



**Marywood University
Athletic Department
Student-Athlete Guidelines**

THREE.... TWO.... ONE

At Marywood, we strive to have a **3.0 in the classroom**, strive to **finish in the top-2** in the conference, and we all work together as **one team**. The athletic program is an integral part of the educational process. Its purpose is to provide the student-athlete with opportunities for development of personal skills and to promote competition, sportsmanship and teamwork in an environment that is enjoyable, fair and diverse. The health (physical and mental) and well-being of all student-athletes is prioritized as is the equitable treatment of all athletes. At Marywood, we believe that athletics, along with other activities, contribute to preparation for the total life experience. Many student-athlete services and programs are offered that contribute to this life preparation inclusive of value attainment and self-growth.

Being a student-athlete at Marywood is a privilege, not a right.

Any violation of these guidelines can result in any number of sanctions, including but not limited to: practice/game suspension, dismissal from team, etc. Suspension and/or dismissal from the team come at the discretion of the coaches and the Director of Athletics and Recreation. Violation of Marywood, Conference or NCAA rules and regulations will be handled by the Director of Athletics and Recreation directly.

BEHAVIOR/ATTITUDE/BENCH DECORUM

- Always remember you are representing the University and our core values – whether in uniform or not. Do not do anything that would embarrass yourself, your team, your coaches, the athletic department or the University – on or off the field/court. Be an adult.
- Follow all policies as they relate to the:
 - [Marywood Student Life Handbook](#)
 - Marywood Student-Athlete Handbook**you are responsible for finding these online and reading over them*
- Have respect for yourself, teammates, opponents, referees/officials, coaches, administrators, etc. Work together as a team and remember that you're just that - teammates, on and off the field. **Trash-talking, cursing at or slandering opponents, teammates or others (on/off field) will not be tolerated.**
- You have a responsibility to report anything that breaks team rules to the coaching staff, whether it involves yourself or if you have knowledge of a teammate doing so.
- Problem chain of command – Talk with your coach first.

DRUGS, TOBACCO, ALCOHOL and other SYNTHETIC SUBSTANCES

- Follow University rules on alcohol (dry campus) – see student handbook. Remember, residence hall rules are on the “community guilt” system – if you are in a room where someone is drinking and even if you are not you are still guilty/responsible. Should your



coach/team implement guidelines that are stricter as part of their program's philosophy, you are to adhere to those as well.

- The use of any illegal drugs or any other synthetic substance (i.e. bath salts, spice, Mollies, "vapes," etc.) is strictly prohibited – year-round.
- Prescription or other over the counter drugs are allowed - please check with Athletic Training staff to make sure they are not on the NCAA's banned substance list (even cold medicine, etc.).

SOCIAL MEDIA SITES

- Review and adhere to our Marywood Athletics [Social Media Guidelines](#)
- With any activity on social media sites (TikTok, Twitter, Facebook, Snapchat, Instagram, etc.), keep in mind that you are always a representative of Marywood University.
- Do not disparage other schools/opponents on social media.

ACADEMICS

- Academics come first! Keep on top of academics – time management! If you are having trouble, ask for help before it's too late! Utilize study hall, tutoring and other services available.
- **Before dropping a class you must alert the Athletic Department's Academic Coordinator (Tara Macciocco) to ensure you remain a full-time student!** With very few exceptions (grad student), at no point are you allowed to drop below 12 credits (full-time status). If you are considering this and are at 12 credits, you must add a class first, and then drop.
- **Excused absence policy** – review [online](#) – Give a heads up to professors...communicate in advance. Do not tell them the day before or day that you will be missing class. Be proactive!

MENTAL HEALTH (attachment)

- A growing concern across the collegiate athletics landscape is the mental health and well-being of student-athletes. Just like academics, if you need help, **PLEASE ASK**. Talk to somebody, whether that is a teammate, coach or administrator. We are all here to help and listen. Do not be afraid to let a coach or administrator know if you are concerned about someone else.
- If you do not want to talk to your teammate or coach, an athletic trainer or an administrator, please feel free to reach out to the [Counseling Center](#) to schedule an appointment.
- Immediate needs/concerns can be addressed by calling 9-8-8 to text "HOME" to 741741 (see attached flier) or reaching out to the Marywood Counseling Center (always on call) at 570-348-6245.
- Please join our Zama Health App program (you will be provided with those instructions).

HOSTING PROSPECTIVE ATHLETES

- During official recruiting visits, current student-athletes may not allow prospects to be in an environment where alcohol or drugs exist.



CONDUCT SUMMARY

To assure that student-athletes conduct themselves in a manner that reflects positively the values of Marywood University, the following sanctions may be imposed when violations of appropriate conduct occur. These sanctions are in addition to whatever sanction a student-athlete may receive as a result of the University Discipline Process.

