

Grand View University Department of Athletics
Student-Athlete Handbook
2023-2024

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Introduction

- 1) Welcome to Grand View University Athletics. Choosing to participate in athletics while at Grand View is challenging and rewarding, and the athletic department looks forward to playing an active role in your emotional, physical and intellectual development.

Throughout its history, the Grand View University Athletic Department has established high standards of excellence. Our student-athletes have responded by capturing numerous conference, regional and national academic and athletic honors and awards.

This student-athlete handbook will serve as your guide to answer questions regarding athletic department policies and procedures. If you have further questions, please contact your coach for information related to your sport or if more details are needed contact the Athletic Department.

We know your athletic experiences will be rewarding and look forward to watching you represent one of the finest athletic departments in the NAIA.

- 2) Grand View University Mission

Grand View University engages, equips, and empowers students to fulfill their individual potential and serve society. Committed to the development of the whole person – mind, body and spirit – and to preparing students for successful careers and responsible citizenship both in their communities and in a diverse and changing world, Grand View offers a liberal arts education that:

- Challenges students to inquire with a disciplined and critical mind, communicate effectively, and display an awareness of the global issues that affect us all.
- Creates a community of learners where differing perspectives are welcome, where friendly interaction is the norm, and where intellectual and personal integrity is expected and modeled.
- Offers a supportive environment where students can engage in community with others, discern life purpose, and grow in leadership.
- Affirms Christian faith and ethics as a vision for life, a vision that enhances our respect for the diversity and dignity of all people, for relating to others, and for the pursuit of lifelong learning.

Informed by its Danish Lutheran heritage, Grand View is a School for Life.

- 3) Athletic Department Mission/Philosophy

The Grand View Athletic Department is committed to providing each student-athlete with high quality athletic programs to assist in their development as a whole person. The Athletic Department believes that athletics can be used as a vehicle to enhance the collegiate experience and accelerate the student's ability to reach their true potential athletically, academically, spiritually and socially.

4) Conference Affiliation

Grand View University is a member of the National Association of Intercollegiate Athletics (NAIA). Grand View University competes in the NAIA as part of the Heart of America Athletic Conference (Heart).

Members of the Heart include:

- Baker University
- Benedictine College
- Central Methodist University
- Clarke University
- Culver-Stockton College
- Graceland University
- Grand View University
- MidAmerica Nazarene University
- Missouri Valley College
- Mount Mercy University
- Park University
- Peru State College
- William Penn University

Section 1 – Academics

- 1) Student-athletes are responsible for their academic progress. Coaches, athletic success coordinators, tutors, study tables, etc. are resources available to support academic achievement. Coaches receive updates of your progress throughout the academic year and recommend you work with these resources when needed. Academic progress towards a degree program will enable you to obtain, minimally, this goal in four years. Grand View endorses the efforts of the Heart of America Athletic Conference, and the NAIA to maintain academic and ethical standards to administer intercollegiate athletics.
- 2) All entering freshman in the fall of 2023 will be able to meet initial eligibility requirements by only meeting the elevated GPA requirement of 2.300 on a 4.000 scale. This change is in light of the national trend of institutions of higher learning moving away from standardized tests and fewer high schools providing a class rank.
- 3) With this change also comes a change to early decision criteria as well. Now students can receive an early decision of eligible based solely on their high school GPA. A student who has a 3.300 or higher after their sixth semester of high school and a student with a 2.800 or higher after their seventh semester can receive early decisions of eligible. As with all early decisions it will be the school's responsibility to ensure a student receiving an early decision did in fact graduate from high school and has been accepted in good standing.
- 4) Returning/Transfer students
 - a) Must pass 24 credit hours in two previous full-time semesters (full time student = 12 credit hours).
 - b) If you've passed 60 or more credit hours, which is junior status, or if you're going to compete in your 3rd competitive season, you must have a 2.00 cumulative G.P.A.
 - i) As a junior, both criteria must be met.
- 5) Repeated courses

