



2024-25

Student-Athlete Handbook

TABLE OF CONTENTS

MUSTANGS ATHLETICS

Mission Statement.....	2
Lone Star Conference.....	2
Midwestern State University.....	3
University Mission Statement.....	3
Academic Calendar.....	5

CODE OF CONDUCT

MSU Student Honor Creed.....	6
Lone Star Conference Code of Conduct.....	6
NCAA Unethical Conduct.....	7
Athletic Code of Conduct.....	7
Athletics Disciplinary Sanctions.....	8
Athletic Hazing Policy.....	8
Sensitive/Confidential Information.....	9
Title IX.....	9
Sexual Misconduct Definitions.....	10
Athletics Social Networking Guidelines.....	12
Athletics Grievance Policy.....	14

ACADEMIC SERVICES

Student-Athlete Academic advising.....	14
Add/Drop Course.....	14
Holds.....	14
Grade Checks.....	14
Athletics Online Course Policy.....	15
Academic Awards.....	15
NCAA Post Graduate Scholarships.....	17
Campus Resources.....	18

STUDENT-ATHLETE DEVELOPMENT & SUCCESS

Community Engagement & Service.....	19
Sexual Assault Prevention Training.....	20
Student-Athlete Advisory Committee (SAAC).....	20

NCAA ELIGIBILITY

NCAA Progress Toward Degree Requirements.....	21
Full-Time Enrollment.....	21
Declaring a Major.....	21
Scholastic Probation & Suspension.....	22
ADHD/ADD Medication.....	22
NCAA Drug Testing Program.....	22

ATHLETICS COMPLIANCE

Initial Eligibility.....	24
Partial Qualifier.....	25
NCAA Amateurism.....	25
Hardship Waiver.....	25
Season of Eligibility.....	25

Student-Athlete Travel Policy.....	25
Promotional Activities.....	26
Equipment & Apparel.....	26
Outgoing Transfer Process.....	26
Student-Athlete Exit Survey.....	26
Athletic Agent Policy.....	26
Outside Competition.....	27
Athletically Related Activities.....	27
Booster Assistance Prohibitions.....	29
NCAA Gambling Policy.....	30
Complimentary Ticket Policy.....	30
Hosting a Prospective Student-Athlete.....	30

ATHLETIC SCHOLARSHIPS

Financial Aid & Scholarships.....	31
Reduction & Cancellation.....	32
Increase Permitted.....	33
Decrease Not Permitted.....	33
Renewals & Non-Renewals.....	33
Appeal Process.....	33
Summer School Financial Aid.....	34
Post-Eligibility Graduation Funds.....	34

ATHLETIC TRAINING

Hours of Operation.....	34
Student-Athlete Conduct.....	34
Personal Appearance and Dress.....	35
Insurance.....	36
Physical Exams.....	37
Rehabilitation.....	37
Treatment.....	38
Concussion Guidelines.....	38

STRENGTH & CONDITIONING

Policies and Procedures.....	40
Facility Etiquette.....	40
Hours of Availability.....	40

ATHLETICS COMMUNICATION

Athletics Communication.....	42
------------------------------	----

MUSTANGS ATHLETICS

MISSION

The Athletics program will always strive to be a leader in the University with regard to the general welfare of every student. It is the explicit philosophy of the Midwestern State Athletics program to strongly encourage and support our student-athletes in their endeavors to complete a degree while competing in a Division II athletic program whose environment is consistent with the highest standards of scholarship, competition and personal growth. The decisions and priorities of the Midwestern State Athletics Department will always focus on our student athletes as students, as athletes and most importantly as people—the foundation of our University.

TEAMS AT MIDWESTERN STATE UNIVERSITY

Women's Basketball
Women's Cross Country
Women's Golf
Women's Soccer
Softball
Women's Tennis
Women's Track & Field
Volleyball

Men's Basketball
Football
Men's Golf
Men's Soccer
Men's Tennis

LONE STAR CONFERENCE

Long known as a leader in intercollegiate athletics, the Lone Star Conference (LSC) is an innovative athletics conference that aims to provide a superior competitive experience for member institutions and to allow for comprehensive development of student-athletes through academic services and life skills programming. The LSC continues to build upon its proud history while intending to be recognized as the premier NCAA Division II conference in the nation.

The league's mission is to foster student participation and success among member institutions in NCAA Division II intercollegiate athletics as an integral part of each institution's total educational program. The LSC shall pursue student-athlete development with highest regard to the principles of academic excellence, sportsmanship, ethical conduct, resourcefulness, community service, gender equity, and diversity.



The LSC - founded on April 25, 1931 - has developed from a five-team conference of Texas-based schools to a nine-member league that spans three states (Texas, Oklahoma and New Mexico). The league continues to assist its member institutions in the maintenance of intercollegiate athletic programs that are compatible with the highest standards of education and competitive sports.

TEAMS IN THE LONE STAR CONFERENCE

Midwestern State University

Angelo State University
Cameron University
Dallas Baptist University
Eastern New Mexico University
Lubbock Christian University
Oklahoma Christian University
St. Edward's University
St. Mary's University

Texas A&M International University
Texas A&M University – Kingsville
Texas Woman's University
West Texas A&M University
University of Texas – Permian Basin
University of Texas at Tyler
Western New Mexico University

MIDWESTERN STATE UNIVERSITY

Since 1922 Midwestern State University has educated the people of Texas and, ever increasingly, points beyond. Midwestern State University is located in Wichita Falls, Texas, with additional locations in Weatherford, Texas and Flower Mound, providing students with numerous degree options. We are one of 36 public institutions of higher education in Texas and the only university in Texas to become a member of the Council of Public Liberal Arts Colleges (COPLAC).

This University first opened its doors as Wichita Falls Junior College, the second municipal junior college in Texas. In 1937, the college acquired a new, 40-acre campus of its own on the south side of town. Also in that year the college was renamed Hardin Junior College in honor of Mr. and Mrs. John G. Hardin. The post-World War II years brought more change in the school's mission and in its name. In 1946, the senior college division was added and accordingly the name was altered to Hardin College. In January 1950, the name changed to Midwestern University, the junior division remaining Hardin Junior College. In these years, wider recognition came to the school. In March 1948, the university became a member of the Association of Colleges and Secondary Schools. Midwestern has become a state university whose campus of 225 acres and 70 buildings offers a wide variety of academic programs in liberal and fine arts, mathematics, sciences, business, and applied sciences.

MISSION

Midwestern State University is a leading public liberal arts university committed to providing students with rigorous undergraduate and graduate education in the liberal arts and the professions. Through an emphasis upon teaching, augmented by the opportunity for students to engage in research and creative activities alongside faculty and to participate in co-curricular and service programs. The university's undergraduate education is based upon a comprehensive arts and sciences core curriculum. The understanding that students gain of themselves, and others, and the social and natural world prepares them to contribute constructively to society through their work and through their private lives.



ACADEMIC CALENDAR

Fall Semester 2024*

Classes begin	August 26
Part of Term A begin	August 26
Labor Day - No classes	September 2
Deadline for December graduates to file for graduation	September 23
Priority Deadline for May graduates to file for graduation	October 7
Part of Term A Last Day for "W", 4:00 p.m.	October 9
(Drops after this date will receive grades of "F.")	
Part of Term A ends	October 18
Part of Term B begin	October 19
Last Day for "W" for Long Semester and Part of Term B Last, 4:00 p.m.	November 25
(Drops after this date will receive grades of "F.")	
Thanksgiving Holidays begin 10:00 p.m.	November 26
Classes resume	December 2
Last day of classes	December 6
Final examinations begin	December 7
Part of Term B ends	December 14
Commencement	December 14

Spring Semester 2025*

Winter Mini Classes begin	December 16
Martin Luther King's Birthday observed.....	January 20
Classes begin	January 21
Part of Term A begin	January 21
Final Deadline for May graduates to file for graduation	February 17
Part of Term A Last Day for "W", 4:00 p.m.	March 5
(Drops after this date will receive grades of "F.")	
Spring Break begins 5:00 p.m. (March 9-15)	March 8
Classes resume	March 17
Part of Term A ends	March 21
Part of Term B begin	March 22
Holiday Break begins 10:00 p.m. (April 17-20)	April 16
Classes resume	April 21
Last Day for "W" for Long Semester and Part of Term B Last, 4:00 p.m.	April 30
(Drops after this date will receive grades of "F.")	
Last day of classes	May 9
Final examinations begin	May 12
Commencement	May 17

Summer Session 2025*

First Term (June 2 – July 3)

May Mini Classes begin	May 19
Memorial Day – No Classes	May 26
May Mini Last Day for "W", 4:00 p.m.	May 28
(Drops after this date will receive grades of "F.")	
Summer I and Long Classes begin	June 2
May Mini Classes end.....	June 5
Last Day for "W", 4:00 p.m. – Drops after this date will receive grades of "F."	June 18
(Summer I term) Emancipation Day – No Classes	June 19
Class Day	June 20
Final examinations	July 3
Independence Day Holiday – No Classes	July 4

Second Term (July 7 – August 7)

Classes begin	July 7
Last Day for "W", 4:00 p.m. – Drops after this date will receive grades of "F."	July 23
(Summer Long and Summer II)	July 23
Final examinations	August 7

CODE OF CONDUCT

Midwestern State University Student Honor Creed

"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the university by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by university officials to protect the honor of the university against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

Lone Star Conference Code of Conduct

Sportsmanlike Conduct Policy

It shall be the responsibility of each member institution to ensure that all individuals employed by or directly associated with the athletics program of that institution, including its student athletes, conduct themselves in a sportsmanlike manner when representing their university, especially at intercollegiate athletic contests. Inappropriate conduct shall subject the individual to disciplinary action. The member institution with which the individual is associated may also be subject to disciplinary action if it is found that the institutions' policies, actions, or failure to act, substantially contributed to the individual's misconduct.

Inappropriate Conduct Defined: Acts of inappropriate conduct shall include, but not be limited to, the following and shall be subject to private or public reprimand or suspension from a contest(s) as the Commissioner deems appropriate in the event of a flagrant violation or additional offense:

- a. Any person (athletic department staff member or student-athlete) who strikes or physically abuses an official, opposing coach, player or spectator.
- b. Any person who intentionally incites participants or spectators to violent or abusive action.
- c. Any person who uses obscene gestures or profane or unduly provocative language or action towards officials, opponents or spectators.
- d. Any person who engages in negative recruiting, by making statements to a prospective student-athlete, parent, high school coach or other person interested in the prospective student-athlete which are not of a positive nature about another academic institution or its personnel, shall be subject to a public reprimand for the first offense and to a suspension of the privilege of recruiting for one season for an additional offense.
- e. Acts of inappropriate conduct not specifically prescribed.
- f. Any person who publicly is unduly critical of any game official, Conference personnel, another member institution or its personnel, shall receive a public reprimand for the first violation, one-game suspension for a second violation and a two-game suspension for a third violation. (These sanctions shall not be probated.)

Penalty for Inappropriate Conduct

When the Commissioner concludes, after a reasonable investigation, that there has been a violation of the regulation on inappropriate conduct, (s)he shall impose such penalty as (s)he deems appropriate by first giving notice to the individual or institution. The Commissioner will provide the institution reasonable time, given the circumstances involved, to take action of its own, and may adopt that action as Conference action if deemed appropriate. A penalty imposed by the Commissioner shall stand.

NCAA UNETHICAL CONDUCT

Per NCAA, a prospective or enrolled student-athlete who is found to have engaged in unethical conduct shall be ineligible for intercollegiate competition in all sports. Unethical conduct consists of, but is not limited to:

- Fraudulence in connection with entrance or placement examinations;
- Engaging in any athletics competition under an assumed name or with intent otherwise to deceive;
- Dishonesty in evading or violating NCAA regulations; or
- Knowingly furnishing the NCAA or other individual's false or misleading information concerning the student's involvement in or knowledge of matters relevant to a possible violation of NCAA regulations

DEPARTMENT OF ATHLETICS CODE OF CONDUCT

The Department of Athletics wants you to have a fulfilling and successful academic and athletic experience at Midwestern State University. It is important that all student-athletes understand the University community's expectations for your behavior, not only when you are competing but also in other areas of your life. Membership on a Midwestern State University athletic team is a privilege.

