HEAD COACH	306-369-7418
HOFER, CAROL hofer@twu.ca	3775	ASSOC. DIRECTOR OF ATHLETICS - ADMIN	604-866-0782
HOFER, RYAN ryan.hofer@twu.ca	2117	WVB HEAD COACH	604-857-3696
JANZEN, MARK mark.janzen@twu.ca	3722	ASSOC. DIRECTOR MEDIA & MARKETING	604-613-6730
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JONES, TYLER tyler.jones@twu.ca		COMMUNICATIONS ASSISTANT	604-345-0162
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JUNG, SAMUEL sam.jung@twu.ca		MANAGER, COMPLETE CHAMPION	604-862-4290
KROPF, BARRET barret.kropf@twu.ca	8876	MENS HOCKEY HEAD COACH	778-240-7923
LAFOREST, JEAN jean.laforest@twu.ca		WOMENS HOCKEY COACH	587-999-6767
NAGASAN, WHITNEY whitney.nagasan@twu.ca	2162	ADMINISTRATIVE ASSISTANT	604-272-2644
NELSON, LEANNE leanne.nelson@twu.ca	2127	ASSISTANT ATHLETIC THERAPIST	250-897-8354
PAUL, TOLU tolu.paul@twu.ca		EVENT MANAGER	604-513-2125
PRIDIE, TREVOR trevor.pridie@twu.ca	3709	MBB HEAD COACH	778-823-3625
RATZLAFF, JULIE julie.ratzlaff@twu.ca	2116	ASSOC. DIRECTOR OF ATHLETICS - OPS	604-613-5525
ROXBURGH, GRAHAM graham.roxburgh@twu.ca	2122	WSOC HEAD COACH	604-866-1026
SANON, KATIA katia.sanon@twu.ca	2127	ASSIST ATHLETIC THERAPIST	514-850-7746
SHEARON, MIKE mike.shearson@twu.ca	2126	MSOC HEAD COACH	778-240-9674
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VANDYCK, JASON jason.vandyck@twu.ca	2115	ATHLETIC FACILITIES MANAGER	604-866-1550
WIEBE, SHANE shane.wiebe@twu.ca	2152	DIRECTOR & HEAD COACH T&F/XC	778-988-2667