- a) "A repeat course is defined as a course previously passed with a grade of "D" or better in any term, summer or non-term, and subsequently retaken.
 - b) A repeat course previously passed with a grade of "D" in the initial attempt and retaken, earning a grade of "C" or better, shall be considered toward satisfying the 24/36-Hour Rule.
 - c) Repeat courses previously passed with a grade of a "D" in the initial attempt and retaken, earning a grade of "D" shall be excluded and cannot be considered towards satisfaction of the 24/36-Hour Rule. Only the initial attempt shall be considered toward satisfying the 24/36-Hour Rule."
 - d) Repeat courses previously passed with a grade of a "C" or better in any term will not count towards full time enrollment and will not satisfy the 24/36-Hour Rule. You must enroll in additional credits to accommodate for this.
 - e) Exception: If at the time of certification, a student's declared major field of study at the NAIA Institution requires a grade of "B" or higher for a specific course required for degree completion, repeat courses previously passed with a grade lower than a "B" can be applied to meet the 12-Hour Enrollment Rule and the 24/36-Hour Rule.
 - f) A maximum of one repeat course per term previously passed with a grade of "C" or "D" (or the equivalent) may be counted toward satisfying the 12-Hour Enrollment Rule.
 - g) A student has 10 full time semesters (12 hours or more) to complete 4 seasons of competition.
 - h) These guidelines are not a complete listing of all rules and regulations of the NAIA. There are other rules and exceptions to specific situations. Please ask for advice or clarification on any circumstances involving athletic eligibility.**
- 6) Class Attendance
- Athletes are expected to attend all meetings of a class for which they are registered. Repeated absenteeism can result in being dropped from the class, resulting in moving you to part-time status (loss of eligibility), loss of financial aid, and/or team dismissal. If a class is missed due to an approved contest, the student-athlete is responsible for speaking with the professor and for making arrangements for any missed assignments **prior to leaving for the contest**. While respective coaches will notify faculty (via email) that student-athletes will be missing class, the student-athlete should confirm this information with their instructors and make arrangements to make up any missed work. It is not permissible to miss class for practice sessions due to class conflicts.
- 7) Before dropping a course, consult with your head coach and the Athletic Success Coordinator as the reduction in credit hours might affect your eligibility and financial aid. Grand View student-athletes have access to many resources to support academic achievement. Coaches receive updates of your progress throughout the academic year and recommend you work with these resources when needed. The Athletic Success Program provides student-athletes with extra academic support. The Athletic Success Coordinator helps coaches monitor student-athlete educational progress. If it is determined that the student-athlete may need additional academic assistance, the Athletic Success Coordinator and/or Coach will meet with the student-athlete. If the Athletic Success Coordinator, Coach or student determines that there is the need, the Athletic Success Coordinator will devise a plan to help with the student-athlete's individual classroom needs. The Athletic Success Coordinator can assist student-athletes with tutoring, study tables, attendance issues and creating a monitoring plan.

Student-athletes should notify their coach or the Athletic Success Coordinator, Michelle Prange, if they would like extra help.

Section 2 – Scholarships

- 1) Awards
 - a) Scholarships are awarded by respective head coaches for one year and will be reviewed for renewal each year. Violations of the terms and conditions listed in this handbook will result in loss of scholarship.
- 2) If participation in the sport is terminated by the student-athlete or Grand View Athletic Department this offer will be rescinded immediately and the student may be responsible for the unpaid portion of the scholarship prorated from the time that participation ends.
- 3) Student-athletes should file a FAFSA form yearly in order to qualify for additional sources of financial aid. This can be done online. Contact the Financial Aid Office for details.
- 4) Retention of the athletic scholarship for subsequent years is contingent upon the following:
 - a) Must pass 24 hours in the two (2) terms of attendance immediately preceding the term of participation. A second term freshman must pass 9 credit hours in the first term.
 - b) Meet the eligibility requirement of the NAIA and Grand View University.
 - c) Your respective coach may have stricter guidelines- refer to your team handbook for more details.
- 5) Athletic scholarships are not valid for summer school.