Student-athletes have a special responsibility to conduct themselves in a manner that is exemplary to faculty, staff, coaches, and administrators. You are expected to demonstrate good sportsmanship, honesty, integrity, and abide by the student Athlete Code of conduct at all times.

All students who enroll in the University are expected to comply with criminal and civil laws of the United States and the State of Texas, the Midwestern State University Code of Student Conduct, Academic Integrity Policy, and all other University policies and regulations. Detailed information regarding student rights and responsibilities may be found in the University [Student Handbook](#), and [University Catalog](#).

As a Midwestern State University student-athlete, you are among the most visible students both on campus and in the community. Your social interactions and behavior on and off campus have the potential to become public knowledge. Whenever violations of the Student-Athlete Code of Conduct occur, the Director of Athletics will review the misconduct and may apply sanctions as they relate to participation in athletics. The Department of Athletics has adopted a standard of ethical conduct and behavioral expectations, which may exceed those of non-student-athletes. Every student-athlete is expected to abide by the Midwestern State University Code of Student Conduct, the Midwestern State University Student-Athlete Code of Conduct, and the rules of the National Collegiate Athletic Association (NCAA) and the Lone Star Conference (LSC).

Expectations:

1. A student-athlete is expected, in both attitude and behavior, to make a positive contribution to the team. Profanity and other forms of negative or inappropriate behavior are unacceptable
2. Team success depends upon each student-athlete's ability and willingness to communicate and work as a member of the team. Student-athletes must demonstrate an attitude of respect for teammates, coaches, staff, and administrators at all times.
3. A student-athlete is expected to abide by the spirit and letter of the rules of the sport during practice and competition and to treat teammates, opponents, coaches, officials, and spectators with respect and courtesy.

4. Academic diligence is essential. Missed classes, except for team travel, are not tolerated. Tardiness also is unacceptable. The student-athlete is expected to take care of his or her academic responsibilities. Cheating and other forms of academic dishonesty are unacceptable.
5. Attendance and punctuality at practice and team meetings are required.
6. The use of tobacco products is unacceptable, and the use of illegal drugs is prohibited at all times. Alcohol consumption is prohibited for any student-athlete under the age of 21 **AND** in any situation where the student-athlete is representing Midwestern State University.
7. Posting any social media pictures/videos or posts that are derogatory toward any teammates, opponents, coaches, officials, and administration.

Department of Athletics Disciplinary Sanctions

1. Sanctions for Violation of the Student-Athlete Conduct Code may include any of the following:
 - a. Reprimand: The student-athlete is warned in writing that further misconduct may result in more severe disciplinary sanctions
 - b. Restitution: the student-athlete may be required to make payment to the University or community for damage incurred as a result of misconduct
 - c. Probation: The student-athlete continues as a member of the team, but may be precluded from specific activities or must abide by other restrictions or conditions imposed during the probation period.
 - d. Suspension: Separation from the team for a period of time.
 - e. Expulsion: Permanent separation of the student-athlete from the team and intercollegiate athletics at Midwestern State University. Expulsion may also include withdrawal of the student-athletes athletic scholarship.
2. A student who violates civil/criminal law, the Midwestern State University Student Code of Conduct, or violates team rules risks expulsion or suspension from participation in intercollegiate athletics unless specific factors are present. Factors considered may include the present demeanor and past disciplinary record of the offender, the nature of the offenses and the severity of any damage, injury or ban resulting from it.

Athletics Hazing Policy

Midwestern State University Department of Athletics strictly prohibits hazing of any kind as well as dangerous initiation activities. Hazing is defined as follows:

Any act committed against someone joining or becoming a member or maintain membership in any organization that is humiliating, intimidating or demeaning, or endangers the health and safety of the person. Hazing includes active or passive participation in such acts and occurs regardless of the willingness to participate in the activities! Hazing creates an environment/climate in which dignity and respect are absent.

Hazing

Humiliates & degrades
Tears down individuals
Creates division
Life-long nightmares
Shame & secrecy
Is a power trip

vs

Team Building

Promotes respect & dignity
Supports & empowers
Creates real teamwork
Life-long memories
Pride & integrity
Is a shared positive experience

Actions and activities which are prohibited by the Department of Athletics include, but are not limited to, the following:

1. Any activity or action that creates a risk to the health or safety of another person
2. Any type of initiation or other activity where there is an expectation of individuals who are joining a particular team to participate in behavior designed to humiliate, degrade, or abuse them, regardless of the person's willingness to participate.

Examples of prohibited behavior include, but are not limited to:

- Forcing, requiring or pressuring the consumption of alcohol or other drugs;
- Forcing, requiring or pressuring the ingestion of any substance;
- Forcing, requiring or pressuring the shaving of any part of the body, including hair on the head;
- Forcing, requiring or pressuring the participation in any activity which is illegal, perverse, publicly indecent, or contrary to the individual's genuine moral beliefs, e.g. public profanity, indecent or lewd conduct, or sexual gestures in public;
- Forcing, requiring or pressuring an individual to tamper with or damage University property or City of Commerce property;
- Dietary restrictions of any kind;
- Sleep deprivation;
- Creation of excessive fatigue;
- Paddling, whipping, beating or physical abuse of any kind;
- Forced tattooing or branding;
- Calisthenics or any type of physically abusive exercise;
- Exposure to the elements;

Contact the Director and Coordinator of Title IX if you have any questions on whether you have been a victim or want clarification on hazing. Student-Athletes involved in hazing will have a report sent to the Title IX Administrator and the Director of Athletics or designee.

Laura Hetrick
Director and Coordinator of Title IX
Vinson Health Center H-136
(940) 397-4213
laura.hetrick@msutexas.edu
titleix@msutexas.edu

Sensitive/Confidential Information

A student-athlete may not divulge or share private and/or confidential information related to MSU Athletics in any manner – verbal, written or otherwise. Such private or confidential information includes, but is not limited to, information regarding injuries, team events, game strategy, other students' academic information and recruiting.

Title IX

Title IX is a comprehensive federal law that forbids exclusion on the basis of gender from any education program or activity receiving federal financial assistance.

Midwestern State University will provide equal opportunity to all employees, students, applicants for employment and the public regardless of race, color, religion, sex, national origin, disability, age, or veteran status. https://www2.ed.gov/about/offices/list/ocr/docs/tix_dis.html

If you or someone you know has been the victim of sexual assault, sexual harassment, or relationship violence, please do your part by reporting the incident. Reporting is one of the ways you can best keep our campus safe and prevent future assaults.

Please remember, victims ultimately have the choice of pressing criminal charges or remaining anonymous in reports. However, even anonymous reports help our campus and community.

Midwestern State University Student Handbook Sexual Misconduct Definitions

Sexual Harassment: Gender-based verbal or physical conduct that has the effect of unreasonably interfering with an individual's work or academic performance or creates an intimidating, hostile or offensive working or educational environment. There are two types of sexual harassment:

1. **Hostile Environment** includes situations in which there is harassing conduct that is sufficiently severe, pervasive/persistent and objectively offensive so that it alters the conditions of education or employment, from both a subjective (the alleged victim's) and objective (a reasonable person's) viewpoint. The determination of whether an environment is "hostile" must be based on all the circumstances. These circumstances could include, but are not limited to:
 - The frequency of the speech or conduct;
 - The nature and severity of the speech or conduct;
 - Whether the conduct was physically threatening;
 - Whether the speech or conduct was humiliating;
 - The effect of the speech or conduct on the alleged victim's mental and/or emotional state;
 - Whether the speech or conduct was directed at more than one person;
 - Whether the speech or conduct arose in the context of other discriminatory conduct;
 - Whether the speech or conduct unreasonably interfered with the alleged victim's educational or work performance;
 - Whether a statement is a mere utterance of an epithet which engenders offense in an employee or a student or offends by mere discourtesy or rudeness; and/or
 - Whether the speech or conduct deserves the protections of academic freedom.
2. **Quid Pro Quo** sexual harassment exists when there are unwelcome sexual advances, requests for sexual favors or other verbal or physical conduct of a sexual nature where submission to, or rejection of, such conduct results in educational or employment action.

Nonconsensual Sexual Intercourse

Any sexual intercourse (anal, oral or vaginal), however slight, with any object, by a person upon another person, without consent and/or by physical force.

Nonconsensual Sexual Contact

Any intentional sexual touching, however slight, with any object, by a person upon another person, without consent and/or by physical force.

Sexual Exploitation

Taking nonconsensual or abusive sexual advantage of another for one's own advantage or benefit, or to benefit a person other than the one being exploited. Examples of sexual exploitation include, but are not limited to:

1. Prostituting another student;
2. Non-consensual video or audio recording of sexual activity;
3. Exceeding the boundaries of explicit consent, such as allowing friends to hide in a closet to be witness to one's consensual sexual activity;
4. Engaging in voyeurism (Peeping Tommerly); and/or
5. Knowingly transmitting a sexually transmitted disease/infection or HIV to another student.

Dating Violence

Violence between those in a continuing relationship of an intimate or romantic nature with one another. The existence of such a relationship shall be determined with consideration of: • the length of the relationship; • the type of relationship; and • the frequency of interaction between the persons involved in the relationship.

Domestic Violence

Violence committed by a current or former spouse or intimate partner of the victim, a person with whom the victim shares a child in common, a person who is cohabitating or had cohabitated with the victim as a spouse or intimate partner, or a person similarly situated to a spouse, adult or youth victim protected by domestic or family violence laws.

Stalking

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others, or suffer substantial emotional distress. For the purpose of this definition...

1. Course of conduct means two or more acts, including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property.
2. Substantial emotional distress means significant mental suffering or anguish that may, but does not necessarily, require medical or other professional treatment or counseling.

Retaliation

Retaliation is defined as any adverse actions (e.g. harassment, intimidation, revocation, limitation etc) taken against a person because of the person's participation in an investigation of discrimination or sexual misconduct or their support of someone involved in an investigation of discrimination or sexual misconduct. Retaliatory actions include, but are not limited to, threats or actual violence against the person or their property, adverse educational, organizational or employment consequences, ridicule, intimidation, bullying, or ostracism. The university will impose sanctions on any individual found to be engaging in retaliation. Acts of alleged retaliation should be reported immediately to the Title IX Coordinator, Director of Student Conduct or Director of Human Resources, and will be promptly investigated. Midwestern State University is prepared to take appropriate steps to protect individuals who fear they may be subjected to retaliation.

Statement on Consent

Consent is knowing, voluntary and clear agreement by word or action, to engage in sexual activity. Since individuals may experience the same interaction in different ways, it is the responsibility of each party to make certain that the other has consented before engaging in the activity. For consent to be valid, there must be a clear expression in words or actions that the other individual consented to that specific sexual conduct.

- An individual cannot consent if he or she is unable to understand what is happening or is disoriented, helpless, asleep, or unconscious for any reason, including due to alcohol or other drugs. Engaging in sexual activity when the individual knows, or reasonably should know, that another person is physically or mentally incapacitated is prohibited. It is not an excuse that the individual respondent of sexual misconduct was intoxicated and, therefore, did not realize the incapacity of the other.
- Incapacitation is defined as a state where someone cannot make rational, reasonable decisions because they lack the capacity to give consent (e.g., to understand the "who, what, when, where, why or how" of their sexual interaction). Incapacity may be the result of mental disability, involuntary physical restraint, and/or from the taking of incapacitating drugs.

- Consent to a specific sexual act (such as kissing or fondling) is not consent for other sexual activity, such as intercourse. A current or previous dating relationship is not sufficient to constitute consent. The existence of consent is based on the totality of the circumstances, including the context in which the alleged incident occurred and any similar previous patterns that may be evidenced. Silence or the absence of resistance alone is not consent.
- A person can withdraw consent at any time during sexual activity by expressing in words or actions that he or she no longer wants the act to continue, and, if that happens, the other person must stop immediately.
- A minor below the age of consent according to state law cannot consent to sexual activity. This means that sexual contact by an adult with a person below the age of consent is a crime as well as a violation of this policy, even if the minor appeared to have wanted to engage in the act.