- **GUIDELINE** - Student-athletes may not intentionally strike or physically abuse an official, opposing team player, opposing fan, fellow team member, coach, etc.
SANCTION - Minimum: written reprimand. Maximum: expulsion from the team and written notification to the University.
- **GUIDELINE** - Student-athletes must refrain from misconduct while traveling, especially in areas such as use of alcohol, illegal drugs, theft or vandalism of other's property, including motels. **SANCTION** - Minimum: written reprimand. Maximum: expulsion from the team and written notification to the University.
- **GUIDELINE** - General misconduct, including breach of University's Alcoholic Beverage Policy and Controlled Substance Policy. **SANCTION** - Minimum: written reprimand. Maximum: expulsion from the team and written notification to the University.
- **GUIDELINE** – Student-athletes on disciplinary probation with the Dean of Students.
SANCTION – Will be dealt with on a case by case basis by the Director of Athletics and Recreation. Minimum: written reprimand. Maximum: expulsion from the team and written notification to the University.

The severity of the sanctions imposed is left to the discretion of the Director of Athletics and Recreation, in conjunction with the team's coach. The Associate Vice President for the Student Experience (where the University Discipline Process is managed) and Director of Athletics and Recreation will maintain communications regarding any student-athletes involved in the University Discipline Process. The listed guidelines are not all inclusive and therefore do not limit the Athletic and Recreation Department to only reprimand against listed violations. **Conduct detrimental to a team, the Athletic Department or University will not be tolerated.** Sanctions may result in any of the following:

- Written Reprimand - formal notification of misconduct
- Game(s) Suspension
- Suspension from the team for specified time frame
- Expulsion from the team for remainder of the academic year and beyond
- Notification to the University which may result in further formal sanction and/or expulsion
- Community Service

NEED HELP? QUESTIONS? COMMENTS? CONCERNS? Reach out to a [staff member](#) and/or visit our [student-athlete resource page](#).



Marywood
Counseling and Student Development Center



We Help Great People Grow
Student Services

Individual Counseling:

The center offers personal counseling to help students identify, clarify, and resolve important issues. These may include issues such as anxiety, depression, body image, disordered eating, self-esteem, communication skills, relationship concerns, trauma recovery, and substance abuse.

C/SDC Daily Walk-In Services:

If you are experiencing a crisis &/or urgent mental health need and do not have an appointment, call the C/SDC 570-348-6245 or come to McGowan Room 1017 anytime from 9am to 3pm we offer walk in services.

Emergency Care:

In the event of an emergency, students may walk-in and meet with a therapist during regular business hours. In the event of a psychological crisis after hours & on weekends, students can call our regular office line at 570-348-6245 & select option 1. Please scroll down to see the Student Guide below for more information.

Group Counseling:

The C/SDC offers several groups each semester designed to provide support and to enhance personal growth and development. Groups that have been offered at the center include assertiveness training, body peace/mindful eating, self-esteem enhancement, and stress management. These groups change and vary each semester.

Programs:

C/SDC staff members are available to present workshops and classroom presentations on a wide variety of topics related to college success. Campus wide programs sponsored by the C/SDC include depression and alcohol screenings, sexual assault awareness programs, mental health awareness programs, and wellness fairs.

Make an Appointment

Appointments may be scheduled in person at the Counseling/Student Development Center by calling the office at (570) 348-6245 or via email at csdc@marywood.edu.

Rescheduling or Cancelling an appointment

Your appointment is the time that your counselor has put aside for you. In the event that you need to cancel and/or reschedule, please notify our office by phone or email as you know that you will be unable to make your appointment.

Confidentiality

The Counseling Center staff is bound by ethical and legal guidelines to protect your rights to confidentiality. No information, written or oral, is released to other persons without your written permission. The only exceptions to these guidelines are governed by law. These are specific to situations where we have reason to believe that there is intent to harm yourself, another or a child, and to situations where we may be court-ordered in case of your involvement in a lawsuit.



Marywood CSDC

McGowan Rm1017

570-348-6245



MENTAL HEALTH CRISIS RESOURCES

CALL. TEXT. CHAT

National Suicide Prevention Lifeline

Call- 1-800-273-8255
Text- "HOME" to 741741
Quick Dial- 9-8-8

Trans Lifeline

Call- 877-565-8860

National Sexual Assault Hotline

Call- 800-656-HOPE
Website- online.rainn.org

National Domestic Violence Hotline

Call- 1-800-799-7233
Text- "Start" to 88788
Online Chat- thehotline.org

The Trevor Project

Call- 866-488-7386
Text- "Start" to 678678

Veterans Crisis Line

Call- 1-800-273-8255

Alliance Helplines

Call- 877-565-8860
Text- "LGBTQ" to 741741

Scranton Counseling Center

Call- 570-348-6100