Section 3 – Athletic Training

- 1) **Insurance**
 - a) It is important to note that Grand View University does not have a blanket medical insurance policy for student-athletes. Therefore, all student-athletes must provide proof of their own medical insurance before they are allowed to participate. Every year, athletes must submit a copy of the front and back of their medical insurance card, prior to the first day of practice, to Grand View's electronic medical records system, Medcat. Athletes receive an email with instructions prior to their arrival to campus.
 - b) The University participates in the NAIA Catastrophic Program. Injuries covered and coverage limits are defined in the insurance policy. A copy of the catastrophic insurance policy is defined in the insurance policy. More information about the NAIA catastrophic policy can be found on the NAIA website using the following web address: <https://www.naia.org/athletic-trainers/athletic-insurance>.
- 2) **Physical Exams**
 - a) All athletes must have all medical forms on file prior to the first day of practice. These forms must be uploaded to Medcat, Grand View's electronic medical record software, before a student is allowed to practice or compete. It is strongly encouraged to utilize Grand View's physical form which can be found online at: https://gvvikings.com/documents/2023/5/22/Physical_Form_2022.pdf. It is recommended that the student-athlete obtain a physical exam with their personal physician, but can also arrange exams through Student Health Services or doctors recommended by the Athletic Trainer. Physicals must be completed every year of participation and must be dated within the past calendar year in order to be valid.
- 3) **Assumption of Risk & Athletic Release Form**
 - a) Injuries can occur during athletic activity (practice, competition, workouts). An assumption of risk form needs to be accepted online prior to the first day of practice. Athletes also

must authorize the sports medicine staff to treat any injuries/illnesses incurred during athletic participation, and allow the release of the medical records to be used in treatment and rehabilitation in coordination with team physicians or other health care providers. Forms are sent to each participant prior to season and must be turned in electronically. Assumption of Risk & Athletic Release Form must be completed prior to the first year of participation in Grand View University Athletics.

4) Health care

- a) The Athletic Department provides certified athletic trainers to oversee the health care of student-athletes. The roles of Grand View's athletic trainers are to prevent, diagnose, and rehabilitate injuries that happen during athletic participation. Without providing the documents listed above annually, (Primary Medical Insurance, A Current Physical, and Assumption of Risk & Athletic release forms) the athletic training staff has the right to hold a student athlete from participation and refuse medical care.
- b) There will be scheduled times when athletic trainers are available to athletes.
- c) A certified athletic trainer will be present at all home contests.
- d) A team physician will be available once a week in the athletic training room during the school year, but the student-athlete must first see their assigned athletic trainer prior to being put on the schedule for the team physician.
- e) Athletic Training room specifics:
 - i. Student-athletes must report all injuries for evaluation.
 - ii. Treatment procedures will be recommended by the athletic trainer.
 - iii. Medical clearance is required to participate.
 - iv. Athletes from all sports must share the athletic training facility and the athletic trainer's time.
 - v. Student-athletes are expected to treat the facility and staff with respect.
 - vi. In-season sports receive priority over out-of-season sports.
 - vii. The athletic training staff has the right to dismiss or deny treatment to anyone who has been disrespectful towards staff, other student athletes, or a repeat offender of breaking athletic training room rules.
- f) Participation of a pregnant athlete will be determined by the athlete's private physician and Grand View University's athletic trainer or team physician.

Section 4 – Drug, Alcohol and Tobacco Use Policy

1) General Statement

Grand View University prohibits the unlawful possession, use or distribution of drugs, alcohol or tobacco by student-athletes, on or off-campus. The University and Athletic Department policies are intended to enhance physical conditioning and wellness of student-athletes. The policies are intended to insure student-athletes present themselves as positive and responsible citizens in the community.

The following serve as minimum standard requirements and sanctions for Grand View student-athletes. Individual coaches may elect to establish more stringent codes of conduct and/or sanctions for individual teams. Additionally, team coaches and other campus personnel may elect to enforce more severe sanctions for a specific violation, if they deem a specific incident serious enough to warrant such action.