Department of Athletics Social Networking Guidelines

The Midwestern State University Department of Athletics believes in protecting the rights of student-athletes to freedom of speech, expression, and association, including their right to use internet social networks. The department has guiding principles in place to assume that use of social networks does not affect student-athletes, their sport teams, the Department of Athletics or University in a negative manner. Use of the social networks can be a positive experience. Misuse of the social networks can have a long-term effect on personal and professional lives. The guidelines are designated to encourage student-athletes to regularly review and monitor their sites to ensure that postings are consistent with NCAA, University, Department of Athletics, and team rules.

If you participate on a social networking site or use social media, you must keep the following guidance in mind:

1. You are a representative of the University. Represent Midwestern State University with honor. Never compromise your personal reputation and integrity or that of your team and University.
2. Do not post personal information such as cell phone numbers, date of birth, social security number, address, class schedules, your whereabouts, etc. Limit information about your whereabouts or plans to minimize the potential of being stalked, assaulted, or the victim of other criminal activity.
3. Once any written text or photo is posted online, it becomes available to anyone with internet access. Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, comments, and posters) may be accessible even after you remove it. Remember, too, that comments made via social media can be and have been used by members of the media as attributed quotes.
4. Many potential employers, internship services, graduate programs and scholarship committees now search these sites to screen applicants. What you post may affect your future. Many employers and graduate school admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
5. Only “friend” individuals that you would actually consider a friend. Use caution when adding someone or inviting someone to be a friend. Many individuals are looking to take advantage of you, get close to you to give themselves a sense of membership, or to gain information about you, your teammates, or your team for the purposes of sports gambling or negative publicity.
6. Think before you post. If you feel angry or passionate about a subject, it is wise to delay posting until you are calm and clear-headed. Post only thoughts and pictures that you would be comfortable sharing with the general public. Use good ethical judgment and always err on the

- side of caution. Do not post anything privately that you wouldn't post publicly.
7. Monitor default privacy settings. You can limit access somewhat, but not completely, and you have no control over what someone else may share.
 8. Do not post information about your teammates, coaches, prospects, or administration. Also, do not use Midwestern State University or Midwestern State University Department of Athletics word-marks, logos or images without permission.
 9. Be Respectful. Remember that with rights, comes responsibilities. While you may have the right to freely express certain ideas or beliefs, you should weigh the values of civility and mutual respect when deciding to engage in certain forms of expression on-line. Stop, before you post, to consider the hurt that may result from the use of slurs or epithets intended to discredit, for example, another's age, ethnicity, gender, handicap, national origin, political beliefs, race, religion, or sexual orientation. Your on-line expressions also reflect on your team and your University. The Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - a. Derogatory or defamatory language
 - b. Comments that create a serious danger to the safety of another person or that constitute a credible threat of serious physical or emotional injury to another person;
 - c. Comments or photos that describe or depict unlawful assault, abuse, hazing, harassment, or discrimination; selling, possessing, or using controlled substances; or any other illegal or prohibited conduct.
 10. Student-athletes could face discipline/dismissal for violation of team, University, and/or NCAA policies. Any violation of law or of NCAA, University, or Department of Athletics' rules, regulations, or policies, or evidence of such violation in your online content, is subject to investigation and possible immediate sanction by the Department of Athletics, the University, the NCAA, and/or law enforcement agencies.
 11. Individual teams included in Midwestern State University Department of Athletics and head coaches may implement additional guidelines regarding the use of social media by their student-athletes. For example, a head coach may prohibit the use of social media technologies immediately prior to, during and following competitions. Student-athletes are responsible for knowing and abiding by any such additional guidelines implemented by their respective teams. Violations of team guidelines regarding social media may subject student-athletes to additional, progressive remedial actions as determined by their respective head coach.
 12. Clarification of NCAA Rules. Ensure that you do not violate NCAA rules in your use of social media. For example, it is impermissible for student-athletes to promote or endorse any product whether on-line or off-line. It is also not permissible for current student-athletes to contact prospective student-athletes (recruits) in any manner, including via social media with the exception of a prior relationship with that prospect. Student-athletes must also be cautious in their social media interactions with athletic boosters. Always "ask before you act" and speak with the MSU Compliance Office if you have any questions regarding NCAA rules.
 13. The Bottom Line: **YOU** are accountable for your social media presence. Understand that inappropriate postings can follow you for life. Do not post anything that would embarrass Midwestern State University, your team, or your family. If you believe something you posted would upset your parents, then know that it is going to upset the University as well.

Temporary Suspension: The Department of Athletics reserves the right to take necessary and appropriate action to protect the safety and well-being of the University community. A student-athlete may be suspended from a team activity by the Head Coach pending Director of Athletics notice. In cases of temporary suspension, the athlete will be given an opportunity to meet with the Director of Athletics within five (5) business days from the effective date of the suspension.

Department of Athletics Grievance Policy

In the event a student-athlete has a grievance and or appeal, they are expected to address this with their head coach. If the grievance is not resolved to the student-athlete's satisfaction or the grievance is with the head coach, they are encouraged to meet with a senior athletic staff member. The student-athlete may meet with the director of athletics for a solution to the grievance; however, in the event that the grievance is not resolved, the student-athlete will then be directed to the appropriate department on campus listed in the student handbook dealing with formal grievances.

Midwestern State University Student Grievance Policy

Section VI in the MSU Student Handbook Code of Student Conduct

[Student Handbook](#)

Laura Hetrick
Director and Coordinator of Title IX
Vinson Health Center H-136
(940) 397-4213
laura.hetrick@msutexas.edu
titleix@msutexas.edu

Academic Services

Student-Athlete Academic Advising

All student-athletes will work with the Athletic Academic Advisors to discuss their schedule, degree progress, and eligibility requirements prior to each semester registration. Student-athletes are also required to meet with their assigned Academic Counselor (or faculty advisor).

Amanda Snodgrass – Football, Women's Soccer, Softball, and Cross Country/Track
Kurt Portmann - Men's & Women's Basketball, Me

Add & Drop Course Information

Students who wish to drop a course are responsible for initiating this action. Students may drop a class with a full refund (if remaining enrolled) until the census day of the particular term. Census date is the 12th university class day for fall and spring, 4th university class day of summer. Because all student-athletes have holds on their accounts, they will not be able to go in and drop/add classes online.

They will have to fill out a drop slip and have all required signatures prior to taking it to the Registrar's Office.

Holds

Holds prohibit you from registering for classes. Unpaid fines, student fees, insurance, and not seeing your athletic academic advisor are several reasons you would not be able to participate in registration. It is the student-athletes responsibility to take care of all holds prior to registration. As a student-athlete, an athletic hold will always be on your account. This is to identify to various campus groups that you are a student-athlete. Your athletics hold will be released for registration. Any changes to your schedule after registration will have to be made through your athletic academic advisor.

Academic Monitoring/Grade Checks

Monitoring of classroom progress 2-3 times per semester through the Athletic Department with professors allows the student-athlete development staff and coaching staff to become aware of problems and provide the assistance needed as quickly as possible. All coaches will receive a summary of the grade reports following midterms and final exams.

Tutoring

Located in Moffett Library, The Office of Tutoring and Academic Support Programs (TASP) oversees a variety of services designed to help student meet the demands of the college classroom and achieve academic success. Specifically, TASP provides walk-in tutoring, supplemental instruction, first-year seminars, and advising for undecided students.

Athletic Department Online Course Policy

All student-athletes must adhere to the following policies when taking online courses, completing take home tests, quizzes or homework assignments and when working with assigned tutor:

- Understand that tutors cannot be present when you are completing online exams, quizzes or assignments.
- Student-athletes will not collaborate or work with fellow classmates to complete a take home or online quiz/exam.
- Student-Athletes will report any concerns or act of cheating or plagiarism by other student-athletes or tutors to the Senior Associate Athletic Director for Student-Athletes Success.
- You are responsible for submitting all completed assignments to your instructor through either E-College or another site if instructors indicated this in their syllabus.

If you are an international student-athlete please consult with the international department to be sure you have enough face-to-face classes to online ones. There are requirements to stay in the United States as a student pertaining to this issue. BE PREPARED!

ACADEMIC AWARDS

Semester Honors:

Presidents Honor Roll

Completed 12 hours with no grade lower than an "A" (Semester GPA of 4.0)

Provost's Honor Roll

Completed 12 hours with no grade lower than a "C" (Semester GPA between 3.75 – 3.99)

Dean's Honor Roll

Completed 12 hours with no grade lower than a "C" (Semester GPA between 3.5 – 3.74)

Division II Athletics Directors Association (D2ADA) Academic Achievement Awards

The D2 ADA Academic Achievement Awards is a program that recognizes the academic accomplishments of student-athletes at the Division II level. In order for a student-athlete to receive an Academic Achievement Award, the athletics director of the Division II institution must be a current dues paying member of the D2 ADA.

Also, the student-athlete must:

- have a cumulative grade point average of 3.5 or higher on a 4.0 scale
- have attended a minimum of two years (four semesters) of college level work
- have been an active member of an intercollegiate team during his/her last academic year

Lone Star Conference Commissioner's Honor Roll

This includes all student-athletes and athletic training students who meet the following requirements:

- The students GPA must be a minimum of 3.30 based on the 4.0 scale. The GPA submitted must be for the current academic year.
- Any student nominated must be active on the roster as of the first day of classes for that semester and any individual added to the roster after the first day of classes that semester shall count toward the Team GPA calculations for this award, to include anyone receiving athletic aid with eligibility remaining, partial qualifiers, and medically exempt individuals.
- This list will be announced at the end of each semester (fall and spring).

Lone Star Conference Scholar-Athlete Award

Each academic year, LSC member institutions grant an LSC Scholar Athlete Award to one male and one female member of the graduating class who has compiled the most outstanding records in athletics, scholarship and leadership. To be eligible for consideration for this award, the student-athletes must have participated in a minimum of two years in a sport sponsored by Midwestern State University.

Lone Star Conference Male and Female Academic Athletes of the Year

Each academic year, the LSC Sports Information Directors select one male and one female as the Fred Jacoby Academic Athletes of the Year. The nominees shall consist of the Academic Athlete/Player of the Year in each Conference sport as chosen during the year. The Conference is responsible for calculating the ballots and announcing the winners.

Lone Star Conference Academic All-Conference

The Conference Sports Information Directors shall select the Academic All-Conference team, from nominees who meet the following criteria: Must have played in at least 50 percent of team's contests, must have reached sophomore athletic and academic standing (true freshmen and redshirt freshmen are not eligible), must have completed at least one full academic year at the nominating institution, and must have a minimum 3.30 cumulative grade point average based on the 4.0 system for his/her entire collegiate career.

Lone Star Conference Academic Excellence Award

The Conference shall present a pair of Academic Excellence Awards, one each for the men's and women's programs to the Department of Athletics(s) with the highest collective Team GPA among its sports teams. A member institution may win both awards. Each award shall consist of a trophy and \$2,500 financial reward sponsored by Balfour.

Lone Star Conference Player/Athlete of the Year

The Conference Sports Information Directors shall select the Academic Player/Athlete of the Year from the Commissioner's Honor Roll. In addition to meeting the criteria for the Commissioner's Honor Roll, nominees must have played in at least 50 percent of their respective team's contests, must have reached sophomore athletic and academic standing (true freshman and redshirt freshman are not eligible) and must have completed at least one full academic year at the nominating institution.

NCAA Student-Athlete Sportsmanship Awards

The NCAA Student-Athlete sportsmanship Awards honors student-athletes who, through their actions in the competitive arena of intercollegiate athletics, have demonstrated one or more of the ideals of sportsmanship, including fairness, civility, honesty, unselfishness, respect and responsibility. Selections are made by the NCAA Committee on Sportsmanship and Ethical Conduct.

Graduation

Academic Distinction

Students completing the requirements for baccalaureate degrees with exceptional scholastic averages may be graduated with academic distinction. The levels of recognition will be recorded on the students' diplomas and permanent academic records. Academic Distinction recognition in the commencement program will be made based on the student's GPA at the end of the previous term. The levels of recognition and the grade point averages required for each are:

- Cum laude - Cumulative GPA of 3.5 – 3.69 at time of graduation.
- Magna cum laude - Cumulative GPA of 3.7 – 3.89 at time of graduation.
- Summa cum laude - Cumulative GPA of 3.9 – 4.0 at time of graduation.

Athletic Graduation Sash

To be eligible to receive a graduation sash a student-athlete must have exhausted eligibility with Midwestern State University, or graduated prior to exhausting eligibility.

NCAA POST GRADUATE SCHOLARSHIPS

Jim McKay Scholarship Program

One male and one female student-athlete are annually awarded a \$10,000 scholarship in recognition for outstanding academic achievement and potential to make a major contribution in the sports communication industry.

- Must have a cumulative GPA of 3.50 or better
- Have competed in intercollegiate athletics as a member of a varsity team
- Be enrolled in graduate study at an NCAA member institution or be a graduating senior committed to enrolling in a graduate degree program within five years of being named a McKay Scholar
- Have demonstrated a unique aptitude and commitment to the communications field with the potential to make a contribution in the sports communications industry
- Ascribe to the highest levels of integrity, including the principles of truthfulness, accuracy, objectivity, impartiality, fairness and public accountability
- Have evidenced superior character and leadership
- The Faculty Athletic representative (FAR) will collect the application material - Due in January

Walter Byers Postgraduate Scholarship Program

One male and one female student-athlete are annually awarded a postgraduate scholarship in recognition of outstanding academic achievement and potential for success in postgraduate study. It is intended that an individual named a Byers Scholar will be recognized as one who has combined the best elements of mind and body to achieve national distinction for his or her achievements, and promises to be a further leader in his or her chosen field of career service. The stipend for each Byers Scholarship is \$24,000 for an academic year.

- Must have an overall undergraduate cumulative grade-point average of 3.5 or better
- Have competed in intercollegiate athletics as a member of a varsity team
- Be a graduating senior or be enrolled in graduate study at an NCAA member institution
- Have intentions of applying for admission into a graduate degree program at a properly accredited, nonprofit educational institution or into a post-baccalaureate professional degree program at a professionally accredited law school, medical school, or equivalent, without restriction as to the national site of the institution.
- Be committed to work on a full-time basis toward a graduate degree or a post-baccalaureate professional degree
- Have evidenced superior character and leadership
- Have demonstrated that participation in athletics and community service has been a positive influence on the nominee's personal and intellectual development. Relative success in athletics is important but not of overriding significance
- Enroll into a graduate degree program within five years of being named a Byers Scholar
- The Faculty Athletic representative (FAR) will collect the application material - Due in January

Ethnic Minority and Women's Enhancement Postgraduate Scholarship Program

The NCAA awards 13 scholarships to ethnic minorities and 13 scholarships to female college graduates who will be entering their initial year of postgraduate studies. The applicant must be seeking admission or have been accepted into a sports administration or other program that will help the applicant

obtain a career in intercollegiate athletics, such as athletics administrator, coach, athletic trainer or other career that provides a direct service to intercollegiate athletics

- Applicants may not have begun any initial postgraduate studies.
- Must be U.S. citizens
- Applicants must have performed with distinction as a student body member at their respective undergraduate institution. The applicant's involvement in extracurricular activities, course work, commitment to pursuing a career in intercollegiate athletics and promise for success in such a career will be considered.
- Athletic Department will submit applications and materials – Due early December

NCAA Post Graduate Scholarship Program

This is a one-time grant of \$7,500 awarded for fall sports, winter sports and spring sports. Each sports season (fall, winter and spring), there are 29 scholarships available for men and 29 scholarships available for women.

- Must be at least in their final season of NCAA athletics eligibility or will not be using any remaining athletics eligibility
- Have an overall undergraduate minimum cumulative grade-point average of 3.20.
- Have performed with distinction as a member of the varsity team in the sport in which the student-athlete is being nominated. The degree of the student-athlete's athletics achievement will be weighed in conjunction with academic performance, institutional involvement and volunteer community services.
- Intend to continue academic work beyond the baccalaureate degree and enroll in a graduate degree program on a part- or full-time basis at an academically accredited graduate or degree-granting professional school. An academic professor of the institution in which the student-athlete is currently enrolled must address the capability of the student-athlete for graduate school.
- Are outstanding citizens and excellent role models for the institution and intercollegiate athletics as a whole
- International student-athletes are eligible to receive an NCAA Postgraduate Scholarship
- The Faculty Athletic representative (FAR) will collect the application material

Campus Resources

Tutoring & Academic Support Programs

Located in McCullough Hall, the office of Tutoring and Academic Support Programs (TASP) oversees a variety of services designed to help student meet the demands of the college classroom and achieve academic success. Specifically, TASP provides walk-in tutoring, supplemental instruction, first-year seminars, and advising for undecided students and student-athletes.

Student Support Services

The federally funded Student Support Services (SSS) program provides assistance and services as study skills, personal counseling, academic advice and assistance, tutoring, cultural events, academic workshops, career services, activities designed to foster enrollment in graduate programs, study lab, and computer lab.

MSU Counseling Center

The mission of the MSU Counseling Center is to provide opportunities for students to know themselves as individuals, to form deeper relationships with their peers, and to increase their wellness.

Vinson Health Center

The Vinson Health Center serves as a resource for development programming in areas of health promotion, health maintenance, and health education.

Disability Support Services

Providing equal access to educational, social, and recreational programs through the coordination of

services and reasonable accommodations, consultation and advocacy.

Career Management Center

Providing students with access to career management tools for postgraduate opportunities. Job Listings, career advice & resources, resume writing, and advice on how to interview are a few of the services provided.

Student Success Series

Student Success Series offers speakers and workshops selected from today's pertinent topics for college students. MSU students participating in programs can receive free Mustangs gear.

Mustangs Link

MustangsLink is MSU Texas student involvement system that helps students become involved on campus and manage their experiences outside the classroom. MustangsLink serves as the central calendar for student life and has groups for every registered student organization, residence hall, and living learning community on campus as well as a variety of university departments, programs, and resources.

University Programming Board

The University Programming Board (UPB) is a student led organization responsible for campus programming that includes bringing in featured entertainers, a cinema series, and many other special events for the students.

STUDENT-ATHLETE DEVELOPMENT AND SUCCESS

Community Engagement & Service

Each student-athlete is required to accrue at least five (5) hours of community engagement and service. To assist in tracking student-athlete progress the Department of Athletics has partnered with the HelperHelper App. The HelperHelper App allows students to easily track volunteer efforts. This app can be downloaded from the [Apple App Store](#) or the [Google Play Store](#).



Once a student-athlete downloads the app, he/she will be sent an email from HelperHelper with his/her temporary password. Once you log into the App, you will see the home screen (right). From this page, you will be able to find opportunities, see your commitments, your personal stats and goals as well as the drop down menu. In the drop menu, you will have the same options and the ability to see various team impacts.

To find an opportunity, you will click on the find opportunities tab, if you would like to commit to one of the opportunities, you will select that specific opportunity, then commit to the task. On the day of the event, you will get a reminder from the App. Additionally, you will have to check-in at the event and check-out as well as verify your time. Either the Sr. Associate Athletics Director for Student Success or the Athletics Academic Coordinator will send you the verification code for the event.

If you have any questions or issues with the App, please make sure you contact either the Senior Associate Athletics Director for Student Success or the Athletics Academic Coordinator.

Sexual Assault Prevention Training

Each academic year, student-athletes are trained through training platforms, in person and web based module.

The Step-Up Bystander Intervention Training is an interactive in-person training that encourages prosocial behavior program that educates students to be proactive in helping others. It received a NASPA Gold award and recently was identified as a 'Best Practice' by the NCAA Sports Science Institute of national and international scholars.

Everfi Sexual Assault Training for Student Athletes is web-based training module that connects students and athletic staff with engaging and actionable course content and is designed to empower and reinforce positive behaviors. Student-athletes are educated on topics including hazing and bullying, respectful communication, impact of harmful language, bystander Intervention, sexual violence prevalence, healthy relationships, and alcohol and drugs.

Student-Athlete Advisory Committee (SAAC)

The Student-Athlete Advisory Council is a committee made up of student-athletes assembled to provide insight on the student-athlete experience. The SAAC also offers input on the rules, regulation, and policies that affect student-athletes' lives on the Midwestern State University campus.

The mission of the SAAC is dedicated to promoting and maintaining student-athlete well-being, academic excellence, personal development, and community involvement.

The purpose of SAAC is:

- To generate a student-athlete voice within the institution
- To solicit student-athlete response to proposed NCAA Division II legislation and to suggest potential legislation.
- To organize community engagement and service efforts
- To create a vehicle for student-athlete representation on campus, conference wide and nationally
- To provide members leadership opportunities by serving on various University, Lone Star Conference and NCAA Division II committees

Division II SAAC's philanthropy is The Make-A-Wish Foundation. It is Midwestern State University SAAC's responsibility to raise money for this cause every year. The SAAC also competes on a yearly basis for the Lone Star Conference SAAC Cup.

Student-athletes (scholarship or non-scholarship) are eligible to be members. Representatives are selected through a nomination and interview process. There are two voting members from each sport, athletic training and spirit squads. Each team should try and have at least one upperclassman and one underclassman as officers for their respective team. There is an Executive Board that consists of a President, Vice-President, Secretary and Treasurer.

If interested in serving as a representative please contact a member of the Executive Board. SAAC Bylaws and roster can be found on the athletic department's website under the SAAC page.

NCAA Eligibility

NCAA Progress Toward Degree Requirements

To be eligible to represent an institution in intercollegiate athletic competition, a student-athlete shall maintain progress toward a baccalaureate or equivalent degree at the institution as determined by the regulations of that institution. The following are the rules and regulations to maintain eligibility at Midwestern State University:

Entering 2nd year of fulltime collegiate enrollment (2 fulltime terms)

- 24 semester hours must be earned
- 18 semester hours must be earned during the academic year (fall and spring)
- 2.0 Institutional GPA
- 9 credit hours earned per term
- All credit hours of remedial courses are applied only in the first two fulltime terms

Entering 3rd year of fulltime collegiate enrollment (4 fulltime terms)

- 24 semester hours must be earned
- 18 semester hours must be earned during the academic year (fall and spring)
- 2.0 Institutional GPA
- 9 credit hours earned per term
- Must have a degree officially declared

Entering 4th year of fulltime collegiate enrollment (6 fulltime terms)

- 24 semester hours must be earned
- 18 semester hours must be earned during the academic year (fall and spring)
- 2.0 Institutional GPA
- 9 credit hours earned per term

Entering 5th year of fulltime collegiate enrollment (8 fulltime terms)

- 24 semester hours must be earned
- 18 semester hours must be earned during the academic year (fall and spring)
- 2.0 Institutional GPA
- 9 credit hours earned per term
- Student-Athlete must graduate within 10 fulltime terms

Full-Time Enrollment

The student-athlete must be enrolled full-time (minimum course load of twelve (12) hours) at MSU in order to be eligible to practice or compete. The student-athlete must take no less than twelve (12) credit hours during each semester that he or she is participating in athletics. The student-athlete who drops below the minimum will be declared immediately ineligible. Exceptions exist for the graduate students nine (9) hours are considered full-time), and the senior in his or her last semester who needs less than twelve (12) hours to graduate.

Declaring a Major

The student-athlete must declare a major prior to his or her fifth semester (third year) of full-time enrollment. Therefore, deciding upon a major early in the student-athlete's academic career is crucial for continued eligibility and timely graduation.