2) Education

- a) Drug testing education can be found on our athletics website:
https://gvvikings.com/documents/2023/5/10/NAIA_Drug_Testing_Education_2_.pptx

- b) The NAIA provides information and resources on drug education and drug testing. The website for this information is: <https://www.naia.org/drug-education-testing/index>.
- 3) Sanctions
- a) Illegal drugs: If there is strong evidence the athlete is illegally using or abusing illicit drugs the coach has the right to have he/she take a drug test. The athlete will be immediately suspended from their team with possible loss of scholarship.
 - b) Alcohol: State of Iowa law says it is unlawful for any person “to sell, give or otherwise supply alcoholic liquor, wine or beer to any person knowing or having reasonable cause to believe that person to be under legal age, and a person or persons under legal age shall not individually or jointly have alcoholic liquor, wine or beer in their possession or control.” The law further states “no person under the legal age shall misrepresent the person’s age for the purpose of purchasing or attempting to purchase any alcoholic beverage, wine or beer from any licensee or permittee.” Penalties range from simple misdemeanor to serious misdemeanor. In Iowa the legal drinking age is 21 years. Grand View student-athletes under the age of 21 years (legal age in Iowa) are not permitted to consume alcoholic beverages. Violations will lead to meetings with the student-athlete and coach with a report submitted to the Athletic Director for consideration of length of suspensions and possible loss of scholarships based on frequency of violations. Violations will also be reported to Student Life for further considerations.
- 4) For more information on Grand View’s drug and alcohol policies and sanctions, please refer to the Student Use of Alcohol and Illegal Drugs Policy, available on myGVU, and to the Student Handbook, also available on myGVU.
- 5) In compliance with Iowa’s Smokefree Air Act, Grand View is a smoke-free campus. Please refer to the Smoke-Free Policy, available on myGVU.
- 6) Drug Testing at National Championships:
- a) Testing may be done at any National Championship competition. In accordance with guidelines set forth by the National Drug Testing and Education Committee, the national office will randomly select which championships will incorporate drug testing each year.
 - b) Any student-athlete who appears on a team’s postseason roster could be tested. For team championship events, student-athletes may be selected based on random selection, playing time, and/or position. For individual championship events, student-athletes may be selected based on random selection, record-setting performance, competitive ranking and/or place of finish.
 - c) Consent Form: Each academic year, every student-athlete must sign a Consent Form in which the student consents to be tested for the use of prohibited performance enhancing drugs. The form must be signed before the student may participate in any NAIA National Championship competition. A student who has not signed a Consent Form cannot participate in any NAIA National Championship competition. Copy of the Consent Form can be found in Appendix N
 - d) Penalties: a first offense, a student-athlete will be immediately suspended from any competition in any sport for 365 days from the date of the test. The student will also be charged one additional season of competition in all sports. Any student-athlete who tests positive a second time will lose all eligibility within the NAIA in all sports. (See NAIA Bylaws for more information: www.naia.org/legislative/official-policy-handbook).

Section 5 – Sexual Assault and Harassment Policy

It is the responsibility of all Grand View students to read and understand Grand View University's Student Code of Conduct and all policies on sexual assault and harassment. The complete policy can be found on myGVU. The link to this policy is;

<https://mygvu.grandview.edu/pages/title-ix-sexual-harassment-policy>

Section 6 – Student-Athlete Grievance Guidelines

Step 1: The student-athlete will set a meeting with his/her coach to discuss the issue and seek a solution to the problem. If the student or coach requests to have team captain(s) present, the request should be honored.

Step 2: If the student-athlete is not satisfied in the initial meeting, he/she may verbally request a meeting with an Assistant Athletics Director and Vice President for Athletics. The Vice President for Athletics may choose to include other parties [coach(s), athlete(s), etc.] if he deems necessary.

Step 3: If further recourse is deemed necessary, the student-athlete may in writing request for a continued review. The Review Committee will consist of the Vice President for Athletics, Athletic Success Coordinator, and one member of the coaching staff. The Vice President for Athletics will submit a written summary of the proceedings and send it to all parties involved as well as to the President of the University.

Section 7 – Travel Policy

- 1) Student-athletes should remember that they represent the entire Grand View community when they travel and behave accordingly.
- 2) Student-athletes will abide by the rules of travel set by their coach.
- 3) Students who participate in Grand View University travel/trips above and beyond athletic sponsored trips will need to reference the University Travel Policy for further guidelines. The University travel policy can be found here: https://mygvu.grandview.edu/pages/travel-policy#Appendix_B

Section 8 – NAIA Champions of Character

1) Mission Statement

The NAIA “Champions of Character” initiative will create an environment in which NAIA student-athlete, coach, official and spectator is committed to the true spirit of competition through respect, integrity, responsibility, servant leadership and sportsmanship.