SCHOLASTIC PROBATION AND SUSPENSION

Academic Probation

Midwestern State University calculates course work based on the institutional GPA to reflect work completed only at Midwestern State University. Should any student fail to maintain satisfactory progress toward graduation the student will be permitted to enroll but will be placed on academic probation. A student on academic probation (institutional GPA fell below a 2.0) will remain on probation until the institutional GPA has been raised back to a 2.0. Two semesters of institutional GPA falling below a 2.0, the student will be placed on academic suspension.

Academic Suspension

A student on academic probation who fails to raise the MSU cumulative grade point average to the required level minimum 2.0 and who fails to earn a 2.0 semester average will be placed on academic suspension. Suspension or dismissal will be posted to the academic record and will remain as a permanent entry.

First Academic Suspension

1. A student suspended at the close of the fall semester is eligible for readmission to the following summer session.
2. A student suspended at the close of the spring semester is eligible for readmission to the following spring semester. A student on first suspension is permitted to attend the following summer session at MSU and may be reinstated for the fall semester if he/she has earned a 2.0 grade point average and a minimum of 6 semester hours during the summer sessions.
3. At the close of each summer session, only an academic deficiency of probation will be assessed.

Second Academic Suspension is for a period of one calendar year beginning with the end of the semester that the suspension was assessed.

Third Academic Suspension results in academic dismissal, which is for a period of two calendar years beginning with the end of the semester that the suspension was assessed. The Academic Readmission Committee will not review a petition for reinstatement of a student in this category.

ADHD/ADD Medication

Student-athletes who are required to take ADHD/ADD medication are required to fill out the Texas A&M University-Commerce Sports Medicine ADHD Medication Exemption Form prior to the beginning of each academic year. The aforementioned form is needed in the event that a positive test result for stimulants is found. **If the form is not on file, normal protocol for positive test results will be followed.**

NCAA Drug-Testing

In addition to Midwestern State University's drug testing, **student-athletes may also be tested as part of the NCAA random drug-testing program**, which generally occurs twice per academic year. The NCAA, in conjunction with Drug Free Sport, will select student-athletes randomly from current team rosters. Each athlete selected will be notified by the Head Athletic Trainer and then expected to sign an official notification form that same day. Student-athletes will be tested the morning after notification and are expected to arrive at the testing site on time or risk being assessed a positive test. **FAILURE TO SHOW FOR A SCHEDULED TEST WILL RESULT IN A POSITIVE TEST RESULT!**

NCAA SUMMER DRUG TESTING PROGRAM

The NCAA's Year-Round Drug-Testing Program continues through the summer months for Division II member institutions. Prior to completion of the spring semester, each student-athlete must provide his/her summer address, summer home phone number, cell phone number and email address to the Director for Athletics Compliance. Prior to testing student-athletes will be notified in person or via direct phone contact. The NCAA prohibits using voice messages, email communication or text messages to notify of a summer drug test.

Specifics:

1. Institutions to be drug tested will be selected by Drug Free Sport.
2. The sport(s) to be drug tested will be selected by Drug Free Sport. Five (5) to 15 student-athletes may be selected for drug testing.
3. All Division II student-athletes are subject to summer drug testing, whether they are on-campus or away from campus.

NCAA Nutritional/Dietary Supplements Warning

Before consuming any nutritional/dietary supplement product, you should review the product with the Director of Sports Medicine or the Director for Athletic Compliance.

- Dietary supplements are not well regulated and may cause positive drug test results.
 - Student-athletes have tested positive and lost their eligibility using dietary supplements.
- Any product containing a dietary supplement ingredient is taken at your own risk.

It is your responsibility to check with the Head Athletic Trainer or Resource Exchange Center before using any supplement or substance.

Note to Student-Athletes: There is no complete list of banned substances. Do NOT rely on this list to rule out any substance/supplement ingredient.

Information about ingredients in medications and nutritional/dietary supplements can be obtained by contacting the Resource Exchange Center, REC, 877-202-0769 or <https://dfsaxis.com/users/login> (password: ncaa2)



Examples of NCAA Banned Substances in Each Drug Class (this list is not exhaustive):

- Stimulants
 - e.g., amphetamine (Adderall); caffeine (guarana); cocaine; ephedrine; fenfluramine (Fen); methamphetamine; methylphenidate (Ritalin); phentermine (Phen); synephrine (bitter orange); methylhexanamine, etc.
 - *exceptions*: phenylephrine and pseudoephedrine are not banned.
- Anabolic Agents
 - (sometimes listed as a chemical formula, such as 3,6,17-androstenetrione)
 - e.g., boldenone; clenbuterol; DHEA (7-Keto); nandrolone; stanozolol; testosterone; methasterone; androstenedione; norandrostenedione; methandienone; etiocholanolone; trenbolone; etc.
- Alcohol and Beta Blockers (banned for rifle only)
 - e.g., alcohol; atenolol; metoprolol; nadolol; pindolol; propranolol; timolol; etc.
- Diuretics (water pills) and Other Masking Agents
 - e.g., bumetanide; chlorothiazide; furosemide; hydrochlorothiazide; probenecid; spironolactone (canrenone); triameterene; trichlormethiazide; etc.
- Street Drugs
 - e.g., heroin; marijuana; tetrahydrocannabinol (THC); synthetic cannabinoids (eg. Spice, K2, JWH-018, JWH-073)
- Peptide Hormones and Analogues
 - e.g. growth hormone(HGH); human chorionic gonadotropin (HCG); erythropoietin (EPO); etc.
- Anti-Estrogens
 - e.g., anastrozole; tamoxifen; formestane; 3,17-dioxo-etiochol-1,4,6-triene(ATD), etc.
- Beta-2 Agonists
 - e.g., bambuterol; formoterol; salbutamol; salmeterol; etc.

Unless otherwise noted, any substance that is chemically related to the class, even if it is not listed as an example, is also banned!

Department of Athletics Compliance

Before the first day of practice each year, a compliance meeting is held to discuss general NCAA rules and eligibility requirements. During that meeting, the Associate Director of Athletics for Compliance will have NCAA and Midwestern State University required forms for you to complete. In order to begin practicing, all forms must be complete.

Your status as a current student-athlete begins once you submit your required NCAA and Midwestern State University forms for the present year. **You cannot be certified to participate in intercollegiate athletics unless a signed, completed Drug-Testing Consent Form and NCAA Student- Athlete Statement are submitted to the Compliance Office.**

Initial Eligibility Qualifier

A qualifier is a student who, for purposes of determining eligibility for financial aid, practice and competition has met the following requirements:

- a) Graduation from high school;
- b) Successful completion of a required core curriculum consisting of a minimum number of courses in specified subjects;
- c) Specified minimum grade-point average; and
- d) Specified minimum SAT or ACT score

Partial Qualifier

A partial qualifier is a student who does not meet the requirements for a qualifier but who, at the time of graduation from high school, meets one of the following academic requirements:

- a) Successful completion of a required core curriculum consisting of a minimum number of courses and a specified minimum grade-point average in the core curriculum; or
- b) Specified minimum SAT or ACT score

NCAA Amateurism

In order to remain athletically eligible, you must protect your status as an amateur. Therefore, it is essential that you check with the Compliance Office before making decisions regarding outside athletics participation, promotional activities and/or the acceptance of any benefits.

Maintaining Your Amateurism Status

Per NCAA rules, the activities listed below are impermissible and will jeopardize your status as an amateur athlete as well as eligibility for intercollegiate participation in your sport:

1. Accepting payment or a promise of payment (cash, prizes, gifts or travel) for participation in your sport.
2. Entering into an agreement of any kind (written OR verbal) to compete in professional athletics.
3. Playing on any professional athletic team.
4. Receiving educational expenses provided by an outside sports team or organization that are based in any degree on your athletics ability.
5. Participating on teams other than those fielded by the University during the season. THIS APPLIES TO ALL SPORTS.
6. Agreeing to have your picture or name used to promote a commercial product.
7. **Receiving any benefit that is not available to other students at the University.** Extra benefits can include, but are not limited to: cash, a loan of money or a vehicle loan.
8. Receiving preferential treatment because of your athletics reputation or skill.
9. Agreeing (verbally or in writing) to be represented by an agent or organization in order to market your athletic skills or reputation.
10. Participating in summer leagues not approved by the NCAA. You must have written permission from the Director for Athletics Compliance for summer league participation.

Hardship Waiver

A medical hardship waiver can be filed for student-athletes who suffer an incapacitating injury or illness that occurs in one of the four seasons of competition and results in incapacity to compete for the remainder of that playing season. The student-athlete must not have participated in more than three contests/dates of competition or 30% of the competitions scheduled in that sport.

Season of Eligibility

A season of eligibility is any competition (including a scrimmage with outside competition), regardless of time played, and results in using a season of competition.

Exception – Initial Year of Collegiate Enrollment

During a student-athlete's initial year of collegiate enrollment, he or she may compete in preseason exhibition contests or dates of competition and preseason scrimmages (as permitted in the particular sport per Bylaw 17) that occur prior to the first countable contest or date of competition in the sport without counting such competition as a season of competition.

Student-Athlete Travel Policy

All student-athletes must travel to and from all away contests with the official travel party. Student-athletes may be released to their parents/legal guardians or in rare instances; a student-athlete may need to travel to an away contest after the team has departed campus but that will require **PRIOR** approval and a Student-Athlete Travel Release Form to be submitted with all necessary signatures before the team departs from campus. Permission to travel with parents/legal guardians or alone is not automatic and is left to the discretion of head coaches and the Director of Athletics or his designee.

Promotional Activities

All charitable, educational, and nonprofit promotional activities must have the written approval of the Director of Athletics or his/her designee **PRIOR** to any student-athlete(s) participation. Student-athletes and coaches should consult with the Director of Athletics Compliance **PRIOR** to engaging in promotional activities. Failure to receive approval to participate in the promotional activities could render the student-athlete ineligible.

Athletic Equipment and Apparel

Student-Athletes are responsible for the proper upkeep of all issued equipment and apparel. The return of these items should be in a timely manner, following the conclusion of the sport's season. The student-athlete may be held financially responsible for item's damaged or not returned and a hold will be placed on the student-athletes account until equipment/apparel is returned. Also, a student-athlete will render themselves ineligible if they sell any team/University issued equipment.

Student-Athlete Outgoing Transfer Process

If a student-athlete wishes to transfer to another institution, he or she should speak with his or her head coach about his/her desire to transfer. Once a student-athletes request to go in the Transfer Portal is received and they have completed the portal educational module, they will be entered into the Transfer Portal.

Student-Athlete Exit Survey

The exit survey is conducted by Athletic Department administrators with all student-athletes graduating, exhausting eligibility, or leaving the team or University. The purpose of this process is to assess how student-athletes feel about their experiences. The exit survey is strictly confidential. Your input is important to the future success of Midwestern State University Athletics. If deemed necessary a formal meeting will be set up with the Director of Athletics and/or Faculty Athletics Representative.

Athletic Agent Policy

A student-athlete shall be ineligible for participation in an intercollegiate sport, if he or she has ever agreed (orally OR in writing) to be represented by an agent for the purpose of marketing his or her athletics ability or reputation in that sport. Further, an agency contract not specifically limited in writing to a particular sport or particular sports shall be deemed applicable to **all sports**.

It **IS** permissible for student-athletes to secure advice from a lawyer concerning a proposed professional sports contract without it being considered contracting for representation by an agent, unless the lawyer also represents the student-athlete in negotiations for such a contract.

The following guidelines should be observed in order to ensure your avoidance of any practice which might endanger your athletic eligibility:

1. Report **any** contact – personal, verbal, or written – by anyone wishing to represent you to your head coach or the Director of Athletics Compliance. Be certain to get names, addresses, and phone numbers of any such person.
2. Inform any agent or counselor that they should contact your coach or the Director of Athletics Compliance prior to any further contact. They will be informed of the “Agent Guidelines” at that time.
3. Remember the following critical points:
 - a. No verbal or written contract is permitted before eligibility is complete
 - b. Do not accept money or loans from any agent or counselor
 - c. Do not permit any agent or counselor to buy meals, clothes, or anything of material value.

REPORT ANY CONTACT BY AN AGENT OR COUNSELOR TO THE ATHLETIC COMPLIANCE OFFICE!

Outside Competition

During the Academic Year

In sports other than basketball, a student-athlete becomes ineligible for intercollegiate competition in his or her sport if, after enrollment in college and during any year in which the student-athlete is a member of an intercollegiate squad or team, he or she competes or has competed as a member of any outside team in any non-collegiate, amateur competition (e.g., tournament play, exhibition games or other activity) during the institution's intercollegiate season in the sport.

A basketball student-athlete who participates in any organized basketball competition, except while representing the institution in intercollegiate competition, becomes ineligible for any further intercollegiate competition in basketball

Exceptions for All Sports: High School Alumni Game, Olympic Games, Official Pan American Games Tryouts and Competition on, U.S. National Teams, Official World Championships, or Multisport Events.

Additional Exceptions for Basketball: summer competition, Puerto Rico Superior Basketball League & United States vs. U.S. National Teams

A partial qualifier or non-qualifier may participate in the institution's intramural program (provided the intramural team is not coached by a member of the institution's Department of Athletics staff), but during the first year of enrollment, such an individual is not permitted to practice or compete on an institutional club team or on an outside sports team.

Summer Vacation Period

Prior to participating in outside competition during the summer vacation period, student-athletes should discuss their plans with the Director of Athletic Compliance in order to ensure such activities are permissible per NCAA legislation.

Time Limits for Athletically Related Activities

Countable Athletically Related Activities (CARA)

Countable athletically related activities include any required activity with an athletics purpose, involving student-athletes and at the direction of, or supervised by, any member or members of an institution's coaching staff (including strength and conditioning coaches). CARA must be counted towards the weekly and daily hour limitations. Administrative activities (e.g., academic meetings, compliance meetings) are not considered countable athletically related activities.

In all sports, the following time limitations apply:

Daily and Weekly Hour Limitations – Playing Season

A student-athlete's participation in countable athletically-related activities shall be limited to a maximum of four (4) hours per day and twenty (20) hours per week. *Daily and weekly hour limitations do not apply during an institutions official vacation period (i.e., winter break), including time between terms when classes are not in session.*

Weekly Hour Limitations – Outside of Playing Season

Sports Other Than Football. In sports other than football, outside of the playing season during the academic year, only a student-athlete's participation in weight training, conditioning and/or team activities shall be permitted, as follows:

(a) In winter championship sports, a student-athlete's participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities, as follows:

(1) In basketball, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the day before October 15.

(2) In swimming and diving and track and field, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the institution's declared start date of practice.

(3) In wrestling, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the day before October 10.

(b) In spring championship sports, from September 7 or the institution's fourth day of classes for the fall term, whichever is earlier, through the day before the institution's declared start date of the nonchampionship segment, a student-athlete's participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities;

(c) In fall championship sports, from the beginning of the institution's second term of the academic year (e.g., winter quarter, spring semester) through the day before the institution's declared start date of the nonchampionship segment, a student-athlete's participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities;

(d) In National Collegiate Championships sports, from the beginning of the institution's academic year through the day before the institution's declared start date of practice, a student-athlete's participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than two hours may be spent on team activities; and

(e) Following the institution's final contest or date of competition in the segment that concludes with the NCAA championship, a student-athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive-calendar-day period. Between the end of the 14-consecutive-calendar-day break period or the end of the nonchampionship segment, and one week prior to the beginning of the institution's final examination period, a student-athlete's participation in weight training, conditioning and/or team activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on team activities. For the first permissible date of activities outside of the playing season, refer to the sport-specific legislation.

Football. In football, outside of the playing season during the academic year, only a studentathlete's participation in weight training, conditioning, individual skill instruction and review of game film shall be permitted, as follows:

(a) A student-athlete's participation in such activities shall be limited to a maximum of eight hours per week, of which not more than two hours per week may be spent on review of game film and individual skill instruction;

(b) During individual skill instruction, not more than eight student-athletes from the team shall be part of a group of student-athletes working with a coach at one time. More than one group of student-athletes from the same team may participate in skill instruction in the same facility or in different facilities at the same time, provided there is no co-mingling of student-athletes between the groups. Each group of student-athletes must have a separate coach. Coaches may rotate between the groups provided at least one coach is present with each group during skill instruction. The use of footballs and field equipment (e.g., shields, bags) is permissible; however, the use of protective equipment (e.g., helmets, shoulder pads) is not permissible; and

(c) Following the institution's final contest in the segment that concludes with the NCAA championship, a student-athlete is prohibited from engaging in countable athletically related activities for a 14-consecutive-calendar-day period.

The following activities are NOT to be counted:

- Competition-related meals
- Physical rehabilitation
- Dressing, showering, taping
- Study hall, tutoring, mentoring
- Meetings with coaches on non-athletic matters
- Travel to and from practice and competition
- Medical exams or treatments
- Participation in regular P.E. classes
- **Voluntary** individual workouts and film review, provided they are not required by coaches; may be monitored by strength and conditioning coach for safety purposes.
- Individual consultation with coach initiated by student provided you do not engage in any athletically-related activity.

***Contact the Compliance Office with any questions or concerns regarding daily and weekly hour limitations**

Booster Assistance Prohibitions

It is **impermissible** to accept favors, invitations or assistance from boosters, including (but not limited to):

1. Room and/or board or any type of transportation during the summer while you have eligibility remaining;
2. Room, board or transportation costs for your friends or family when they visit campus or attend an away athletic contest;
3. Payment for transportation or loaning you a vehicle from a trip home or to any other location for ANY reason;
4. Free long-distance calls for you, your friends or relatives;
5. Employment which has not been cleared first with the Athletic Compliance Office;
6. Transportation while employed unless the same is provided for all other employees;
7. Special discounts, payment arrangements or credit on purchases or services (e.g., movie tickets, dinners, or other entertainment);
8. Cash or loan of money;
9. Guarantee of bail or bond;
10. Use of an automobile;
11. Loan or arrangements for a loan by a booster signing or cosigning for the note;
12. Preferential treatment, benefits or services (e.g., loans on a deferred pay-back basis) for your athletic skill or pay-back potential as a future professional athlete;
13. Use of personal properties (e.g., boats, summer homes, cars, stereos);
14. Christmas or birthday gifts; or
15. Receiving tattoos in exchange for autographs or at a discounted rate due to your status as a collegiate athlete.

Additionally, be aware of regulations concerning outside competition or the acceptance of any prizes, cash or merchandise. If you have any doubts at all, contact the Compliance Office before becoming involved.

NCAA Gambling Policy

The NCAA Ethical Conduct bylaw prohibits student-athletes and Department of Athletics staff members from gambling on any sport in which the NCAA sanctions competition. Any involvement in gambling activities by student-athletes or staff members can jeopardize student-athlete eligibility, staff employment status and put the institution at risk. NCAA rules prohibit all student-athletes and Department of Athletics staff members from placing, soliciting, or accepting bets, or otherwise participating in any gambling activity involving sports.

Examples of sports wagering include, but are not limited to:

- Bookmaker or parlay card
- Internet sports wagering
- Auctions in which bids are placed on teams, individuals or contests
- Pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize
- Sports wagering also includes informal bets with friends and colleagues for meal or other tangible items (e.g., cash, T-shirt)

A wager is made when you put something at risk in exchange for a chance to win a prize, and is prohibited by NCAA rules. This would include a Super bowl pool in which you pay an entry fee and have a chance to win a prize.

- **The size of the entry fee and the prize *do not matter.*** If you enter a \$1 tournament bracket pool, with a chance to win \$5, you are jeopardizing your **eligibility or employment** and putting the school at risk.
- **The “formality” of the wager also *does not matter,* as a “friendly” bet with a family member will jeopardize eligibility or employment.**
- NCAA rules also prohibit you from providing information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional sports competition.
- The maximum penalty for student-athletes for gambling is permanent loss of eligibility. For Department of Athletics staff members, the penalty could be termination of employment.
- The NCAA sports wagering legislation also applies to nonathletic department staff members who have responsibilities within or over the Department of Athletics (e.g. president or chancellor, FAR, individual to whom athletics reports).

Complimentary Ticket Policy

Per Lone Star Conference Operating Code, the sports of Football and Men’s and Women’s Basketball receive complimentary admission when traveling to other conference schools to compete. Football receives 150 tickets and Basketball receives 25. There will only be two tickets per player allowed and the list must be sent to the LSC institution by 12:00 noon the day before the contest occurs.

Midwestern State University Home Event Complimentary Ticket Policy

For all home events Midwestern State University student-athletes are permitted to receive four (4) complimentary tickets. Only students who are eligible to represent Midwestern State University in competition will be permitted to receive complimentary tickets.

All complimentary admissions for current student-athletes will be assigned by using the complimentary ticket envelope. Envelopes for all home events must be turned in at least 24 hours prior to the start of the event. Recipients of tickets must present valid photo identification prior to receipt of their ticket.

Hosting a Prospective Student-Athlete

When a prospective student-athlete visits the University, you may be asked to serve as his or her host. **You must be enrolled as a full-time student and you must be eligible to practice with the team in order to serve as a student host.**

Host Money

Host money is provided at the discretion of the head coach. Student hosts are permitted to receive a maximum of \$30 per day. This is to cover all “actual and necessary” expenses you incur. If you entertain more than one prospective student-athlete, you may receive an additional \$15 per day for each prospect.

Official Host Guidelines

1. You must be enrolled at Midwestern State University. If you are a freshman student, you must have been a high-school qualifier.
2. A maximum of \$30 per day may be provided to cover the entertainment expenses of yourself (and all hosts), the prospect, and the prospect’s parents or spouse. **These funds may not be used for the purpose of souvenirs such as T-shirts, caps or other institutional mementos.** You may be provided with an additional \$15 per day for each additional prospect you entertain.
3. The prospect may not be given cash, gift cards or any other item of monetary value directly.
4. You may not use vehicles provided or arranged for you by any coach, institutional staff member or booster. Never allow the recruit to use or drive your car.
5. You may not transport the prospect or anyone accompanying the prospect more than 30 miles from the campus.
6. You should not allow recruiting conversations to occur off campus between the prospect and a booster of the athletics program. (If an unplanned meeting occurs, only an exchange of greetings is permissible.)
7. A visiting prospect may engage in recreational or workout activities (tryout) IF approved by the Director of Athletic Compliance.
8. You may receive a complimentary admission (not a hard ticket) when accompanying a prospect to a campus athletics event.
9. Long distance telephone calls are not allowed by NCAA rules. Do not let the prospect use your personal phone for long distance calls.
10. You may NOT purchase alcoholic beverages.
11. You are responsible for turning in any remaining cash from the funds advanced, and this should be done on the next business day following the prospect’s visit.
12. Be aware that any violations that occur while you are hosting a prospective student-athlete may affect your eligibility as well as the prospective student-athlete’s eligibility.

Prospective Student-Athlete Complimentary Admissions

If it is to be part of the entertainment package, your coach will explain the procedure for obtaining admission for both you and the prospective student-athlete. You should accompany the prospective student-athlete to the event during the prospect’s visit to campus. Admission to games will be through the entrance that normally handles complimentary admissions.

Athletic Scholarships

Financial Aid & Scholarships

An athletically related grant-in-aid, as well as other forms of financial assistance, may be provided to help you with your University expenses.

Permissible Sources of Financial Aid

Institutional Financial Aid

The following sources of financial aid are considered to be institutional financial aid:

- a) All Funds administered by the institution, which include but are not limited to the following:
 - 1) Scholarships;
 - 2) Grants;
 - 3) Athletics aid;
 - 4) Tuition waivers; and
 - 5) Loans that are based upon a regular repayment schedule, available to all students and administered on the same basis for all students.

- b) Aid from government or private sources for which the institution is responsible for selecting the recipient or determining the amount of aid, or providing matching or supplementary funds for a previously determined recipient.