- 2) All Grand View University Athletic teams participate in the Champions of Character program.
- 3) All Grand View University Athletic teams will choose a community service project to complete during the school year.
- 4) All Grand View University Athletic teams will participate in a campus-wide Champions of Character program held once per semester.
- 5) Each athletic team will select a “Champion of Character” each season. The selected student-athlete will be recognized by the Heart of America Athletic Conference with a certificate and additional recognition.
- 6) All student-athletes will sign the “Champions of Character Student-Athlete Pledge”:

Each game and practice I participate in will provide me with an opportunity to be a Champion of Character.

I pledge, as an NAIA student-athlete, to accept the five core character values of the NAIA and will do my best to represent the NAIA, my institution, my teammates, and myself by: **respecting** my opponent, the officials, my teammates, my coach, myself and the game; taking **responsibility** for my actions in all areas of life; having the **integrity** to stand by my word; providing **servant leadership** where I serve others while striving to be a personal and team leader; and being an example of **sportsmanship** by holding myself to the highest standards of fair play.

Section 9 – Viking Strength and Conditioning Room Policies

- 1) At no time are student-athletes allowed in the room without supervision being provided by the strength and conditioning staff. Cameras have been installed to eliminate unsupervised traffic. If you decide to break these rules, you will be caught and banned from the weight room until further notice.
- 2) The room is always available to current student-athletes who are part of a scheduled team workout with the S&C Staff.
- 3) Your sport Coaches are NOT allowed to supervise any workouts; must be a certified strength and conditioning professional. When training with the strength and conditioning staff, you are directly under their supervision and discretion. If you have a conflict or need to make up a workout, communicate ahead of time with the strength and conditioning staff.
- 4) Use of the Viking Strength and Conditioning Room is a privilege for Grand View University student-athletes working hard to prepare themselves for competition at the collegiate level. This privilege can and will be taken away from individuals if he or she does not conduct themselves appropriately. High standards of conduct, attitude, and effort are expected. If these standards are not met student-athletes may lose the privilege of using the Viking Strength and Conditioning Room. If privileges are taken away the student athlete must meet with the strength and conditioning staff to regain privileges.
- 5) Appropriate attire is required for workouts in the Viking Strength and Conditioning Room. This includes clean athletic shoes (absolutely no cleats, spikes, sandals, crocs, dirty shoes, etc.), clean athletic shorts or pants, and clean Grand View athletic tops/bottoms. Plain red, black white or gray is acceptable. Do not wear jeans, hats, earrings, dress shoes, flip flops or sandals, dress shirts, excessively baggy clothes, or anything else that may inhibit your ability to train at a high level. The weight room is not a locker room, do not take your shirt off! If appropriate attire is not used student-athletes will be asked to change. If problem persists, student-athlete may lose the privilege of using the Viking Strength and Conditioning Room. If privileges are taken away the student athlete must meet with the strength and conditioning staff to regain privileges.
- 6) If you as a student-athlete are scheduled for a workout, you are expected to be at that workout. Show up on time, listen, and work hard. Do not be late. If you are late you will deal with the respective consequences enforced by the strength and conditioning staff.
- 7) Absolutely no tobacco or alcohol in the Viking Strength and Conditioning Room. Water and sports/recovery drinks should be securely capped, NO pop tops. Any illegal performance enhancing substances are also strictly prohibited. Train with integrity.
- 8) No cell phones, headphones, air pods, bluetooth speakers, etc. The weight room is not your personal space.
- 9) Athletes: enter through the NE (by interior stairs) exterior double doors and exit through the NE or SE exterior double doors. Exceptions would be when coaches provide the following:

- a) To and from workouts in Sisam Arena: Use NW interior double doors
- b) To and from workouts on the upstairs track: Use the stairs
- c) To and from Wellness Center floor-bad weather: Go upstairs, use the stairs
- d) DO NOT cut through other areas or use the coach's office as an entrance/exit.
- e) At no time should the fire exits from Sisam Arena be used unless an emergency warrants it.

Equipment Use guidelines:

- 1) All equipment is to be stored in the proper racked positions when done with it.
- 2) Dumbbells are NEVER to be used on the platforms. DO NOT drop them on the floor.
- 3) Throw all garbage away.
- 4) At no time is equipment in the strength and conditioning room to be taken out of the room unless it is approved by strength and conditioning staff.
- 5) Please be respectful of all equipment.

Open/Close Checklist:

- Each station should start and finish a workout session in a "RACKED" arrangement
 - "RACKED": All Bars are clear of all weights
- Power (black) bar is on rack at # 11 height with one collar on each side
- Olympic (silver) bars are in storage racks
- Safety bars are racked showing #4 height
- Benches are on platforms in the flat and fully back position
- Weight plates and bumper plates are returned to appropriate positions in appropriate numbers
- Per side of each rack:
 - Standard Plates- 6x45's; 3x25's; 4x10's; 4x5's; 4x2.5's
 - Bumper Plates- 2x55's, 2x45's, 2x35's, 2x25's, 2x10's
- DC Blocks are stacked on front of each platform off the wood insert.
- **ALL EQUIPMENT STORED PROPERLY**
 - All dumbbells, medicine balls, bands, and other training equipment should also be returned to appropriate storage area.
- **RADIO OFF**
- **LIGHTS OFF**
- **ALL DOORS CLOSED AND LOCKED**
 - North and South exterior double doors
 - Northwest interior entrance
 - Upper stairs doors
 - Both office doors
 - Please make sure the room is secure and all doors are locked before leaving

Section 10 Social Media Policy

Section I. Purpose of Statement

The Grand View University Athletic Department is dedicated to fostering a community that supports the mission and purpose of the athletic department. The importance and power of communication through social media plays a vital role in fostering the development of this community. The differences between personal voice and institutional voice can often be blurred. Grand View University has outlined the following guidelines to help clarify the best way to

enhance the image of Grand View and to protect personal and professional reputations when participating in social media.

As athletes, coaches and administrators, we are held in high regard within the reputation of the University within the community and have a responsibility to represent Grand View Athletics in a positive and respectful manner at all times.

Section II. Definitions

Social Media – forms of electronic communication through which users create online communities to share information, ideas, personal messages, and other content. Social media may use a variety of technologies, such as blogs, wikis, photo and video sharing, podcasts, social networking, and virtual worlds. These may include, but are not limited to, Snapchat, Instagram, Facebook, Twitter, LinkedIn, YouTube, TikTok, Tumblr, Flickr, Pinterest, blogs, and message boards

Personal Sites – are defined as social media sites that are for the sole purpose of personal use. There are no identifications of the person as a representative of Grand View University and content is restricted to personal and not work-related material.

Public Sites – are defined as social media sites where any person represents the Grand View University Athletic Department in a manner as an athlete, coach or administrator. This includes sites in which the individual maintains an account that promotes their own person, but is related in any way to their affiliation with Grand View University.

Section III. Standards of Conduct and Guiding Principles of Social Media

1. Act Ethically and with Integrity. All Grand View Athletes, Coaches and Administrators should practice and model ethical conduct, in doing so, all parties are expected to:
 - Be personally responsible for individual actions;
 - Conscientiously meet University responsibilities;
 - Refrain from posting anything confidential, sensitive or private
2. Be Fair and Respectful to Others. Everything you post is public and that privacy does not exist in the world of social media. Consider the consequences of a post and how that may reflect on both the poster and the University. All members of the Athletic Department should consider the following when posting:
 - Be professional and polite.
 - Think twice before posting.
 - Do not post information on specific people unless it is a positive post in regards to an award or honor.
 - Do not pick fights and/or engage in them.
 - Do not take/post photos unless the person knows and allows you to take/post the photo.
3. Protect Confidential and Proprietary Information. Do not post any confidential information or internal matters regarding the University, the Athletic Department, student-athletes, the Heart of America Athletic Conference or the NAIA.
 - Postings related to the recruitment of potential student-athletes are strictly prohibited in any form.
 - Do not post anything sensitive or private
4. Accuracy and Clarity. Make sure that you have all the facts correct, verified, and checked before you post anything relating to the University, the Athletic Department, or student-athletes. All statements must be true and not misleading. Do not use jargon or slang.
5. Relevance and Meaning. Think about how any potential content might advance or affect the image of the University, the Athletic Department, or the student-athletes. Write in a manner that is inclusive of the Athletic Department and University as a whole. When posting news about the University, the Athletic Department, or student-athletes provide a link to the Athletic Department's website.
6. Branding. Do not use the Grand View University or the Grand View Athletics logo.
7. Best Practice and Reminders. Remember many different audiences view your posts including but not limited to: prospective recruits, fans, alumni, kids, local authorities, parents, Grand