Athletic Grant-In-Aid

An athletic grant-in-aid (scholarship) by NCAA definition is financial aid that may consist of tuition and fees, room and board, and required course-related books. Athletic aid is financial aid awarded by the institution's athletic department or institutional financial aid that requires the recipient to participate in intercollegiate athletics.

Midwestern State University, in accordance with NCAA guidelines, reserves the right to adjust athletic aid based on receipt of need-based aid, federal grant and/or other aid awards.

Institutional financial aid may be awarded for any term during which a student-athlete is in regular attendance as an undergraduate with eligibility remaining or as an eligible graduate student.

Period of Athletics Aid Award

One-Year Period. Athletics aid shall neither be awarded in excess of one academic year nor for a period less than one academic year. The initial award of athletics aid in a given academic year shall be awarded in equal amounts for each term.

Reduction & Cancellation of Aid During the Period of Award

Institutional financial aid based in any degree on athletics ability may be reduced or canceled during the period of the award if the recipient:

- a) Renders himself/herself ineligible for intercollegiate competition;
- b) Fraudulently misrepresents any information on an application, letter of intent, or financial aid agreement;
- c) Engages in serious misconduct warranting substantial disciplinary penalty; or
- d) Voluntarily withdraws from a sport at any time for personal reasons; however, the recipient's financial aid may not be awarded to another student-athlete in the term in which the aid was reduced or canceled. Further, if the financial aid is canceled before a regular academic term, the aid may not be provided to another student-athlete during the ensuing academic term

Non-Athletically Related Conditions

An institutional financial aid agreement may include non-athletically related conditions (e.g., compliance with academic policies or standards, compliance with team rules or policies) by which the aid may be reduced or cancelled during the period of the award.

Fraudulent Misrepresentation

If a student-athlete is awarded institutional financial aid on the basis of declaring intention to participate in a particular sport by signing a letter of intent, application or tender, action on the part of the grantee not to participate (either by not reporting for practice or after making only token appearances as determined by the institution) would constitute fraudulent misrepresentation of information on the grantee's application, letter of intent or financial aid agreement and would permit the institution to reduce or cancel the financial aid.

Misconduct

An institution may cancel or reduce the financial aid of a student-athlete who is found to have engaged in misconduct by the University's regular student disciplinary authority, even if the loss of aid requirement does not apply to the student body in general.

INCREASE PERMITTED

Athletics aid may be increased for any reason at any time.

Increase, Reduction or Cancellation Not Permitted

Institutional financial aid based in any degree on athletics ability may not be increased, decreased or canceled during the period of its award based on:

- a) On the basis of a student's athletics ability, performance or contribution to their team's success;
- b) Because of an injury that prevents the recipient from participating in athletics; or
- c) For any other athletics reason

Medical Documentation

An institution may require a student-athlete to submit contemporaneous medical documentation to verify whether the student-athlete is suffering from an injury, illness or physical or mental medical condition. Such medical documentation shall be provided by an individual who is qualified and licensed to diagnose and treat such an injury, illness or physical or mental medical condition (e.g., physician, psychiatrist).

Athletically Related Condition Prohibition

An institution may not set fourth an athletically related condition (e.g., financial aid contingent upon specified performance or play a specific position) that would permit the institution to reduce or cancel the student-athlete's financial aid during the period of the award if the conditions are not satisfied.

Decrease of Financial Aid Not Permitted

An institution may not decrease a prospective student-athlete's financial aid or a student-athlete's financial aid from the time the prospective student-athlete or student-athlete signs the financial award letter until the conclusion of the period set forth in the financial aid agreement, accept under the conditions set forth by the NCAA.

Renewals & Non-Renewals

The renewal of institutional financial aid based in any degree on athletics ability shall be made on or before July 1 before the academic year in which it is to be effective. The institution shall promptly notify in writing each student-athlete who received an award the previous academic year and who has eligibility remaining in the sport in which financial aid was awarded the previous academic year whether the grant has been renewed or not renewed for the ensuing academic year. Notification of financial aid renewals and non-renewals must come from the institution's regular financial aid authority and not from the institution's Department of Athletics.

Reconsideration of Non-Renewal

It is permissible for an institution that has notified a student-athlete that he or she will not be provided institutional financial aid for the next academic year subsequently to award financial aid to that student-athlete.

APPEAL PROCESS FOR LOSS OF ATHLETICS AID

The student-athlete may appeal to the Compliance Office by submitting, in writing, a request to appeal. The Financial Aid Office will be notified of the student-athletes request and a hearing before the Financial Aid Appeals Committee.

Employment

As a student-athlete you **ARE** permitted to have a job. Compensation may be paid to a student-athlete:

- Only for work actually performed;
- At a rate commensurate with the going rate in that locality for similar series; and
- An employer shall not use the athlete's reputation of a student-athlete employee to promote the sale of the employer's product or service.

Department of Athletics Summer School Financial Aid

Summer school financial aid is discretionary and not automatically awarded to each student-athlete who requests such support. Summer school financial aid will be distributed on a session by session basis with priority given to upperclassman, and then underclassman. Summer school aid approval will be based upon evidence of student effort and or satisfactory progress toward the completion of academic requirements.

Post-Eligibility Graduation Funds

When funds are available at the discretion of the athletic department, aid will be awarded to student-athletes that exhausted eligibility and must be able to graduate within 30 semester hours with their first undergraduate degree by the end of the following spring semester. Student-athletes must apply for these funds. Applications will be due prior to July 1.

NCAA Degree Completion Scholarship – Undergraduate – Post Athletic Eligibility

Candidates will be students who have exhausted their athletic eligibility and have received athletics financial aid. The selection process for the national award emphasized the academic performance of the student-athlete. Other factors considered are financial circumstances, athletic achievement and involvement in campus and community activities.

- Applicant must be a student-athletes who has exhausted athletics eligibility at Midwestern State University
- Awards are limited to student-athletes during their first 10 semesters of full-time collegiate attendance
- Applicant shall not be participating in another intercollegiate sport during the period of the award
- Applicant must have received athletics-related financial aid from Midwestern State University
- Applicant must be within 32 semester hours of completion of his or her first undergraduate degree at the completion of the spring term
- Applicant must have a 2.5 cumulative GPA
- Applicant shall not receive any additional athletics aid if awarded a Division II Degree-Completion Award
- Applicant must use the award at Midwestern State University
- Athletic Department will submit applications and materials – Due early April

Athletic Training

The Athletic Training program at Midwestern State University is dedicated to the prevention, care and rehabilitation of athletic injuries incurred by the student-athletes while participating in Midwestern State University Intercollegiate Athletics. The staff consists of the Head Athletic Trainer, Team Physicians, Assistant Athletic Trainers, Graduate Assistant Athletic Trainers, Athletic Training Students, and other medical specialists who work with the athletic department. The team physicians and other medical specialists are the medical authorities, not the coaches. They provide the diagnostic help, supervision, and prescriptive medical care. They prescribe the treatments and rehabilitative programs for the athletic trainers to administer to the student-athletes.

General Hours of Operation

Monday – Friday: 1pm to the end of practices/games and by appointment.

Monday – Friday (Football Season): 7-8am for treatments.

Saturday & Sunday: As needed for treatments, practices and games.

Student Conduct

1. Observe all rules set forth by the Midwestern State University Athletic Training staff.
2. Treat others with the respect that their position deserves.
3. If you have a disagreement with someone, try to resolve that problem privately.
4. Never conduct yourself in a manner that would reflect adversely on yourself or Midwestern State University.

5. Do not second-guess or argue with any member of the staff, either coaching or athletic training, in front of others (athletes, other students, and/or coaches). If you have a question or topic for discussion, please seek these out privately.
6. Always keep a positive attitude while representing the school. This means in the clinical setting (Athletic Training Clinic), practices, games, and other school events. Keep personal problems out of the athletic training setting.
7. Be loyal to those with whom you work.
8. Be prompt to all clinical rotations/field experience, practicum, games, etc.
9. Remember you represent the Midwestern State University Athletic Training Program and your actions should always reflect our program in the best light possible.
10. Lead by example: Take pride in your work and the athletic training program.
11. No drugs (alcohol or tobacco products), weapons, illegal substances, or advertisements of these products are allowed in the athletic training clinic.
12. Offices, computers, and phones will not be used for personal purposes unless permission to do so is given by a staff member. Absolutely no long-distance calls.
13. All cell phones must be turned to vibrate while in clinical settings.
14. An Athletic Training Student will not:
 - a. Make any statements to an athlete, parent, or coach regarding diagnosis, treatment, medication, insurance, or rehabilitation plans without consulting a member of the MSU Sports Medicine Staff.
 - b. Declare the participation status of any player without the consultation of the MSU Sports Medicine Staff. If there are no staff members available, it is the head coach's responsibility to decide if a player is able to participate safely.
 - c. Assume any of the duties or responsibilities of a member of the athletic training staff without first consulting that person. This includes making statements or arrangements that would be considered a duty of the Athletic Training Staff.
15. Always be polite and courteous to all athletes (MSU and those who are visiting). Do not discriminate between athletes for any reason.
16. No form of sexual harassment will be tolerated from Athletic Training Students, Staff, or Athletes. If someone is making unwanted advances, please report the behavior to a member of the Athletic Training Staff.
17. While providing treatment to a member of the opposite sex, **ALWAYS** have a person of the same gender as the person you are giving treatment to present.
18. The lockers located in the Athletic Training Clinic are for use of Athletic Training Students. MSU is not responsible for personal items left in the lockers. Use them at your own risk.

Personal Appearance and Dress

Dress Code

The following clothing is acceptable attire for clinical assignments in the MSU Athletic Training Clinic:

- MSU athletic training t-shirt, MSU athletic training polo, or MSU sweatshirt. May also wear PLAIN sweatshirts if they are grey, black, white, or cardinal.
- Shirts need to be tucked in at all times.
- Chino pants or shorts. Acceptable colors: Navy, grey, khaki, or black. All shorts (including mesh shorts) must be of appropriate length. If it does not look professional, you will be sent home to change. The definition of professional is left up to the discretion of the full-time Athletic Training Staff and Graduate Assistants.
- Wind suit pants or mesh shorts with aforementioned acceptable colors.
- Tennis shoes.
- MSU hats/visors should be kept clean.

The following attire is required for indoor games (Basketball, Volleyball, etc.) and other special events:

- Males should wear dress pants, a belt, a button-up shirt, a tie, and dress shoes.
- Females should wear slacks or a long skirt, a nice blouse and/or sweater, and sensible shoes (no flip flops).
- MSU Athletic Training polo with appropriate shorts or slacks.

Personal Appearance

- Students should be neat and well-groomed at all times.
- Hair, including facial hair, should be well-maintained, groomed, and kept in a professional manner at all times. Approval is at the discretion of the MSU Athletic Training Staff.
- No facial (eyebrow, nose, etc.) or tongue rings will be accepted.

*Failure to abide by these policies will result in dismissal from assignment and/or demerit.

Insurance

Anyone wishing to participate in athletics at Midwestern State University must have medical insurance. MSU will provide secondary or "excess" coverage for all athletic injuries that occur during practice or competition.

Midwestern State University will submit all medical bills to their primary health insurance. After student-athlete's insurance company has processed the claims, the MSU athletic accident insurance will cover the remainder of the bills, including the deductible, co-insurance and co-payment amounts for a period of twenty-four (24) months following the date of injury. Catastrophic insurance is provided by the NCAA for all student-athletes once primary and secondary policies have been utilized.