View faculty/staff and family. The internet is permanent; even if you delete it the information is still out there. In addition, what you post may affect your future. One of your followers may be in position to hire you one day. Evaluate your posts and ask yourself, “would I want to hire this person?”

Section 11 – Health Insurance Information

Grand View University is committed to the health and well-being of every student-athlete. Unfortunately, injuries occur during athletic events and athletes may require medical referral. In the event that an athlete is injured while performing in an in-season athletic practice or athletic event and receives medical attention, please refer to this for the payment of medical expenses.

- 1) All athletes must have proof of personal medical insurance on file with the athletic department for each semester in which the athlete plans to participate in a sport at the beginning of each school year to be eligible for participation. Grand View provides a catastrophic medical insurance policy. This policy carries a \$35,000 deductible and takes effect after a student’s primary insurance. A copy of the policy terms is available upon request. Student-athletes must carry their own primary medical insurance to participate in athletic practices and competitions.
- 2) All medical expenses for injuries sustained while participating in an athletic event or during an in-season practice session at GV must first be submitted to the student’s primary insurance carrier. This policy should be checked by the insurance to enable that the policy covers athletic injuries in all 50 states and foreign countries. Grand View athletic insurance is an excess insurance policy that covers from \$35,000 up to the policy limit. This coverage is restricted to claims deemed as “catastrophic” and does not cover all injuries. More information can be found on the NAIA website.
- 3) If your insurance is allowed to lapse, you will be responsible for all expenses. Grand View University and its insurance carrier will not pay any claims not covered by the required policy.
- 4) To be eligible for coverage by the Grand View University catastrophic insurance policy, athletic-related injuries resulting from participation in a Grand View athletic event or practice must be documented with the Head Coach and/or Athletic Director within 24 hours or as soon as reasonably possible.
- 5) The athletes and/or their parent(s) or guardian(s) will be responsible for the payment of medical services and hospitalization regarding:
 - a) Pre-existing and congenital medical conditions
 - b) Non-athletic related injuries
 - c) Illness (colds, flu, etc.)
 - d) Medical conditions not related to GV athletic practice or game participation
 - e) Medical expense for an athletic injury referral not verified by the Head Coach and/or Athletic Director
 - f) Medication and therapy for any non-athletic injury
- 6) All arrangements for the treatment of athletic injuries must be made before the student-athlete graduates or withdraws from GV. Responsibility for any medical expenses will not be accepted by the catastrophic insurance policy after a period of one year following the date of injury.
- 7) All students participating in Athletics will be assessed an Athlete Wellness fee. This will be an annual charge to the athlete’s account with half being assessed in the fall and half in the spring.

Proceeds from this fee will supplement and support areas solely utilized by athletes such as Athletic Training and Strength and Conditioning.

Section 12 – Name, Image & Likeness

NAIA bylaws require students to notify their AD when receiving compensation from the use of their name, image, or likeness in relation to their school or status as a student-athlete. The student is not required to use this form to provide notification. However, if you fill out this form, it will be shared with your AD and your responsibility to notify will be satisfied:

<https://www.naia.org/membership/nil-submit-details>

Section 13 – Diversity & Inclusion

GRAND VIEW STATEMENT ON EQUITY, INCLUSION AND DIVERSITY:

Grand View University aspires to serve a diverse community of learners- students, faculty, and staff- in an inclusive and equitable environment with the goal of empowering all to achieve their fullest potential. We recognize that all members of our community- past, present, and future- come to our campus from a diverse world. Our objective is to sustain a campus environment that is free from the power imbalances and institutional biases that contribute to systems of oppression, while preparing our students to stand against those inequities when they leave Grand View. Our commitment to an inclusive environment is rooted in our heritage as a Lutheran university, founded on the ideal of educational access for all, a heritage that embraces our responsibility to shape our graduates' character and invite vocational exploration.

Grand View University is dedicated to the goal of an inclusive campus where people of diverse identities feel welcomed and empowered to shape our culture and processes. At Grand View University we view diversity through the collective or group and we welcome and affirm the thoughts and experiences each distinct member brings to our community of learners. Our definition of diversity includes race, gender identity, ethnicity, age, sexual orientation, disability status, religion, national and geographic origin, language use, socio-economic status, first-generation status, military/veteran, or any other forms of self-identification. Grand View defines equity as fair treatment, access, opportunity and advancement for all people.

GUIDING VALUES AND PRINCIPLES

1. The Grand View community recognizes that all are at different stages of awareness and appreciation of diversity and encourages, educates, and challenges all to grow.
2. We affirm the worth of all people, no one's dignity or humanity is subject to debate.
3. Strategic planning and implementation must include representation of the diverse and varied perspectives of our community and be made accessible to all stakeholders.
4. Our work begins with the commitment to improve the campus environment. All are welcomed to contribute to the problem-solving process and expected to handle differences of opinion or perspective with respect.
5. Planning should be rooted in data, stories, and the historical experience and the lives of our community, as much as possible.
6. We are committed to continuous institutional assessment and improvement, and all members of our community are encouraged to do the same.

PURPOSE OF GUIDING VALUES AND PRINCIPLES:

- To be the bridge from the diversity statement to the specific work/goals identified for the institution to undertake.
- To help shape the discourse on diversity on the campus with the expectation that conversations will, at times, be difficult and uncomfortable.

For more information and resources visit: <https://www.grandview.edu/about/diversity>

DIVERSITY ADVISORY TEAM: Chris Lee, Dr. Josh Call, Alex Piedras, Myke Selha, Kimberlee Gregory, Dr. Simone Sorteberg, Dr. Heather Brady, Michelle Prange, and Miradieu Joseph

Section 14- Day Off Policy

During regular season every student-athlete will be provided one day off per week from athletic participation. This policy excludes participation in conference and post season championships.

In the event a student-athlete feels there has been a violation of this policy please contact Assistant Athletics Director/SWA, Britt Einerson or Athletic Success Coordinator, Michelle Prange.

Section 15 – Grand View University Department of Athletics Directory

Administrative Staff

Athletic Director		
Troy Plummer	263-2813	tplummer@grandview.edu
Assistant Athletics Director		
Britt Einerson	263-6050	beinerson@grandview.edu
Athletics Department Graduate Assistant		
Kyle Somers		ksomers@grandview.edu
Sports Information Director		
Natalie Rigatuso	263-6040	nrigatuso@grandview.edu
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Head Athletic Trainer		
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Josh Verry	263-6045	jerry@grandview.edu
Athletic Success Coordinator		
Michelle Prange	263-6196	mprange@grandview.edu

Viking Strength and Conditioning Program Coordinator

Matt Paja	263-2987	mpaja@grandview.edu
Assistant Viking Strength and Conditioning Program Coordinator		
Austin Regenwether		austin.regenwether@grandview.edu

Coaching Staff

Baseball

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Bowling

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Keith Felton	263-6034	kfelton@grandview.edu

Competitive Cheer

Nick Black

Competitive Dance

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Stacie Horton	263-6047	shorton@grandview.edu
Nikki White		

Cross Country/Track & Field

Miradieu Joseph	263-6048	mjoseph@grandview.edu
Hunter Donovan		

Football

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TJ Kuennen		tkuennen@grandview.edu
Andy Jepson		
Jon Pilcher		
Sean Johnson		
Josh Moncivais		
Andy Woodley		

Men's and Women's Golf

Chris Winkel	263-6044	cwinkel@grandview.edu
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Men's Basketball

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Men's Soccer

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Men's and Women's Tennis

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Men's Volleyball

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Shooting Sport

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Softball

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Destiny Willer
Jessica Grochala
Claudia Farrell
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Women's Volleyball

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Women's Basketball

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Men's Wrestling

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Paul Reedy
Grant Henderson

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Women's Wrestling

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Arellys Valles

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