- ❖ If a student-athlete is not covered under a medical insurance policy and are on an athletic grant-in-aid each semester, a supplemental insurance policy will be purchased and MSU Athletics will provide secondary coverage.
- ❖ If a student-athlete is not receiving any athletic grant-in-aid, he/she MUST have personal primary insurance coverage and will be required to purchase before participating. The student-athletes primary health insurance must cover athletic or sports injuries. If the student-athlete's insurance expires, they are required to renew/purchase a policy before returning to participation. If the student-athlete is injured and has no insurance, they will assume all financial responsibility for the medical costs of treating the injury. This includes expiration of the policy during the calendar year.
- ❖ Insurance policy information must be revised immediately if changes are made in companies or coverage. If the primary insurance policy is changed, the Athletic Training Staff must be notified and the new information and insurance cards placed on file. Some insurance policies require a student-athlete to be designated as a FULL TIME student in order to provide benefits for medical coverage. Supplemental information may be required from your insurance company and can be obtained from the Admissions Office. It is the student-athletes/parents responsibility to check with their insurance provider to make sure the student-athlete still has coverage.

Our Athletic Insurance Policy covers only athletic injuries specifically related to MSU official sanctioned NCAA supervised practices, workouts, and competitions. It does not cover surgical, medical, or hospital expenses to treat an injury/illness that was not a result of practice for, or participation in athletics on behalf of MSU. Our policy does not cover voluntary physical activity, or classroom participation requirements. Pre-existing injuries or conditions will not be covered by MSU whether athletic or non-athletic. Student-athletes with a pre-existing condition may be required to complete a waiver prior to participation. Self-inflicted or intentional injuries are not covered by MSU.

All medical appointments as a result of an athletic injury are to be made by the Athletic Training Staff. Coaches are not included as part of the Athletic Training Staff. If this procedure is not followed, the student-athlete/parent will be held

responsible for the medical cost incurred. Failure to comply with guidance given by the athletic trainer and/or team physician relating to the care of an injury could result in loss of benefits, in which case any continued care would be the responsibility of the student-athlete.

If the student-athlete or parent chooses to use the team physicians and health care providers for their treatment, MSU will pay expenses the private insurance does not cover. The advantages of using MSU physicians include immediate care, daily follow-up care, timely evaluations by the physicians, sports medicine rehabilitation, etc. If the student-athlete or parent chooses to use their own physician or have a second opinion, it is their right to do so. However, MSU will not be responsible for payment.

The sports medicine staff with the recommendation of the team physician has the final authority in determining participation status of the student-athlete. The sports medicine staff and team physician have the right to withhold a student-athlete from competition or practice based upon the best interest of the student-athlete and status of the injury.

Physical Exams

All student-athletes must undergo a physical examination each year prior to participation with any athletic team. A student-athlete will not be able to participate in any scheduled practices/workouts, scrimmages or competition until the physical examination has been completed. The examination will be conducted by the team physicians at a date and time determined by the Head Athletic Trainer. At the time of the initial physical, pertinent medical records, including those involving surgery in the past year (clearance notes, operative reports, x-ray/MRI reports), may be required to obtain clearance. Any known medical injuries or conditions not revealed at the time of the examination will release the department from medical or financial liability.

Electronic Sports Medicine Forms

The following forms must be completed and properly submitted before participating as an active athlete on the sports teams' roster. These forms will be sent to all rostered student-athletes from ARMS through campus assigned emails.

- Insurance Coverage Letter
- Personal Consent Form
- Drug Testing Policy
- Student Athlete Information Form
- Returning Student Medical History Form
- Medical History Form
- Insurance Verification Form
- Concussion Form

Rehabilitation

Athletic Training Room

- Once the injured student-athlete has been evaluated by their ATC/ATS daily treatment times will be scheduled on the treatment board. The athlete will be informed of the appropriate attire to wear during treatment. Work-out clothes, shirt and shorts or sweat pants.
- The ATC/ATS who evaluated the injured student-athlete will enter the injury into Rank One®.
- Once the injury is entered a rehabilitation program will be developed. If an ATS did the evaluation, then the ATC over that sport will help the ATS develop the rehabilitation program. When an athlete is doing their rehabilitation a clipboard is to be used.
- Each time the injured student-athlete has missed their rehabilitation treatment time it will be noted in Rank One® and the daily injury report to the coach.
- On a regular basis the Staff Athletic Trainer and injured student-athlete will go over the rehabilitation program and make adjustments to help the athlete progress as well as review and discuss goals.

Pre and Post-Practice Treatment

The Athletic Training Staff determines what treatments the student-athletes will receive, including taping, bracing, modalities, rehab, etc. Student-athletes are required to be taped and have pre-practice in the athletic training room not on the field unless deemed necessary by an athletic trainer. Coaches and athletes should give the athletic training staff adequate time for taping and treatments. It will not be the athletic training staff's fault if the student athlete is late to practice when adequate time is not given. Post-practice treatments need to be completed 30 minutes after practice finishes. Showering and hygiene need to be considered when receiving post-practice treatments.

All rehabs must be scheduled through the athletic training staff. The athletic trainer for each sport will determine the best times for rehab/treatment for each sport. Do not assume that because the training room is open that a student-athlete will receive treatment without an appointment.

Heat Illness Policy and Guidelines

Heat illness is immanent to physical activity and its incidence increases with rising ambient temperature and relative humidity. Athletes who begin training in late summer experience more exertional heat-related illness than athletes who begin training during the winter and spring. This puts football, soccer, and cross-country athletes at a greater risk for heat illness. However, heat illness can occur in the absence of hot and humid conditions. Refer to athletic training link on athletics website.

MILD TRAUMATIC BRAIN INJURY (MTBI) / CONCUSSION GUIDELINES

Concussion Management

The following are general guidelines based on the recommendations of the National Collegiate Athletic Association, National Athletic Trainers Association, and the 5th International Conference on Concussion in Sport, Berlin, October 2016 and are to be followed by Midwestern State University Athletics and student-athletes when dealing with concussions:

1. Student-athletes will be provided educational material regarding concussions, including the signs and symptoms of concussion (table 1) and will be required to sign a statement.
2. Student-athletes will undergo a baseline examination 1) computerized neurocognitive/neuropsychological assessment (ImPACT) and 2) Concussion Assessment Tool (SCAT 3 test), and 3) computerized balance measurement (HUMAC Balance System) by CSMi before the competitive season. Also, the baseline examination should be completed annually.
3. Any student-athletes suspected of sustaining a concussion will be immediately removed from practice or competition and evaluated by our sports medicine staff members. They should not be allowed to return to play in the current game or practice for the remainder of the day.
4. Student-athletes will be referred to a physician/nearest emergency room on the day of injury if he/she is prolonged period of loss of consciousness (longer than 1 minute) or decreasing level of consciousness, focal neurological deficit, repetitive emesis, persistently diminished or worsening mental status or other neurological signs or symptoms, and potential spine injury.
5. After an athlete is diagnosed with a concussion, the return-to-activity decision-making process will not begin until the student-athlete no longer reports concussion-related symptoms, has a normal clinical examination, and performs at or above pre-injury level on measures of neurocognitive/neuropsychological function and motor control.
6. A student-athlete who suffers a diagnosed concussion will only be eligible to return to play following direct consultation, evaluation, and clearance from a team physician and/or his/her designee. The Sports Medicine staff /team physicians will establish guidelines for return to activity for athletes who sustain a concussion and/or continue to have symptoms following initial injury. However, the amount of time spent in each level of the progression will be dependent upon the

student-athlete’s symptoms and presence or absence of concussion modifiers, such as previous concussions, previous prolonged post-concussive symptoms, ADD/ADHD, depression, or other mental illness.

7. A student-athlete who is sent home with a mild concussion will be given instructions for home care.

Table 1. Signs and symptoms of concussion

Emergency Symptoms	Hallmark Signs
Glasgow Coma Scale <13	Mental Confusion
Deteriorating Mental Status	Memory Disturbance
Potential Spinal Injury	Balance Disturbance
Progressive, Worsening Symptoms	New Neurologic Signs
Most Common Symptoms First 24 Hours	Common Symptoms Days After Injury
Headache	Tiredness
Nausea	Irritability
Dizziness	Nervousness
Balance Problems	Anxiety
Blurred or Double Vision	Sleep Disturbance
Confusion	Sensitivity to Light
Loss of Consciousness	Sensitivity to Noise
Fatigue	

Strength and Conditioning

The Strength & Conditioning Program's philosophy behind training high level athletes is a basic one, developed and refined over many years of coaching application and evaluation, with simple and time tested principles. Each athlete will establish specific goals & objectives for themselves. A commitment to "training" as a high level or elite competitor will adhere to, and the overall program is defined by...

Long Term = Explosive Power *Functional Strength ⇨ *Directional Speed ⇨ *Transitional Agility
Short Term = Power Reliability *Work Capacity ⇨ *Recoverability ⇨ *Stamina

Fulfilling the program goals & objectives is a product of the systematic, sequential and progressive use of the training methods emphasized within the program. Training methods include weight training, plyometrics, sprint resistance, sprint assistance, movement specifics and speed endurance.

Standard Policies and Procedures

Restricted Usage

- ❖ The weight room and conditioning areas are open to student/athletes of Midwestern State University as scheduled, the coaching staff, administration, academic classes and complex employees, in this order of priority only.
- ❖ Any otherwise light usage of the facilities by student-athletes must be through authorized permission of the Strength and Conditioning staff.

Individual Workout Programming

- ❖ Each and every individual that utilizes the facility must have a workout (in writing) that is approved by the strength and conditioning coach.
- ❖ Each individual must go through proper warm-up procedures prior to any light, moderate to high intensity work.

Facility Etiquette

- ❖ Appropriate Attire – consisting of firm soled, flat or semi-raised heel, athletic shoes are required. Athletic sweats, shorts, socks and shirts are required. Dress shoes, sandals, Levi trousers and blouses are examples of unacceptable attire.
- ❖ Absolutely NO FOOD OR BEVERAGE – Beverage drinks, food, or tobacco of any kind are forbidden in the facilities workout area.
- ❖ Music should be kept at a reasonable volume during peak training times. No music containing profanity should be played in the weight room at any time. Any and all adjustments are to be made by the coaching staff only.
- ❖ Maintaining Neatness and Safety – All participants are required to replace all equipment in and to its proper location after use. All plates to their respective racks, bars and dumbbells to their proper places, cones, medicine balls, etc.

Hours of Availability

- ❖ Intercollegiate student/athletes have facility arrangements capabilities during scheduled open hours Monday through Friday and at selective times on the weekends.
- ❖ Absolutely NO times are available for unscheduled, unauthorized, private workouts, completely devoid of normal workout hours.



Student-Athlete Orientation Rules and Guidelines

RULE #1: The Weight Room and Conditioning Facilities are areas designed to improve athletic ability. These are WORK areas only. Not for hanging out, eating, drinking, lounging, cell phones or visiting.

RULE #2: Workouts of any kind WILL be preceded by a complete warm-up involving stretching, abdominal and low back work.

RULE #3: Every workout area WILL be treated with respect. Keeping the area neat and clean, caring for the equipment, and consideration for long term usage

“ALWAYS”	“NEVER”
1. Be on time for the workout	<ul style="list-style-type: none"> • Be late
<ul style="list-style-type: none"> • Warm up to begin the workout 	<ul style="list-style-type: none"> ▪ Fail to warm up
8. Return equipment to its proper place	3. Lay equipment on the floor, against the wall or in the wrong place
2. Be appropriately dressed “true to the school”	3. Be in cleats, sandals, shirtless or inappropriate colors
<ul style="list-style-type: none"> • Seek that which you can do! <p>**Finish The Job**</p>	<ul style="list-style-type: none"> a. Settle for what you are not able to do! <p>** Say I _____ **</p>

Athletic Communications

The primary purpose of the MSU Athletic Communications office is to publicize the school's 13 men's and women's intercollegiate sports programs. This is done through publications, news releases (including feature stories, game previews and game recaps), the Department of Athletics' official website www.msumustangs.com, social media channels and general media relations techniques.

The ability to communicate with the media and in public speaking situations is a tool for student-athletes, both during their collegiate careers and after graduation. The Athletic Communications staff is here to assist student-athletes in managing media situations. Because the student-athlete has many demands with school activities, competition and class work, the Athletic Communications staff works to arrange all interviews at times that are convenient for the individual requested. Additionally, a member of the Athletic Media Relations staff is at every home and numerous road events to assist with pre and postgame interview situations.